

Fourth Sunday of Lent (Year B) Sunday 14 March 2021

## **FAMILY RESOURCES**

# **DARKNESS**

**THE GOSPEL READING FOR THIS WEEK IS John 3: 14-21**

### *This week's theme*

This week's theme is "Darkness" and we are mindful that Jesus will lead us out of the darkness to follow Him in the light.

### *Extracts from the Gospel passage (John 3: 14-21)*

And this is the judgement,  
that the light has come into the world,  
and people loved darkness rather than light because their deeds were evil.  
For all who do evil hate the light and do not come to the light,  
so that their deeds may not be exposed.

### *Gospel prayer*

Lord Jesus Christ,  
you invite us to leave the night  
where we stumble in darkness  
and to walk with you in the light of day.  
Helps us to accept your gracious invitation,  
for you are the Light of the World.  
Amen.



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### *Things to think about*

- Do you like being in the dark?
- Why/why not?
- What do you do to stop being scared in the dark?

### *Things to do*

- Make a **dark den** and find different ways to light it up. Perhaps you could use fairy lights, torches, nightlights, battery operated candles. Can you find things that glow in the dark?
- If you have any **glowsticks**, here are some activities using them. Make a target game and throw the rings to see who can score the most. Put a glowstick in a glass of tonic water. Leave it for a few minutes and then see what happens when you take the glow stick out of the water.
- **Glow jars**

You will need: Glass jars with lids, glow in the dark paint, paintbrush.



Paint small dots of paint inside the glass jar and leave to dry. This may take some time. You may want to use more than one colour in each jar.



Leave the jar in a sunny spot for as long as you can. The UV light should activate the glow in the dark feature.

Your jar should glow when put in a dark place.

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*Different ways to decorate your jars.*

If you add water and glitter to your jar and shake, it could look even more sparkly!

Why not paint stripes or squares on your jar? This will take more time as you will need to let each colour dry before applying the next one.

Why not share your creations with us? We would love to see what you have been up to! Please email any photos to [education@liverpoolcathedral.org.uk](mailto:education@liverpoolcathedral.org.uk) or tag @LivCathedral on social media.