

LIVING WELL

WEEK 2 | FAMILY

CHAT:

Here is an activity to get some conversation going with your family.

Gather the family somewhere you can get around some paper - a table or the floor would work well.

You'll need: A bible, large sheet of paper, pens, post-it notes or sticky labels (not essential).

Grab a Bible or find a clip on YouTube of Matthew 11:28-30 and read or listen to it.

Are there any words or phrases that are tricky to understand? Use a Bible dictionary or Bible app to share any definitions.

Here are some questions that you could discuss with your family: Why is it important to work and rest? How does Jesus help us find rest? Can you think of ways Jesus demonstrates rhythms of work and rest in His life?

Find a sheet of paper. A large A3 sheet would be perfect, or tape together a couple of sheets of A4. Grab some pens and post-it notes or sticky labels if you have them.

Divide the paper into 2 sections: one titled work and one titled rest.

Using the post-it notes or labels and pens, ask everyone to write or draw down things they would consider as 'work' that are important to fit into daily life and stick them in the column labelled 'work' (if you don't have post-it notes or labels just write directly onto the sheet of paper).

Using the post-it notes or labels and pens, ask everyone to write or draw down things they would consider as 'rest' that are important to fit into daily life. What helps you to feel restful, what relaxes you? Stick these ideas in the column labelled 'rest'.

Have a look at your visual discussion and chat through as a family how these 'work' and 'rest' things can fit into daily family life.

PRAY:

Here is a prayer activity for you and your family.

Gather the family somewhere comfortable, away from screens and devices.

You'll need: some balloons or alternatively grab something like empty paper bags, pens (sharpies would work best).

All have a go at taking some deep breaths: in through your nose, counting to 5 in your head and out through your mouth, counting to 5 in your head.

Slow deep breaths are a great way of stilling our bodies and minds; especially when we are feeling anxious or panicked.

Now have a go at this. As you breathe out, mouth or think the word 'God' and as you breathe in, think the word 'speak'.

Have a go at this a few times: giving yourself space to go to God and hear His voice.

Now, take your balloon and have a look at its deflated lifeless shape. When we blow into the balloon it gives it shape and life.

Have a go at breathing life into the balloon as you use those 2 words, 'God' and 'speak'.

As you are doing that think about the question 'What is God saying to you in these quiet moments?'

Once you've blown up your balloon, tie it up.

If there is anything you felt God might be saying, grab a pen like a sharpie or felt tip and write or draw it on the balloon (or paper bag - this won't stay blown up). Keep it somewhere in your house as a reminder that we can go to God in the unexpected places.

You could try doing this altogether in one room or send everyone off to a quiet space like a bed, a chair, the floor or up a tree in the garden (be careful!). Then gather back together and share what's written or drawn on the balloons.

DO:

Here is an activity for you to do together with your family.

Gather the family somewhere you can write and create. A table would work well.

You'll need: pens, 30 small bits of paper, Bible, washed-out tin can/jar/box, crafty bits, covering for your table.

Grab a pen and on each bit of paper come up with something different that you could physically do to live well at home. For example:

Say something uplifting to someone in your house.

Do the washing up.

Pray for the news.

Facetime a friend and make them laugh.

Someone could read Romans 12:9-21 as people are writing ideas to help with suggestions.

Fold and add the bits of paper to the tin can/jar/box.

If you like a bit of crafty stuff, you could grab some art bits, decorate the tin can/jar/box and make it look all pretty.

Then, put it somewhere you'll see everyday... by the fridge, next to your bed or even near the toilet - we want this to be a daily activity after all!

Each day take one of your bits of paper out and take the challenge. You could all do it or just the person who has pulled it out.

We'd love to see how you get on so if you post on social media use #livewellchooselove.

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