

HOW DO WE CONNECT WITH GOD?

WEEK 4 | FAMILY

CHAT:

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

Gather the family and find somewhere you can use pens & paper.

You'll need: Pens, paper and a Bible.

Everyone grabs a piece of paper and draws a large heart.

Ask the question: What do you love?

Within the heart, write down all of the things that you love - as many as possible. For those that don't enjoy writing or find it difficult, encourage them to draw instead or perhaps go off around the house and collect items that represent the things you love, placing them on your heart outline. If you have a baby in the house, find items you know they love and include them too!

When you've spent some time doing this, have a look at each others hearts. You could either quietly read and reflect or share out loud.

Find James 4:8 and read.

Perhaps ask each other the following questions: Are there any surprises on the hearts? Have we learnt anything new about each other? How can we use the things we love to draw close to God? How could we each do something this week from our hearts and use it to connect to God?

PRAY:

Here is a prayer activity to do with your family:

Gather the family in a room with a good amount of space.

You'll need: the game 'Twister' or paper/card/felt, paint, scissors, masking tape and a spinner app, paper, coloured pens.

Preparation: If you don't have the game Twister then make your own version. Cut dinner plate circles from paper or card, paint 4 each of red, blue, yellow and green. Alternatively use coloured felt. After the paint has dried, stick the circles to the floor in a 4x4 grid. To replace the spinner, find an app on your device or make your own (it needs the 4 colours, each with left/right hand/foot)!

Decide between you a prayer colour code and write it up on a piece of paper (e.g. green = thank you prayers, blue = help for key workers, red = things we are sorry for, yellow = things that are good about God). Place the code chart somewhere visible.

Nominate someone to go first, spin the spinner and place the corresponding foot/hand on the corresponding colour. Using the colour coded chart, pray the prayer of the colour chosen. This could be out loud or quietly in our heads. It could be a sentence or just one word.

The next player then takes their turn.

Keep going for as long as you like or until you all fall over!

Hint: If you have someone that cannot or does not want to join in with the actual game, ask them to be in charge of the spinner or making sure each player knows what the colour code is.

DO:

Here is an activity to do together with your family:

Gather the family and find some space where you can play with play dough.

You'll need: play dough, modelling clay or items from the recycling box.

Using the play dough, modelling clay or recycling items, spend some time answering the question: Who am I, who is God and how do we connect together?

If it's helpful this could be done in silence, with music playing or you could chat through the questions as you are creating.

Spend as long as you like creating the models. When you have all finished have a look at each other's creations.

You could make comments about the bits you find interesting, ask questions about what has been made and why, and share what the story of your model is. Find out if members in your household would like to see the connection they have with God change in anyway. Maybe even remodel to reflect this.

Your creations could sit somewhere in the house for the next few days to provoke more reflection or conversation.

Hint: There maybe someone in your household that would rather draw, write a poem, act out or just think about the question quietly. They could do this as others are creating their models and still join in with sharing at the end.