

Church at Home Family Pack – 17th May 2020

Join us for our online service, usual time of 10:30am on Sunday at www.ccwsm.org.uk – “see” you there!

If you like, join in with the discussion of Facebook with our church family (@ccwsm)!

In some sections we make several suggestions of ideas. Some may be more appropriate to the different people in your family than others. We’re not expecting you to do all of them (although you are very welcome to!) Choose the ones which best suit your family.

GATHER TOGETHER

A prayer to start –

We come together now with our different cares and worries.

Help us be open to the message today and not to hold anything back from you.

Help us trust that you will help us cope with our worries.

Amen.

Action reminder –

From the top of my head

(Touch head)

to the tips of my toes;

(Touch toes)

from the lobes of my ears

(Touch ear lobes)

to the end of my nose;

(Touch nose)

from my back, to my front

(Turn round)

to my wiggly fingers,

(stretch out arms and wiggle fingers)

God loves me!

(jump up and down)

READ TOGETHER

1 Peter 5:7-11



International Children's Bible (ICB)

⁷ Give all your worries to him, because he cares for you.

⁸ Control yourselves and be careful! The devil is your enemy. And he goes around like a roaring lion looking for someone to eat. ⁹ Refuse to give in to the devil. Stand strong in your faith. You know that your Christian brothers and sisters all over the world are having the same sufferings you have.

¹⁰ Yes, you will suffer for a short time. But after that, God will make everything right. He will make you strong. He will support you and keep you from falling. He is the God who gives all grace. He called you to share in his glory in Christ. That glory will continue forever. ¹¹ All power is his forever and ever. Amen.

New International Version (NIV)

⁷ Cast all your anxiety on him because he cares for you.

⁸ Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour. ⁹ Resist him, standing firm in the faith, because you know that the family of believers throughout the world is undergoing the same kind of sufferings.

¹⁰ And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast. ¹¹ To him be the power for ever and ever. Amen.

WATCH TOGETHER

Carlitos, the 'Be Brave' monkey! - https://www.youtube.com/watch?v=q_wZZfllX8E

TALK TOGETHER

Think about a worry from a long time ago, (last year, last month) and a recent worry. Talk about them together.

- Are you still worrying about the same things?
- Were they worth worrying about?
- Did worrying change anything?
- Think of examples of things you can't change by worrying.
- How can you stop worrying?
- How can you help others to stop worrying?
- Some things are going to worry us even though we can do nothing about them. How might we 'cast our cares' to Jesus?

There are many situations we may face that we will have no control over and which will worry us. Our faith gives us strength to cope with those times but not necessarily to change the events.

PLAY TOGETHER

Throw your cares to God!



On separate pieces of paper write or draw your cares (What are you sad about? Do you feel lonely? What are you worried about?)

If you have some outside space, place a bucket or washing up bowl at one end of the garden. If you don't have outside space, put the bucket/bowl at one end of the largest room in your home. Stand opposite the bucket/bowl as far away as you think you'll be able to throw. One at a time, screw up your care and, as you chuck it at the bowl, call out, "God I'm sad about... Please help me to keep going!" or "God I'm lonely. Please help me to keep going!" or "God, I'm worried about... Please help me to keep going!"

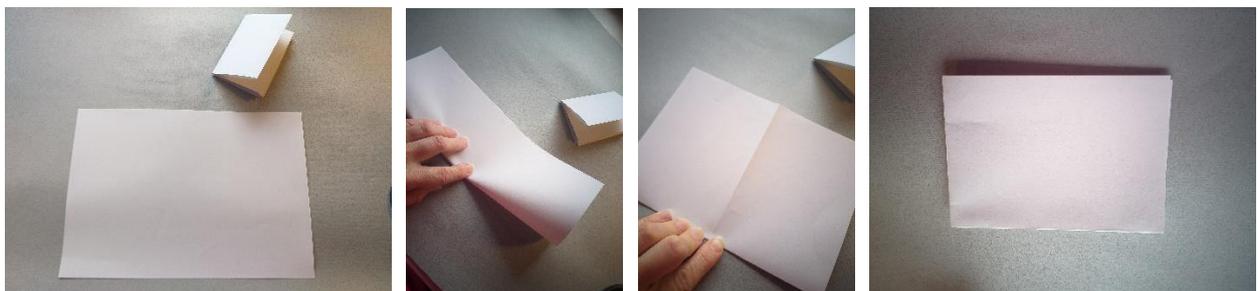
MAKE TOGETHER

'Cast your cares' Prayer Journal

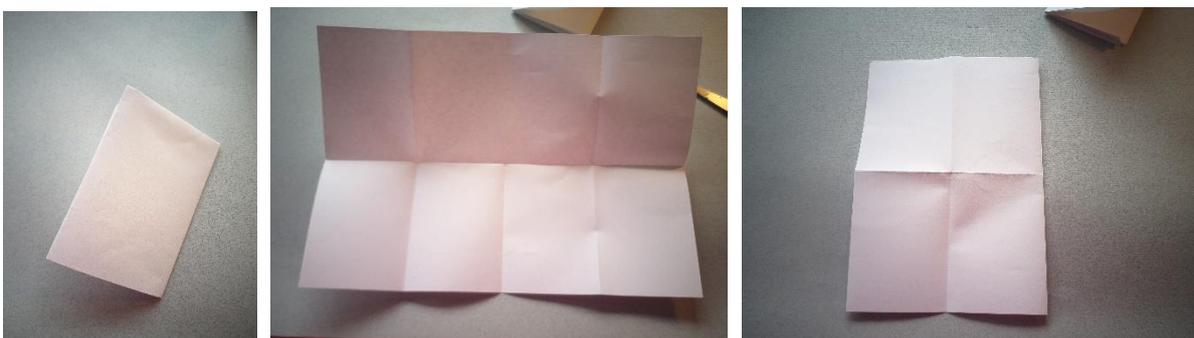
Create a Prayer Journal either using a spare note book that you have and decorating the cover or making one of the 'books' below –

Folded book –

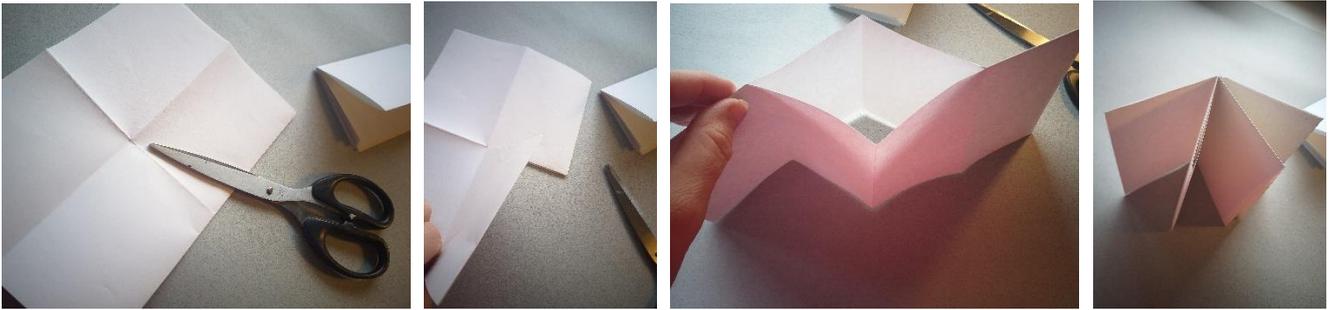
- Take a piece of plain paper (we used A4 but a bigger piece will just make a bigger book)
- Fold it in half lengthways and then in half widthways (into 4)



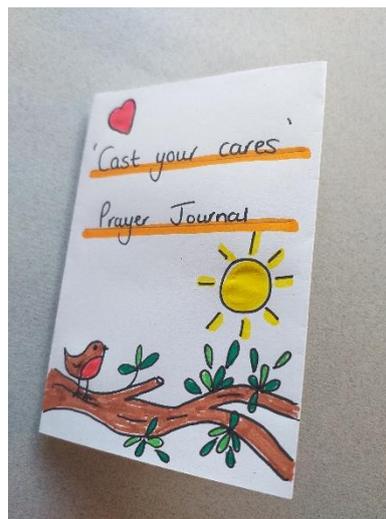
- Fold it in half again to create 8 sections on the paper when it is folded out.



- Fold it back in half width ways and cut from the folded edge into the middle.
- Fold it lengthways and then push the two ends together. The middle will fold out into a diamond shape and then join to become the pages of a book.



- Decorate your cover.



Concertina book –

- Make a long narrow strip of paper (we cut and A4 sheet in half lengthways and then glued the two pieces together)
- Fold it into a concertina (back and forth) in equal parts
- Cut out two card pieces the same size as your folded concertina.
- Cover/Decorate the card (we used old wrapping paper but you could paint or colour your card)
- Stick the card to the front and end pieces of your concertina to form a book cover



Stick and Elastic book –

- Fold a few sheets of paper in half to make the pages of your book
- Cut out two pieces of card (roughly the same size or slightly bigger than your folded paper, to make the book cover)
- Cover/Decorate the card (we used patterned paper but you could paint or colour your card)
- Punch matching holes in the card covers and the paper
- Choose a stick for the front (one from the garden or a lolly stick or similar)
- Attach your stick to the book by threading an elastic band around the top and through the holes and around the bottom. If you want to add more pages you can undo the elastic and stick and insert them.



Once you have your book, use it to write down or draw any worries, sadness or fears. Ask God to help you with them. Revisit them throughout the next month and see how God has made you feel about them as time passes? **Remember that God does not always change the situation but changes the person and how they feel or are able to deal with it.

Bird feeders (Matthew 6:25-34)

Make one of these bird feeders to hang up in your garden or near a window. As you watch the birds come to feed remember that this Bible passage tells us that God cares for the birds and he cares for you even more.

<http://flamecreativekids.blogspot.com/2019/05/do-not-worry-bird-feeders-matthew-625-34.html>

<https://www.rspb.org.uk/fun-and-learning/for-kids/games-and-activities/activities/make-a-speedy-bird-cake/>

<https://www.rspb.org.uk/fun-and-learning/for-kids/games-and-activities/activities/make-a-recycled-bird-feeder/>

<https://www.rspb.org.uk/fun-and-learning/for-kids/games-and-activities/activities/make-a-bird-kebab/>



SING TOGETHER

Give all your worries to God – Lifetree Kids

<https://www.youtube.com/watch?v=lnDs58jlvfQ>

My hope is in the Lord – Lifetree Kids

<https://www.youtube.com/watch?v=tJePCzTaQo4&feature=youtu.be>

Won't worry 'bout a thing – Lifetree Kids

<https://www.youtube.com/watch?v=ECtrMo-QcME>

Cast all your anxiety on him – Jana Alayra

https://www.youtube.com/watch?v=zCChuVy_hd4

The Artist – Rend Collective

https://www.youtube.com/watch?v=gbWsKM_oJos

REFLECT TOGETHER

Look at the Birds and Flowers



Before you go on your daily exercise, read Matthew 6:25-34. Then, as you walk, look at the birds and the flowers. Remember that God takes care of them, and he takes care of you even more.

God restores us

Imagine an old painting which has become very dirty. An expert has to work very carefully to remove the dirt (*on the left below*) and restore it to how it looked when it was first painted (*on the right below*); how the artist meant it to be.



God does the same with us. He is gently restoring us to how he meant us to be: making us bright and beautiful, shining the light of Jesus and strong in our faith.

Angeline said that God is restoring her through:

- things she reads in the Bible
- songs she hears
- conversations with friends and family
- encouraging Facebook posts
- online services and daily prayer
- receiving messages of how others are being helped with their cares
- the quietness when she knows God is with her.

Listen to Rend Collective's song, 'The Artist' and think about how God is restoring you, taking your brokenness and making it shine!

https://www.youtube.com/watch?v=gbWsKM_oJos

Holding us close



God calls us to keep going back to him, to keep getting closer to him and to hold him near so that, even though the enemy wants to shake our faith and lead us away from God with the difficulties we face in our lives, we can stand firm in him. It can be hard to find the time to stop and do this – especially right now.

Why don't you grab a cup of tea, or another warm and soothing drink, find a comfortable spot (and a big blanket!) and spend time with God, the way you like to best. It can be music, art, reading, talking – whatever! Think about what has been said in the sermon and take your time (or as much as you can!)

Ask God to be close to you today.

PRAY TOGETHER

Bubble Wrap Worry Prayers

We have to trust God to take care of us and those we love in our worries and the things that upset us. Sometimes that means that we intentionally have to give them to Him and ask Him to help us. It can help some people to pray in a tactile way. What better than bubble wrap!! Tell God one thing that is worrying you or making you feel sad (either out loud or silently), pop a bubble as a sign that you have asked God to help you and have released your cares to Him.



DO IT TOGETHER



Stay Alert!

If you notice someone in your home or a family member or friend you talk to on the phone is feeling worried, anxious, sad or lonely. Remind them to give those things to Jesus because he cares for them. Maybe you could tell them about an activity in the pack that has helped you this week?

It's a sign!

At some point over the week why not make your own 'stay alert' sign with words from the Bible that help you to remember to keep going back to God with those things that are on your mind or in your heart. Put it at eye level in a space where you are spending much of your day *or* where you walk past often.

Email: family.ministry@ccwsm.org.uk

Prayers, Action Reminder, Talk Together section taken and adapted from

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Bubble Wrap Worry Prayers taken from Flame Creative Ministry <http://flamecreativekids.blogspot.com/>