

Children's Message - Weekend Edition:

Day One:

Look up **1 Thessalonians 5:17** and take turns reading it. Read it forward and backwards, it has the same meaning either way you say it. Write it down and post it somewhere for your family to see it.

- Discuss different ways to pray (*there is no "one-way" to do it*).
- Chat as a family about what prayer is (*prayer is having a conversation with God where you share your concerns, say thank you, offer confessions, and make requests for God's intervention*).
- Set an alarm on a cell phone or with Alexa/Google/Siri for 5:17 p.m. Make a commitment to pause everyday to pray during that time. (*5:17 p.m. was chosen because of the scripture reference, you can choose another time that works better for your family to pause daily in prayer*)

Day Two:

Plan a time to go on a family walk where you do as little talking as possible. Instead of talking to each other during the walk, everyone should observe with their ears and eyes only. Before you start your walk discuss the direction you are going to go and who will lead. Give some examples of what to listen for; birds chirping, squirrels playing, other people, trees rustling, etc. God is at work when we are chatting with each other, and God is at work in the silence and noise of nature. After your walk you can discuss what you heard in nature and what thoughts were dancing in your brain. End with prayer by saying "Dear God, We pause in silence to thank you for being with each of us (*allow time for silence*). Amen".

Day Three:

Even though many things in our lives are on pause, cancelled, or rescheduled, spring is not! Each person, of all ages, should select a tree or even a branch that they will observe for the next couple weeks. Using a journal or a blank sheet of scrap paper write and/or draw what the tree/branch looks like today. Be sure to record the date. Schedule the next day that you will observe that same tree/branch. Remind each other that God is with us through the change of seasons every year, even now when nothing is normal about our schedules.

**Consider having children make a chart like this to record their observations.*

Date:	Date:	Date:	Date:	Date: