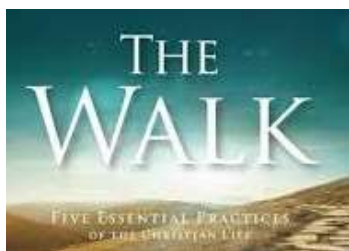


Sunday School Home Activities - Week of January 10, 2021



The Walk: Five Essential Practices of the Christian Life

Activities for Children and Families

Read together Psalm 95:1-7, 1 Thessalonians 5:16-18

Christian practices are ways for people to connect to God and share God's love with the world. The Bible helps us to understand God's love for us. Being part of a Christian community, or church, helps us learn from God and each other.

This week we will focus on the spiritual practice of worship and prayer.

Worship means to recognize that God is worth our attention, gratitude or thanks, and our love.

What are some ways you worship?

- During our worship services we read scripture, sing, pray, and offer our resources to God.
- Sometimes we worship when we are alone and pray in our homes. Prayer and Thanksgiving are great ways to worship at home. When we pause throughout the day to praise and thank God, we connect with God.
- God wants you to be a living hallelujah! Hallelujah means God be praised! What does being a living Hallelujah look like to you?

Try the following activities to help you worship and pray at home:

Ways to Give Thanks: Pray, Sing, Clap your hands, Shout, Write it down, Say, 'Thank you, God', Recite a Bible verse, Tell a friend, Draw a picture.

What is your favorite morning activity? Why? How could you give thanks to God while you do your favorite thing?

What is your favorite activity during the day? Why? How could you give thanks to God while you do your favorite thing?

What is your favorite evening activity? Why? How could you give thanks to God while you do your favorite thing?

Worship and Prayer Challenge:

- Pray in the morning, at each meal, and in the evening. That would be 5 prayers a day. Your prayer can be as simple as thanking and praising God for something you noticed that day.
- Choose a favorite worship song and sing it one time every day.

God loves you no matter how often you practice, but these practices will help you connect to God and share God's love with others.

Adapted from The Walk Children's Leader Guide Lesson 1

Try one or more of the following prayer suggestions. Which helps you connect with God?

- **Breath Prayer:** First, choose a word or brief phrase to repeat in one breath. If it is a phrase, say one part on the inhale and one part on the exhale. For example, think in your mind or whisper to yourself Psalm 56:3. Next, on the inhale, think or say "When I am afraid." Then, on the exhale, think or say "I will trust you." Another way to form a breath prayer is think about your favorite name for God. One of my favorites happens to be Abba, which means daddy. For 2nd part of the breath prayer think about what you need from God. Sometimes that might just simply be his love and his peace. Abba – Fill me with your peace. Repeating breath prayers is a meditative practice that can be done with almost any age. Other breath prayer suggestions include: *Show me your way, O Lord*, Psalm 46:10, Psalm 23:1, Luke 23:46, Psalm 31:5, 1 Samuel 3:10, Luke 1:38, Psalm 136:1, Matthew 6:9
- **Coloring Prayer:** First, gather crayons, markers or colored pencils and blank paper. Second, decide what you'll pray for with each color. For example, use purple while praying for animals, green for family members, blue for the Earth and the environment, red for your church, yellow for community leaders, etc.
- **Prayer Walk:** Go for a walk as a family and look for things you're thankful to God for. Roads, sidewalks, blooming flowers, trees, animals, bird songs, neighbors, cars, trucks, businesses, and more. There's so much to be thankful for!
- **Scripture Prayer:** Choose a Bible verse and use it as a prayer to begin and end each day. Try Psalm 100, John 3:18, Psalm 46:1 or Romans 15:13. Post it by your bed or on your bathroom mirror as a daily reminder. Think about a word or phrase that sticks out to you as you read. Pray about the word that stands out for you and what God might be saying to you.
- **A.C.T.S. Prayer:** This prayer model uses the acronym ACTS as a guide for prayer.
 - **A - Adoration:** Tell God how wonderful God is; worship and praise God.
 - **C- Confession:** Tell God about the things you are sorry for, ask for forgiveness.

- **T- Thanksgiving:** Thank God for all God has done in your life and for the things you notice in your life and in the world.
- **S- Supplication:** Pray for yourself and pray for others.
- **Five-Finger Prayer:** This prayer practice uses each finger as something to pray for. The thumb is for those closest to us (family, friends, etc). The index finger for those who teach, instruct and heal us (pastors, teachers, doctors, etc). The middle finger, our tallest, is for our leaders (leaders of our community, church, nation, etc). The ring finger, our weakest, for those who are weak (those who are sick or hurting, etc). The pinky is for ourselves.
- **The Lord's Prayer:** Pray the Lord's prayer together as a family. Think about the meaning of each section of the prayer. Create a visual Lord's Prayer by drawing pictures of each part of the prayer. Try rewriting The Lord's Prayer using your own words.



Weekly home activities, great for the whole family, are designed to guide children from Nursery thru 5th grade and their families in Bible stories, engaging experiences, spiritual practices, and opportunities for reflection. Pick one to two activities to do with your family each week. Contact Kathy Schmucker, Spiritual Formation Director, for more information. kschmucker@faithumchurch.org

Welcome to Wonder

Prepare Ahead: As a family, create a Wonder Table. Find a small table or area in your home. On the table place a candle, a plant or flower, and any other special items you want to include. This may be the space you decide to place an Advent Wreath or Advent Candles. Use this space while gathering as a family to engage in the lesson or watch Worship by Wire together.

Wonder with Me

READ the Bible Story - Read the Bible story, Matthew 3:13-17

- Roll the Wonder Cube. Take time to answer a few of the questions. *A copy of the Wonder Cube for this quarter can be found in the December 6 Sunday School home activities.*

WATCH the Bible Story and Sing with the Celebrate Wonder Music Videos

Watch this week's Celebrate Wonder Video on Amplify Media:

Amplify Media is a new resource for our congregation! This will make it easy for you and your families to access 100's of videos for adults, youth and children. To receive the log in info and our congregation's access code, email kschmucker@faithumchurch.org or text Kathy at 330-224-6138. Once you have logged into Amplify Media search Celebrate Wonder to watch this week's Celebrate Wonder Video and view the Celebrate Wonder Music Videos! Amplify Media has also recently added a section called, Cokesbury Kids, to make it easier for you to find all the great resources available for children!

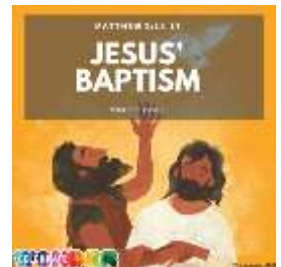
This week is Winter Session 6 Jesus' Baptism.

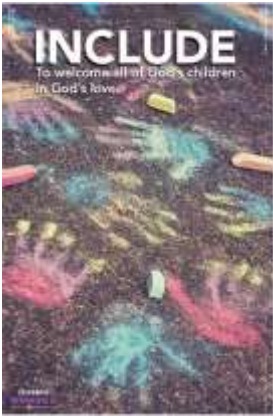
WONDER: I wonder what God's voice sounded like. What do you think?

WONDER together

- How do you imagine John the Baptist's face looked when Jesus asked him to baptize him?
- Have you ever seen a dove in real life? If so, what did it look like?
- What do you imagine God's voice sounds like? *(Let everyone demonstrate voices.)*
- Why do you think Jesus was baptized? • Why did Jesus choose John to baptize him?

PRAY together - Dear God, help me to show your love and to include everyone. Amen.





SHARE the Faith Word:

INCLUDE – When we include, we welcome all of God’s children in God’s love.

WONDER: Who makes you feel included? Have you ever felt excluded?

Experience Wonder—Who Was There (Art)

Supplies: canvas, thick paper, or cardboard square; magazines; glue; markers

WONDER: Who do you think gathered at Jesus’ baptism? What did they look like? What were their names? Have you been baptized? Who was there? If you have not been baptized, who would you like to be there?

- Create a collage of Jesus’ baptism or your own baptism.
- Encourage everyone to include all the people who were a part of this special ritual.

Spiritual Practice—Exploring Inclusion Through Community

Supplies: bowl of water, towels

- Gather everyone in a circle.

SAY: Water is a symbol of baptism. Whether we have been baptized or not, we all are connected through baptism. Baptism is not something we do alone. We are baptized in community.

WONDER: Why do you think we use water during baptism?

- Pass the bowl of water around the circle. For each person, have them dip her or his fingers in the water, and then say the following blessing for that person.

SAY: (*Name*), you are a child of God. I find happiness in you.



Spiritual Practice – Baptism

Baptism is a communal act. Jesus’ baptism by John was attended by people who were a part of the community in which Jesus lived. Turn on a faucet and let the water run through your hands. Say aloud, “God loves me; God is pleased with me: God is happy with me.” Think of the community you are a part of. When you bathe or shower this week, remind yourself that you are included in a community that loves you as God loves you.

Celebration Chart

Print out and place the chart on your refrigerator, kitchen table, or in an easy-to-access place. Throughout the week, have your child mark a space each time he or she completes an item on the chart. When a vertical, horizontal, or diagonal line is completed, celebrate together! *A Celebration Chart for Winter can be found in the December 6 Sunday School Activities or in the Advent Kit.*

Adapted from Celebrate Wonder Winter 2020 Session 6 © 2020 Cokesbury



Additional Family Activities:

Epiphany Star and 2021 Hopes & Dreams Coloring Sheets

Print and color the Epiphany Star and 2021 Coloring Sheet to note your hopes, dreams and prayers for 2021. You can find these in the January 3 Worship by Wire email. The Faith Story during the January 3 worship service explains about Star Words, spiritual practice for the new year you may want to try with your family. Contact Kathy Schmucker if you would like a star word for 2021.

The Seasons of Christmas and Epiphany - Christmastide, the second season of the Christian year follows Advent and is a season of praise and thanksgiving for the incarnation of God in Jesus Christ, and consists of Christmas on December 25, and the eleven days following (a total of 12), leading up to the Day of Epiphany. The liturgical color for the Christmas season is white (or gold), to represent the purity of Christ's humanity and the holiness of His divinity. The symbol for the Christmas season is the manger. The third season of the Christian year is Epiphany, which begins with the feast of the Epiphany on January 6 and continues until the eve of Ash Wednesday, which begins Lent. Epiphany refers to the Star of Bethlehem appearing after the birth of Jesus and to the dove, tongues of fire, and voice of God appearing at His baptism. The liturgical color for Epiphany Day is white. The color for the season of Epiphany is green to signify the growing Church and the spreading of the Gospel. The symbol of the season after Epiphany is the baptismal font, signifying the baptism of new believers in the Gospel.

12 Names of Christmas - Ever hear of the 12 days of Christmas? The season of Christmastide begins on Christmas Day and lasts for 12 days leading up to the Day of Epiphany which is January 6th.

Make a paper chain from the 12 strips of paper. Each of the 12 strips has a different name for Jesus written on the back. Countdown the 12 days of Christmas, from Christmas Day until Epiphany on January 6th by reading a scripture about a name for Jesus on each link of the paper chain. As you read each day's scripture, wonder together about that name for Jesus and how you experience Jesus in that way. Pray together, asking God to help you see Jesus and your celebration of Christmas in each day's scripture and name.

An Epiphany Blessing of Homes and Chalking the Door

What is Chalking the Door? This short liturgy is a way of marking our homes, usually at the front or main entrance, with sacred signs and symbols as we ask God's blessing upon those who live, work, or visit throughout the coming year. In Exodus, the Israelites marked their doors with blood so that the Lord would pass over their homes; but in this service, we mark our doors with chalk as a sign that we have invited God's presence and blessing into our homes.

In Great Britain, the service commonly takes place on Twelfth-Night, January 6th. This date is also observed as Epiphany, commemorating the visiting of the Christ Child by the three Magi (Wise Men) with their gifts of gold, incense, and myrrh. On Twelfth Night in Europe, many families gather in their homes to celebrate this feast with friends, food, singing, and gifts. It is at these Twelfth Night celebrations that "Chalking the Door" is most often observed.

Why Chalk? Chalk is used in this service as an ordinary substance made of common elements of the earth, put to holy use. Chalk will not permanently mark the dwelling. As its image fades from view over time, those who participated in its original placement will remember it and the purpose for which it was intended. In doing so, they may rededicate themselves to that purpose. After a year passes and a new Epiphany arrives, they will have the opportunity once again to celebrate the themes of this season and once again to seek God's blessing on their homes and on those who come and go through its doors.

What do the numbers and letters mean? For 2021, the inscription would look like this: 20+C+M+B+21. The numbers at the beginning and end of the inscription simply refer to the current year. The letters C M B come from the traditional names for the three kings: Caspar, Melchior, and Balthazar. Some also suggest "Christus Mansionem Benedicat" which means, "May Christ bless this dwelling!"

- **Resources for Talking about Race and Racism with Children:** Visit our website at <https://www.myfaithunited.org/anti-racism/>
- **Look for God Sightings**, looking for our good God in the world! Share the God Sightings you find with us. We will share them during our Wednesday Night Live worship.
- Use, individually or as a family, the worship and devotional resources you will receive connected with Sunday's Worship by Wire and Wednesday Night Faith Connections and Sunday School. Share with others! Visit our website for updated resources: <https://www.myfaithunited.org/worship-by-wire/>