



St. Luke's Prestonville

64 Old Shoreham Road, Brighton, BN1 5DD  
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## CHILDREN'S CHURCH – Sunday 29<sup>th</sup> March

**Psalm 89.9 – “You rule over the stormy sea.**

**When its waves rise up, you calm them down”**

**THEME:** God has ultimate power. When times are difficult for us, He can calm them like He calms the sea

**SONG (with actions):**

“I’ve got peace like a river...” <https://www.youtube.com/watch?v=d6085sLXCMs>

**CRAFT: Ocean in a Bottle**

Ocean in a Bottle reminds us of how stormy times can happen but God can calm them; and beautiful things can come out of them, too. **What beautiful things are coming out of us all spending a lot of time together at the moment because of the Coronavirus?**

## **Ocean in a Bottle with 3 Ingredients**

**To make an Ocean in a Bottle, you need:**

- water
- cooking oil
- food colouring
- large bottle (2 litre pop bottles work well, or a mouthwash bottle with a child-safe lid)
- funnel



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## Method:

If you don't have a 2l pop bottle to hand, you could use an empty mouthwash bottle. The lid is child-safe, and too challenging for little hands to twist open. If you're using a bottle that's **not** child-safe, you might want to glue the bottle lid shut.

1. Fill approximately 1/3 of your bottle with water
2. Add several drops of food colouring
3. Shake the bottle to disperse the food colouring
4. Now top up the bottle with oil and put the lid on tightly
5. The way the waves swirl inside the bottle is beautiful!

