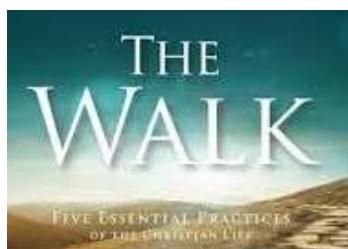


Sunday School Home Activities - Week of January 17, 2021



The Walk: Five Essential Practices of the Christian Life

Activities for Children and Families

Read together Psalm 119:103-105, 2 Timothy 3:10-17, Psalm 19

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 study and listening for God.

We can hear God when we practice listening. We listen for God's voice through prayer, Scripture reading, singing, observing God's amazing creation, and listening to friends, family, and mentors. Sometimes it is hard to understand what God is saying to us. God uses different ways to speak to us. So, it is important that we practice the skills it takes to listen and understand what God is saying.

What helps you to listen for God?

- Sometimes we hear God through the songs we sing or from the people around us. Our friends and church family can help us understand what God is saying.
- Sometimes we hear God through nature and scripture. Noticing things around us can help us hear God better.
- Creating art is another way to listen for God. Coloring, painting, or drawing as you listen to scripture is another way that helps us listen for God's voice and see how the words we are reading in the Bible make us feel.
- Noticing God's amazing creation and listening to words in the Bible, can help us hear God telling us that we are loved and remind us to love others.

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

- *Pick a favorite quiet place that reminds you of God's goodness. Spend some time in prayer reading one of this week's scriptures listed above or another favorite Bible verse.*
- *Practice Lectio Divina, or sacred reading. Any age can do this. Read the scripture slowly 3-4 times or ask someone to read it to you. Listen for a word that stands out for you. Write down that word. Wonder what God might be saying to you through that word. Pray and thank God for the word!*

Worship and Prayer Challenge:

- Read at least one Bible verse each day.
- Continue to pray and thank God five times each day.

God loves you no matter how often you practice. These practices will help you connect to God and share God's love.

Adapted from The Walk Children's Leader Guide Lesson 2

• Try one or more of the following ways to read and study scripture. Which helps you connect with God?

- **Draw It** – Get out the art supplies and draw a picture of the verse or write out the verse in creative ways. Decorate and hang your scripture art where your family will see it often to read and talk about the scripture.
- **Act It Out!** – Role playing a Bible story or making up motions for a Bible verse is a fun way to retell Bible stories and remember verses.
- **Scripture Prayer:** Choose a Bible verse and use it as a prayer to begin and end each day. Try John 3:18, Psalm 46:1 or Romans 15:13. Post it by your bed or on your bathroom mirror as a daily reminder.
- **Bible Journal** – Start a Bible journal using words or pictures to illustrate Bible stories. Consider including the following in each page of your Bible Journal:
 - Date and Scripture
 - Give the passage a title in your own words
 - What is this passage about?
 - What does God want me to learn from this passage?
 - What is one thing I can do to use this lesson in my life?
- **SOAP Bible Study Method for Kids!** SOAP is an acronym for a way to study the Bible. You can write or draw your responses to each step.
 - **Scripture:** Read a verse, Bible story or passage of scripture.
 - **Observation:** Write down interesting facts or points you see in this scripture. What stands out for you?
 - **Application:** Ask yourself how this applies to your life. Or think about one thing you can do today or this week because of what you read.
 - **Prayer:** Ask God to help you live what you learned from this scripture.

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 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 4:18-22

- Roll the Wonder Cube. Take time to answers a few of the questions. A copy of the Wonder Cube for this quarter is 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!

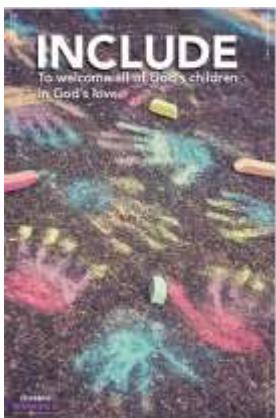
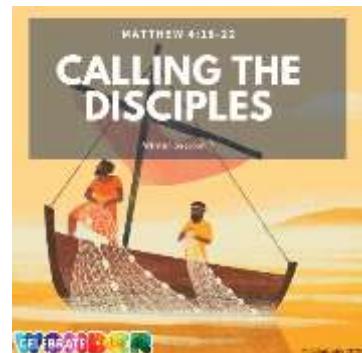
This week is Winter Session 6 Jesus' Baptism.

WONDER: What do you think Jesus meant when he said, "I'll show you how to fish for people?"

WONDER Together

- Can anyone follow Jesus?
- Who do you know that follows Jesus?
- What would you have done if you had been one of the fishermen, and Jesus asked you to follow him?
- How does the church community help you follow Jesus?
- Where do you think the disciples and Jesus went immediately after Jesus asked them to follow 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—Fishing for Snacks (Snack)

Supplies: shallow bowl filled with fish-shaped crackers, small paper cups, napkins

- Give each person a small paper cup and a napkin.
- Have each person take turns dipping their cups in the bowl for fish-shaped crackers and pouring the crackers on their napkins.

SAY: Jesus invited the disciples to fish for people, but he didn't really mean to use a net or a fishing pole. What he wanted them to do was tell people about Jesus and invite them to be followers.

ASK: What is something you could tell someone about Jesus that might make that person want to follow Jesus?

- Give everyone time to answer.

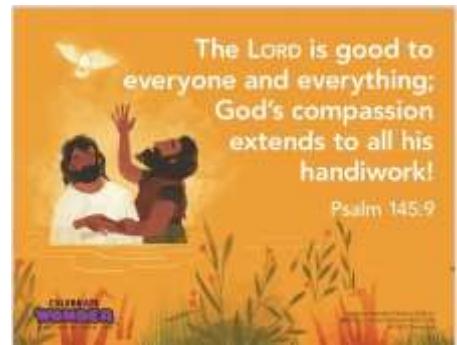
WONDER: How can we share Jesus with people through our actions?

Spiritual Practice—Exploring Inclusion Through Community

- Gather everyone in a circle.

PRAY: Please join me in saying these special words about following Jesus:

Jesus said to come and follow,
so that is what the disciples did.
I am also important and included.
I will follow him.
Amen.



Spiritual Practice – Community

Jesus was forming a community when he called his disciples. Jesus' disciples would include many different kinds of people.

What kind of people would Jesus invite into his community today?

Draw a picture of the community Jesus would want today. Hang it on your wall as a reminder that God loves and welcomes all people. God wants us to do the same.

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.

- **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/>