

Church at Home Family Pack – 26th July 2020

Join us for our 'Running with the Heroes' Holiday Bible Club 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 people in your home than others. We're not expecting you to do all of them (although you are very welcome to!). Choose the ones which best suit you and your family.



Trust in Jesus – The Greatest Hero!

GATHER TOGETHER

A prayer to start –

As we come to worship you, Lord Jesus (*look up*) we are thankful for the people of faith who have gone before us (*look behind you*) and for my family and friends who encourage and help me to have faith in you (*look at each other*)

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

Hebrews 12: 1-2



International Children's Bible (ICB)

12 So we have many people of faith around us. Their lives tell us what faith means. So let us run the race that is before us and never give up. We should remove from our lives anything that would get in the way. And we should remove the sin that so easily catches us. ² Let us look only to Jesus. He is the one who began our faith, and he makes our faith perfect. Jesus suffered death on the cross. But he accepted the shame of the cross as if it were nothing. He did this because of the joy that God put before him. And now he is sitting at the right side of God's throne.

New International Version (NIV)

12 Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, ² fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God.

WATCH TOGETHER



The Faithful Hall of Fame (Hebrews 11):

https://www.youtube.com/watch?v=OlgXVihi_S8

Hebrews 11 & 12 – The great faith of God's people:

<https://www.youtube.com/watch?v=ps8-3SOcMgU>

(This video is not suitable for younger children)

TALK TOGETHER

Angeline talked about the Bible heroes and other people of faith who cheer us on.

- Think of the Bible stories you know. Which ones have really helped and encouraged you to live for Jesus and keep looking to him? How have they helped you?
- Do you know people who have shown great faith in Jesus? If they were included in God's Faithful Hall of Fame what would it say about them?
- What about you? How are you showing others what it means to have faith in Jesus?

PLAY TOGETHER

Faith Relay

You'll need the inside tube of a kitchen roll as a baton or make your own out of rolled-up card. Write the word 'Faith' on the tube and decorate it anyway you like.



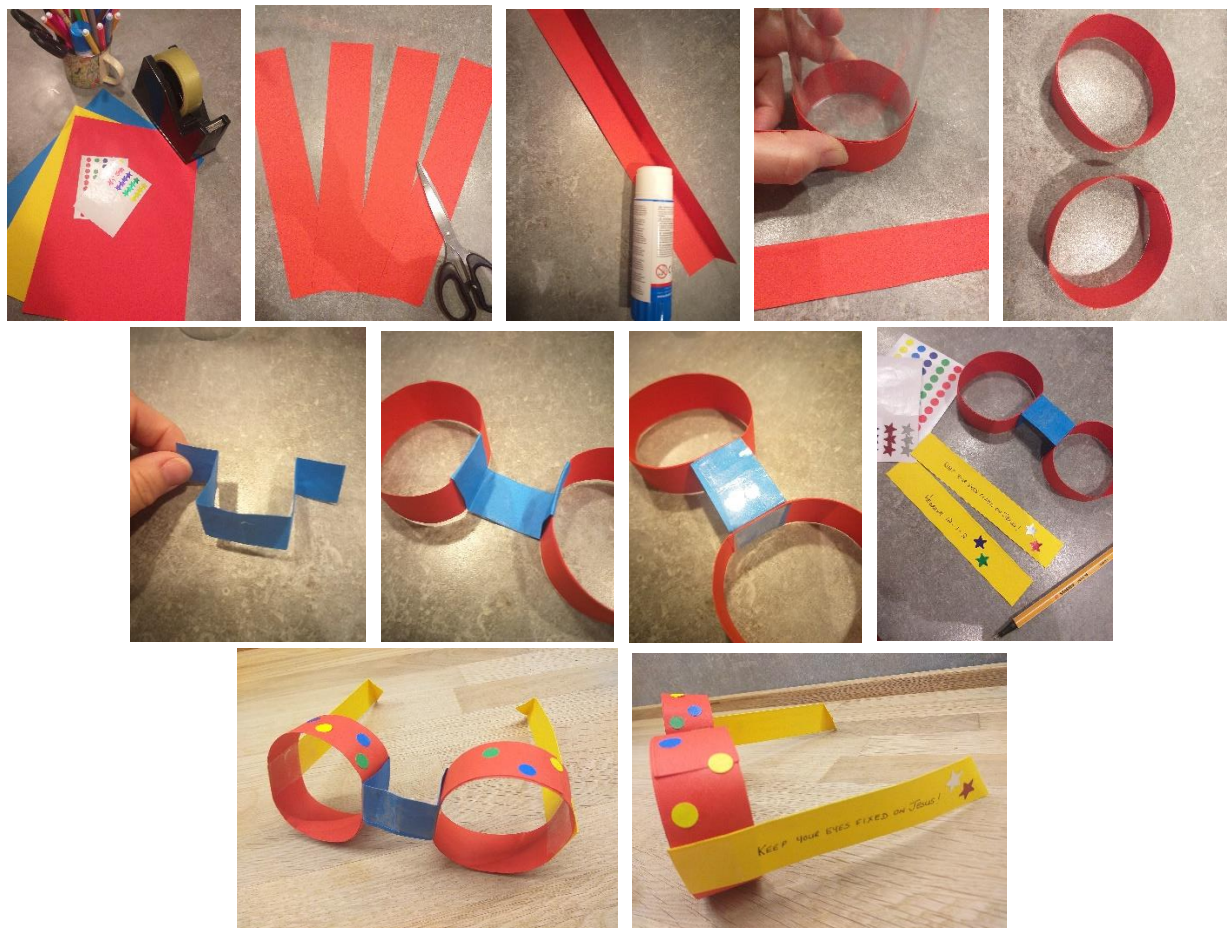
You're going to have a relay race with a difference. Everyone is on the same team, lined up behind each other. Take it in turns to run to a marker and back, holding the 'Faith' baton. As you pass the baton on to the next person you have to mention the name of someone who has shown you what it means to trust in God. It might be someone from the Bible (if you've been to Holiday Club this week you'll have heard about some of them), someone you've read about, or someone you know from church.

When everyone's had a go, play it again but this time you have to say the name of someone you could show what it means to trust in God.

MAKE TOGETHER

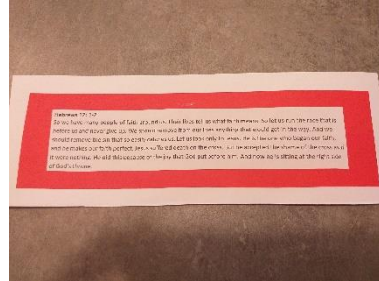
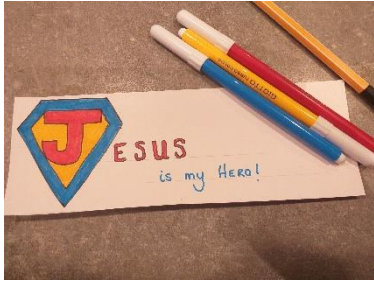
'Keep your eyes fixed on Jesus' – Glasses

- Take an A4 sheet of paper and fold and cut it lengthways into 4 equal strips.
- You can use coloured paper or colour each strip yourself.
- Fold each strip in half again, lengthways, and glue together to make a thicker, stronger strip.
- Take two strips and find a jar or glass to wrap them around and glue/tape into place to make circles.
- Cut one strip in half and use one half to fold into the 'nose' part and glue/tape to the circles.
- Cut your final strip in half and write on the words "Keep yours eyes fixed on Jesus!" on one strip and "Hebrews 12: 1-2" on the other.
- Glue/Tape the strips to the sides of the circles to form the arms of the glasses.
- Decorate with pens or stickers if you want to!



'Jesus is my Hero' – Bookmark

Take a strip of card and decorate it with a Super Hero drawing or symbol and the words "Jesus is my Hero!" Then on the back print and stick on or write on the Bible Verse – Hebrews 12: 1-2 and put the bookmark in your Bible to remind you to **Trust in Jesus – The Greatest Hero!**



Maze Race Craft

For this craft you will need: an empty cereal box, some paper, glue/cello tape, scissors and paints or pens to decorate! (And either marbles or small ball to play)

This craft is creating a maze so that you can do time trials to see who in your family or group can 'run the race' the fastest!



- Cut the front off your cereal box.
- Make a hole at one end of the box to push the marble and ball through when you've finished making it.
- Use the paper, if you like, to create barriers or obstacles to make the maze (The photo on the right is an example of some obstacles you could create!)



- When you've got the structure sorted you can start to decorate the maze using pens, paper, or paints! (or whatever you like really...)
- To finish make sure you create an "Finish" point so you have the spot you need to get to.
- When you're done take it in turns to tilt the box, avoiding the obstacles and getting to the finish line the fastest!

SING TOGETHER

Hebrews 12:1 (Memory Verse Song) – Hillsong Kids: <https://www.youtube.com/watch?v=OOFcwMd4YME>

Jesus is my Hero – The Lads (Big Big Worship): <https://www.youtube.com/watch?v=veoWQ5LfZ00>

Look to Jesus – Keith and Kristyn Getty: <https://www.youtube.com/watch?v=SokrsQFQXE0>

Look to Jesus – Samuel Lane, Vineyard Worship: https://www.youtube.com/watch?v=-eyd2_KBRSM

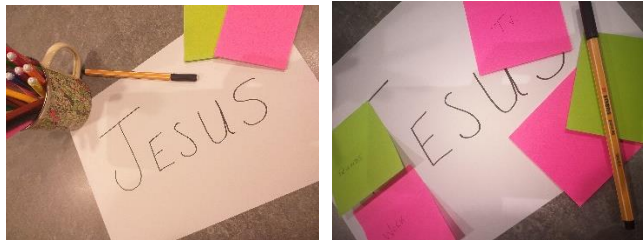
REFLECT TOGETHER

On a piece of paper write JESUS in large clear writing.

Think about things that might get in the way of concentrating on Jesus – what might distract us? Write those things down on post it notes or squares of paper.

Place your post it notes/ paper on top of the large piece of paper and notice what happens to Jesus' name. It gets hidden.

Ask Jesus to help you with those things that 'get in the way' and to help you to stay focussed on him.



ORANGE experiment!



Paul encourages us in this Bible passage to throw off everything that hinders us and do away with the sin that so easily entangles us. Try this cool experiment to reflect on how we might do that:

You will need:

- Oranges
- Permanent markers
- A large clear bowl or a bucket
- A sign with the words FINISH on it (this will need to be waterproof if you don't have clear bowl)

Place the 'FINISH' sign underneath the clear bowl or attach to the bottom of the bucket. Fill the bowl or bucket with water.

Place an orange into the water of the bowl or bucket. It should float. Take the orange out again and peel it. Put it back into the water. The peeled orange should sink and float to the word 'FINISH' on the bottom of the bowl or the bucket.

Read the Bible Passage again and think about what it means to remove things that get in the way of running the race marked out for us, what it means to get caught by sin in this race and how we can keep looking at Jesus while running this race.

- What kind of race is this?
- How do we run this race?
- What can get in the way of us running this race?
- Which sins slow us down?

Each take an orange and write on all the things that get in the way of us following Jesus or sins that catch us or trip us up

Put your orange in the water. It won't reach the finish. What do you need to do now?

Peel the orange, peel off the sins and the things that get in the way.

Now place your orange in the water and watch it reach the finish!

PRAY TOGETHER

While running on the spot say this prayer:

Loving God, thank you for all the people who have shown what it means to live by faith.

Help us to be strong and brave, to keep looking to Jesus and to share our faith with others.

*Help us to keep going and not give up. **Amen.***



DO IT TOGETHER



Why not commit to re-focusing on and learning from the life of Jesus? Read one of the Gospels – Matthew, Mark, Luke or John. Read Bible stories about Jesus' life with your children.

You could use a Bible App or an online version:

<https://www.biblegateway.com/>

Email: family.ministry@ccwsm.org.uk

Prayers adapted from and Action Reminder taken from

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The first Reflect Together activity taken from Urban Saints – Energize <https://www.energize.uk.net/>