

# Seasons of change



kitchen  
table  
project

Inspire a faith that lasts

## Scavenger hunt



**Together as a family, look out of your window,  
or go for a nature hunt outside!**

As you go through the activities we'll be reading **Ecclesiastes 3**, and remembering that God is with us through different seasons of life.

### 1. Find some trees

***"There is a time for everything and a season for every activity under heaven. A time to be born and a time to die, a time to plant and a time to uproot."* v1-2**

As seasons change, some things end and some things begin. It's good to remember that God is with us in new seasons and will help us grow.

- Are there any dead leaves? What do they feel, smell, sound and look like?
- Look underneath some fallen leaves. Can you find any signs of life?

### 2. Can you find something decaying?

***"A time to kill and a time to heal, a time to tear down and a time to build."* v3**

As berries rot and leaves decompose, they provide food for small creatures and new soil for growth.

- What will you miss from the last season of your life?
- What are you excited about in the next season? Talk about how God uses change and loss to help us grow.



### 3. Stamp in a puddle, dance in some long grass, or quietly listen to the wind

***"A time to weep and a time to laugh, a time to mourn and a time to dance." v4***

We can tell God how we're feeling as we spend time in his creation.

- Can you find a good place to be loud or fast?
- Can you find a good place to be quiet or still?
- Tell God how you are feeling.

### 4. Make some art from a collection of things you can find

***"A time to scatter stones and a time to gather them, a time to embrace and a time to refrain." v5***

Share your nature art with somebody. Show someone in person or take a photo and send it to a friend.

God created us with love and he delights in us. As you make your art and look at others, remember how much he loves you and all of his creation.

- How many textures have you used?
- What colours can you see?

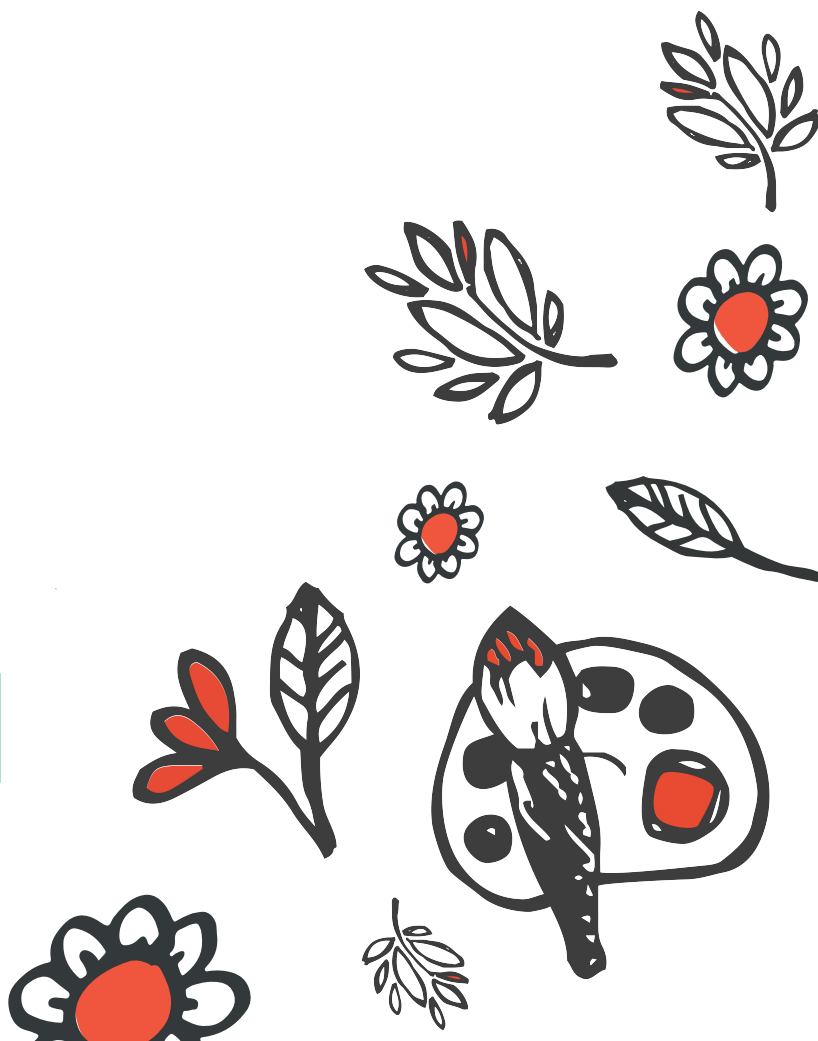


### 5. Play hide and seek!

***"A time to search and a time to give up, a time to keep and a time to throw away." v6***

Wherever we are, God is with us! Even in your best hiding place, he is there. It's good to remember in a new season that God is with you in everything.

- You could play hide and seek in person, or you could leave a treasure trail for someone to find later.





## 6. Listen out for birds and other sounds in nature

*"A time to tear and a time to mend. A time to be silent and a time to speak." v7*

Autumn is a time when some birds migrate, they are getting ready to go on a big journey. As you spend a few minutes in silence you will notice many other sounds. What can you hear?

- What happens when you are silent for a while?
- The migration of birds, butterflies and moths are amazing. Find out more at home. Talk about how God is with creatures that migrate, and he is with us too in whatever comes next.

## 8. Can you find any other signs of a changing season?



- |                                   |   |
|-----------------------------------|---|
| <input type="checkbox"/> Conkers  | <input type="checkbox"/> Flowering ivy          |
| <input type="checkbox"/> Rosehips | <input type="checkbox"/> Leaves changing colour |
| <input type="checkbox"/> Acorns   | <input type="checkbox"/> Feathers               |

## 7. Spot something beautiful

*"He has made everything beautiful in its time." v11*

God's creation is amazing. From the very tiniest seed to the huge sky you can see, he has made all things beautiful. We are all part of his creation, and we are beautiful and precious too.

- Can you find something tiny that is beautiful?
- Can you see something big that is beautiful?
- Share what you've spotted with others – it's amazing to learn from each other about God's beautiful creation.

Have fun  
together!