

Have you seen a rainbow on a window as you have taken your daily exercise?

Did you know it is part of a social media campaign to keep people's spirits up?

The idea is that people can have great fun creating rainbows to put in their windows and then it will give people something to look for when they are out on their daily exercise – a bit like a treasure hunt. It also gives people stuck in the chance to wave and smile at those who come searching for rainbows.

There are plenty of examples on social media using various hastags including:
#everythingwillbeok #chasetherainbow #frommywindow



One of my favourites is this one; a real rainbow appeared behind this little boy whilst he was busy drawing. Amazing!



Some people have included Bible verses on their rainbows.



This campaign could be extended with children by looking at the story of Noah.

Rev'd Louise Grace from Countess Weir and Topsham says, "In this story the people in the ark had to wait a very long time for the waters to go down; and also there is a fair amount of jeopardy in the story so feels very much like today and what we are experiencing with Covid-19.

The story could be a safe way of opening up some questions with our children and best of all it ends with a covenant, a promise of God's abiding love with us.

It doesn't dodge the hard issues but it holds out hope grounded in God's love."

Take a look at one of these videos with your children. The first is a Godly Play telling which is longer and might suit children who really like to ponder and the second is by crossroads kids, a cartoon format which is much shorter.

<https://www.youtube.com/watch?v=4yzNOFujkQ>

<https://www.youtube.com/watch?v=6u6E4yEzHUE>

As you watch Noah's story with your children you might want to consider the following questions, and see if they help you prepare to wonder about them together:

What questions do you think the story of Noah raises?

How might the story of Noah speak to this time we are experiencing: of great peril? Of safety? Of separation? Of waiting? Of God's promises?

There have also been some fantastic prayer resources created on the theme of rainbows which you could have a go at with your family.

Rainbow Prayers

God is light, and in God there is no darkness at all. (1 John 1:5)

Light is with us all day and if we have eyes that work well, we just take it for granted. Yet white light is really made up of a whole range of colours and sometimes a rainbow appears and we can see some of them. The light bends (refracts) and the colours fan out. When a rainbow comes in the sky, it is a huge arc connecting one place with another. It is beautiful, mysterious and unexpected. There is a rainbow at the end of the story about Noah and the flood (Genesis 9:12-17). The rainbow is a sign of the promise God makes to every living creature on the earth, a promise of love.

Rainbow Prayers

Many of us have more time at the moment, so we can fan our prayers out like the colours of the rainbow. Try collecting something of each colour and then pray:

Red the colour of life: God's love for all life, and God's deep love for you.

Orange for peaceful patience in this time of waiting.

Yellow for sunshine to reach everyone who is worried.

Green for calm new life, especially for everyone who is ill.

Blue pray for everyone who helps us at the moment: the NHS, the delivery people, workers in shops and supermarkets, people who keep electricity, water and the internet going.

Indigo the deep peaceful colour of the night. Pray for everyone who needs help sleeping.

Violet the waiting colour we use in Advent and Lent. Be sure of God's love coming to us in new ways and to all the earth. Your kingdom come, O Lord.

You can fan out your prayers for other people like this, or in any other pattern that helps. You can also use the rainbow to look at the colour range of your own feelings; many of us are feeling a bit bent out of shape, so that feelings we don't often notice are showing themselves, like colours in the rainbow. Use the rainbow colours to talk and pray about how you are feeling. Where are you on the rainbow today?

The Peace The rainbow is an arc that connects. We can be connected in new ways. Take a moment each day to connect with someone else and share The Peace - through talking, waving, smiling, in any way that keeps the helpful physical distance.

With grateful thanks to those who began this idea of 'rainbow prayers' - may it spread and develop as a rainbow of prayer and hope. There is also a 'rainbow movement' through schools with a Facebook Group, 'Rainbow Trail'

Make a rainbow

Why not make a rainbow picture and display it on a window? Put it where your neighbours can see it and enjoy it.

Many people across the country are doing this as a sign of hope and encouragement - it's a new way of talking to each other and wishing each other well.

Use whatever you can find around the house and garden (remember to ask first before using something). At home you might have: coloured pens or paints, food colourings, different coloured toys, eg. lego bricks, different pieces of fabric, scraps of paper you could collage, different coloured flowers growing in the garden, different coloured Christmas decorations, etc. Maybe your rainbow will be 3D, maybe it will be a sculpture, a collage or a print, maybe it will be a group of things that you can only keep together for a short while.

Even if you don't normally make things, why not give it a go?

"You desire truth in the inward being; therefore teach me wisdom in my secret heart."

(Psalm 51:6)

Try this action prayer:

We feel the tough stuff [hold your hands over your heart]

And turn it to the good [hold your hands out, palms upwards]

I can pray a rainbow...

Genesis 9 v 13

"I am putting my rainbow in the clouds as the sign of the agreement between me and the earth"



God placed a rainbow in the sky as a symbol of his promise to never again send a flood like the one that Noah had survived in the ark. Today the rainbow is a symbol of hope for us, a reminder that God keeps his promises. Here are some rainbow inspired activities for you and your family to explore together.

Rainbow prayer hunt

Go on a search around your house and try to find something of each of the colours below. Here is a prayer you can say for each colour as you find them.

RED

Thank you, God, that you love us and that you are always with us.

ORANGE

Dear God, please help us to be patient, to wait and listen to you and to be obedient while we wait for this crisis to end.

YELLOW

Dear God, please help all those who are scared. May they know your perfect peace that takes away all fear.

GREEN

Dear God, please look after all those who are sick, give them the treatment and help they need to recover, send your healing power into all the world.

BLUE

Dear God, please protect all those who are working for the NHS, thank you for all they are doing to protect us.

PURPLE

Thank you, God, that we are children of the King of Kings. Thank you that even though we are in difficult times we can trust in you and pray your Kingdom come.

PINK

Thank you, God, that we know you will bring us through this crisis to safety on the other side just as you protected Noah and brought him and his family through the flood.



Make an encouragement rainbow

You will need: Paper and pens or any other craft materials you have around the house

All around the country people are putting rainbows in their windows to encourage people in their street.

Use whatever craft materials you have in your house to decorate a rainbow and put it in your window where your neighbours can see it.



Some promises to share

Here are some more of God's promises from the Bible. Ask God who needs encouraging today and then send them a promise verse.

Joshua 1:9 - Be strong and brave. Don't be afraid because the LORD your God will be with you everywhere you go.

Jeremiah 29:11 - "I say this because I know what I am planning for you," says the LORD, "I have good plans for you, not plans to hurt you. I will give you hope and a good future."

Mark 11:24 - So I tell you to believe that you have received the things you ask for in prayer, and God will give them to you.

Romans 8:28 - We know that in everything God works for the good of those who love him.

