



Diocese of Bristol

## Families growing faith at home

**Church@Home** is a practical 'easy-to-use' resource to help and encourage church families enjoy a time of worship together, explore the Bible, pray and grow in their faith in the comfort of their own homes.

**Church@Home** provides a fun, engaging and easy-to-follow session every Sunday using a Bible reading selected from the Church of England Lectionary. Each session lasts approximately twenty minutes and provides age-related material for toddlers to teenagers to accommodate everyone in the family. Thought-provoking questions, fun activities and crafts bring the Bible story to life as well as creative prayer ideas to help families focus, learn and grow in their faith together. Additional teaching and craft suggestions are also provided for families with very young children.

**Church@Home** can also be used as a fun way to help families connect with other families on Sunday mornings too during this time of distancing. Invite everyone to begin **Church@Home** at the same time and perhaps set up a WhatsApp group where families can share what they have done, or discuss the topic further together.

If your family or families in your church are using **Church@Home** please let us know. We would like to keep in contact, find out how you are doing as well as hear how **Church@Home** is helping families grow in their faith, so that we can share and inspire others during this time of distancing.

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Thank you 



Sunday 12 July 2020  
6th Sunday after Pentecost

## Light the way

### Psalm 119: 105-112

#### Time to focus...

As you gather as a family, find a place on the floor, around a table or even in the garden. If possible, light a candle to mark the beginning of the worship time. Quietly stare at the flame as you pause and prepare for a time of worship as a family...

#### Set the scene...

Psalm 119 is the longest chapter in the Bible and that the whole chapter is about God's law. It was written as a poem with each section representing one letter of the alphabet as a reminder of the importance of God's Word. Today's Church@Home focuses on one section but you might want to read all of it with your family during the week.

#### Explore the story...

Imagine you were walking through dark woods and you didn't know where you were or where you were going. You cannot see ahead, because it is so dark, but you keep walking. Then, you realize that you have had a flashlight in your pocket the whole time! You forgot! Whenever you turn the light on, you can see the path that was always close to you. As you follow the path with the light you wonder how you ever lost it, but, because it is so dark you couldn't find it.

*"I have taken an oath and confirmed it, that I will follow your righteous laws." (v106)*

The person who wrote this psalm says that they promise to follow God's ways. They know that if they follow God's ways, they will be on the right path and not be led into darkness. When they take the oath or promise, they are so happy that they praise God.

It is so important for us to remember God's words and keep them in our hearts. This is why we should always have our light out - the Bible is our light in darkness. By reading and memorizing Bible verses and passages we are able to carry our flashlight with us at all times! God gave us the Bible so that we may be able to find our way; we, however, must be willing to accept the guidance the Bible offers.

Jesus said; "I am the light of the world. Whoever follows me will not walk in darkness, but will have the light of life" (John 8:12). Jesus, God's only Son, came to show us the way. He died on a cross to be able to forgive our sins. Sins are the things we say and do that are against God's laws (like telling lies, stealing, and hurting others). Jesus gave up his life to demonstrate to us his amazing love for us. God's word tells us that Jesus is the only light that illuminates the darkest of paths.

#### End with a prayer...

Thank you Jesus that You are our light, You shine in the darkness and that You came to the world so that we can have life - life in all its fullness (John 10:10). Amen!



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## Light the way

Creative ideas / toddlers to teenagers

0-5s...

**Activities:** Torch games are great fun for young children...

**Catch the Light:** Move the light all around the room, including the ceiling, walls, and floor. At random times, stop moving the light. When this happens the children all have to run to the light to try and stomp on it if it's on the floor or jump for it if it's on the wall.

**Letter Spotlight:** This is fun for children learning their letters. You will need to cut out various letters or if you have foam/magnetic letters. Ask the children to look at the wall as you hold up a letter in front of the torch. The letter's shadow will magically appear on the wall. The first one to name the letter wins the point.

5-11s...

**Worship:** Enjoy '[God be glorified](#)' by Nick & Becky Drake and Lab Kids funky remix of '[Psalm 119:105](#)' .

**Worship activity:** As a family, write/draw verses from Psalm 119 that you want to remember, or write a reason to praise God that you see in the Psalm, or draw something from the passage that you think is important. Give the children time to work on their pages and then have them share what they have drawn or written with the rest of the family.

11-18s...



1) Have you ever experienced total darkness?  
What did it feel like?

2) 'Your word is a lamp for my feet'.  
What do you think verse 105 means?

3) The psalm mentions obeying God's laws. What are they and how are you obedient to God's laws?



Pray you can be a light that points others to find faith in God.



Be obedient to parents and God - it may not be as easy as you think!

*"Your word is a lamp for my feet, a light on my path." Psalm 119:105*