

# FAMILY FAITH PRACTICES

A valuable resource when church services and weekly programs are cancelled

AIMED AT

FAMILIES

## Introduction

During this season where church services and weekly programs are cancelled are we each experience more and more time isolated at home, there is both a need and an opportunity to engage in faith together in our homes.

Here is a fun, dynamic, interactive and holistic way to engage in spiritual practices as households. It is written for the use during our current pandemic, but can easily be adapted for continued use when life returns to more regular rhythms.

This resource has been developed primarily for families of primary and pre-school age kids. Bible Passages from SU's e100 Challenge would allow households with early teens to engage. The e100 Bible Reading Challenge can be downloaded via Google Play or as a Reading Plan on YouVersion.

### Available below is:

- A printable image showing the six different spiritual activities (p. 2)
- A detailed explanation of the six different activities with suggestions and other resources (p. 3)

### What you will need to find is:

- A Children's Storybook Bible or Children's Bible (CEV recommended) (If using with teens, please select a translation with language accessible to all in the household)
- A six sided die

### How it works

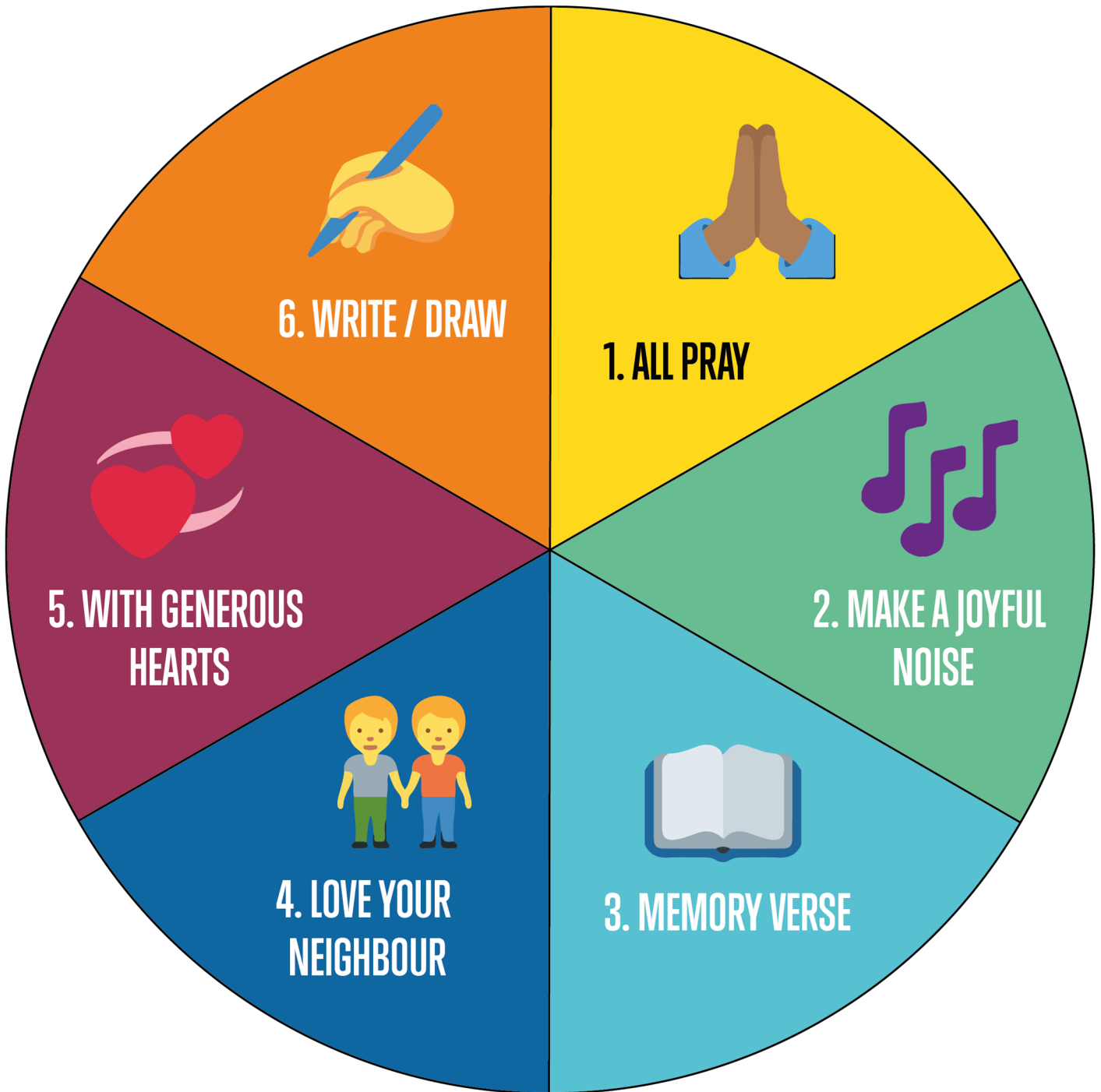
Set aside a time where you gather as a household and read together your selected Bible story or Bible passage. This could be done daily or less frequently. As a response to the Bible reading have one family member roll the die and as a family or household enjoy together whatever practice aligns with the number on number on the die.

Fairly soon everyone will be anticipating where the dice will land and be active in faith practices together around Bible, prayer, justice, giving and praise.

*Thanks to Jonathan V for this resource.*

## Family Faith Practices

The 6 Spiritual Practices



## Introducing the Six Practices

Remember - Read your Bibles first!!!

### 1. All Pray

Take time to go around the circle, each take a turn to pray. Some people may need help for what to pray for, so here are some ideas

#### *Photo Collection*

Have a collection of photos of family and friends, situations and locations. Flick through them or spread them out and have everyone pick one as a prompt for who, what or where to pray for.

#### *News*

Circle something in the newspaper that you have bought or go to the news website and find something there.

#### *Candles*

Each have a candle in that you light when you say your prayer and start your prayer by saying. "Dear God, may your light and love be felt by ..."

### 2. Make a Joyful Noise

Take a moment to sing together a song of praise that you enjoy. Some will find this easy, other personalities will find it not so easy, so maybe there ideas will help

#### *Joyful Racket*

Joyful does not necessarily have to mean orderly. Find a collection of noise making instrument things like egg shakers, recorders, pot lids or air guitar. You can play and sing, you can just sing but have a different family member do an instrumental solo in-between verse. It may not be good musically, it might even be a horrible noise but it will be a joyful noise!

#### *Stream*

Play an online clip of a loved song known and enjoyed by your family. Either sing along or have people close eyes and reflect on the words as they are sung.

#### *Dishes playlist*

Where your time takes place after a meal, set up a playlist that gets played while you clear the table and do the dishes.

### 3. Memory Verse

Work on a memory verse together. Write it out and work at memorizing it. Post the verse on the bathroom mirror, fridge etc. Each time you roll memory verse review it. When it seems like you have mastered it, move onto the next verse.

Here are 10 verses to get you started. Some of these are particularly appropriate to the fear, anxiety, grief and uncertainty associated with the current Covid-19 pandemic.

Psalms 23:4

Proverbs 3:5&6

Philippians 4:7

Phillipians 4:6

John 10:10

Romans 8:28

John 3:16

Romans 6:23

Genesis 1:31a

2 Corinthians 5:17

*Continued...*

#### **4. Love Your Neighbour**

These are different and difficult days for many. As followers of Jesus our very nature is that we embody love and compassion towards others. When you roll a four decide together how you can love your neighbour right now. Remember your neighbour could be next door, down the street, in the next suburb etc. Some people you know might be quarantined, isolated, unable to shop etc.

##### *Check in*

Text, call or visit your neighbours and see if they need anything, offer to pop down to the shop or simply deliver them some flowers to brighten their mood.

##### *Serve*

If you are able to get down the supermarket. Buy some extra tins of food and drop them off to a food bank or local charity that serves the needy in your neighbourhood.

##### *Go above and beyond*

When you mow your lawn just keep going and mow your neighbours nature strips as well. The kids can help by trimming the edges, leaf blowing or pulling a few weeds out of the garden.

#### **5. With Generous Hearts**

Even though we are in times where we are sick and/or isolated we must remember that we are still in a wealthy and healthy country compared to many, many others. When a five is rolled we all contribute to a central kitty they can later be used to give others the bare essentials for living. We recommend you keep collecting until December and then count it up and purchase from Tear Australia's Most Helpful Gift Catalogue or a similar scheme you might prefer.

##### *Percentage of pocket money*

You might put a percentage on peoples pocket many that gets contributed when you roll a five. This might need to be calculated quite carefully especially if you roll a five 3 times in one week!!

##### *Sacrifice for cash*

Each decide on a luxury that you will willingly go without in order to benefit others. This can be a takeaway coffee for the adults or a lolly or biscuit for the kids. Determine a monetary value of items and have parent/guardian place in the kitty. ie. Biscuit = 10 cents, Coffee = 4 dollars

##### *Set a target*

Agree as a household on a target to achieve. As the year draws closer and closer to the end you will need to start calculating (or guessing) how many times you statistically will roll a five and how much needs to be given at each roll. This of course will have to be re calculated each time. Then divide up the amount and work out who contributes how much.

#### **6. Write/Draw**

A letter or a picture can be a great way of expressing love to people, especially in these times.

##### *Sponsor a child*

Sponsor children love to get letters from other children and families across the world. Use a roll of a six to write a sponsor child a letter, or save up the letters you receive to read when a six is rolled. Compassion International does a very good job of facilitating letter writing between sponsors and kids.

##### *Church community*

While church activities are cancelled, write a letter or draw a picture to send to someone in your church community. Tell them you hope they are well and look forward to seeing them again when church life is back to normal again. This can brighten their day and keep them connected to community.

##### *Make a poster*

Work together on a poster of happy people enjoying normal life, with pets, trees etc. You may want to add a bible verse or a comment like "God loves You" or "Praying for Good Times ahead" depending on what is appropriate to where it will be displayed. Drop off or send the poster to your local senior citizens home, hospital ward or community noticeboard.