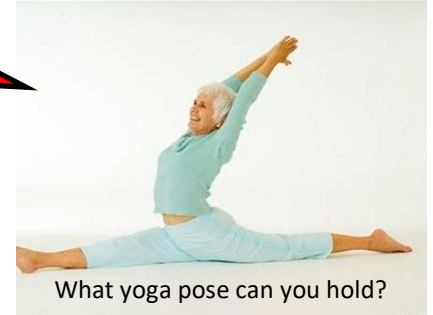


Can you do the splits in mid air?

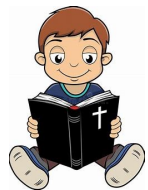
Can you do 10 star jumps or can you manage 20?



# Dynamic Actions



What yoga pose can you hold?



Read **Acts 6:1-7**

Practice your best break dancing moves!



Practice your **Dynamic Actions** so we can see them on Sunday **DURING** our Zoom call. (make sure you have plenty of space!)

Sometimes **God** needs us to make a **DYNAMIC ACTION**. The disciples found themselves **sooooo** busy, that they decided they need to have an **action plan!**

'**PICK 7 PEOPLE** who everyone trusts, who can help us out because we don't have the time to do everything ourselves. We need people who can help sort out things like food for those who are hungry and clothes for anyone who is in need'.

These 7, became the **FIRST DEACONS** of the church. Their names were **Stephen, Philip, Procorus, Nicanor, Timon, Parmenas** and **Nicolas**.

