

JESUS HELPS US

WEEK 7 | FAMILY

CHAT:

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

Gather the family somewhere you can all chat easily.

You'll need: A Bible, colouring pens and paper.

The things Jesus said and the life he lived give us examples of how we can survive the difficult times we experience in life. There are many different stories in the Bible you could choose for the following discussion on how Jesus helps us but here is our suggestion...

Find Matthew 14:22-33. Either use an audio recording on a Bible app or nominate someone to read it out loud.

Everyone needs a piece of paper and a selection of colouring pens (you could use anything though – crayons, paints, chalk).

Listening to the passage, start to draw a picture of what is going on. There is quite a lot going on in the story so pay attention to the parts that stand out for you. This is a great activity as even though we are listening to the same events, each person will come up with something different.

For this activity to work at its best have the passage read 3 or 4 times through.

When you have spent as much or as little time as you like with this, take a look at each other's pictures. Each person could explain what they have drawn and why.

You could then discuss the following questions:

How would you react if you were in Peter's position?

How do you react when you find things difficult in life?

How does Jesus help those in trouble? What does he say? What does he do?

What other examples does Jesus give in his life to help us?

How would we like Jesus to show up in our lives to help us?

PRAY:

Here is a prayer activity to do with your family:

Gather the family in a space where you have access to a source of water (a bathroom might work well).

You'll need: tin foil, container of water (e.g. a bath, sink, bowl, paddling pool)

No matter who we are, we all experience those moments or circumstances in life that can overwhelm us. It can feel like we are being thrown around in the middle of a storm. The Bible says that Jesus wants to help.

Using a piece of tin foil (one per person), make a boat like creation. This could be as simple or as elaborate as you like.

Fill up a 'container' with water and each place your boats onto the water.

Taking it in turns, each make some waves in the water using your hands, whilst telling God the things that feel like storms (things that you find difficult or overwhelming). You could do this quietly in your head or out loud.

When you have finished say the words 'Lord save us'. This could be spoken individually or all join in.

Each person can take a turn in making waves and talking to God.

When everyone has had their turn you could finish by all saying together: Jesus, you are the son of God.

DO:

Here is an activity to do together with your family:

Gather the family together and find some space to have a race (like a corridor).

You'll need: bits of paper, pens and magazines or rolled up newspapers.

This activity focuses on thinking about how we can develop courage using Jesus' words in Matthew 14:27.

Using the bits of paper, write (or draw) something you need courage for. This could be in things like being brave in the dark, speaking to friends about your faith, facing fearful situations where family are poorly, completing school work that feels hard.

What might Jesus say to you to help you find courage? You could look at some of the words Jesus says to people in difficult situations that are recorded in the Gospel books of the Bible by having a flick through or Google it. See what other people in your family think Jesus might say to you. You could add these words onto the paper.

Now grab the bits of paper you've written on and create a start and finish line (you could use masking tape).

Line up on the start line (depending on how many of you there are, either do this altogether or choose 2 at a time). Using a magazine or a rolled up newspaper have a race, creating wind by whacking your piece of paper to the finish line.

Hint: If you would rather not make this a writing 'exercise' just do the race without writing anything on the paper. Instead, at the start line say the thing you need courage in and at the finish line another member of the family could share something Jesus might say to help in that situation.

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