



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 2 August 2020
9th Sunday after Pentecost

Wrestling with God

Genesis 32:22-31

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...

Have you ever watched a wrestling match? Wrestling is one of the oldest sports in the world, and it dates back thousands of years. Opponents struggle against each other in a battle of strength to win. Have fun inviting everyone to show their best 'scary' wrestler face and pose.

Watch the story...

An enjoyable retelling of "[Jacob wrestling with God](#)" by Crossroads Kids Club.

Explore the story...

In today's Bible lesson, Jacob spent an entire night wrestling with an angel of God. After an entire night of wrestling, God's angel told Jacob to walk away. Jacob left the wrestling match with a new name and a limp from his hurt hip.

We sometimes struggle with God, too. We may want to do things our way instead of His way. When is it hard for you to obey God?

If you have access to ice cubes put several into a bowl. Ask everyone what is the quickest way to melt an ice cube? Have fun as a family trying ways - e.g. in the mouth, blowing hot air on it, sprinkling salt on it or holding it to try to melt it most quickly.

- Which method was the most effective?

Now you need a hair dryer or a jug of hot water. Turn on the hair dryer and blow hot air / pour the water onto an ice cube. The ice cube melts much faster with the hair dryer because there is power. The ice cube melts much faster with the hot water because it has been heated up in the kettle by the power of electricity. And with God's power, we can do greater things. When we stop doing things our way and live according to God's will, we know that we can trust God because He knows best.

End with a prayer...

Dear God, please help us remember that You are the One who knows what's best for us. We can surrender to Your will and trust You. In Jesus' name, amen.



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Creative ideas / toddlers to teenagers

0-5s...

Creative prayer: Names are very important in the Bible. In today's story God changed Jacob's name to something different - Israel. This was a life-changing event for Jacob. Names are how we are known to each other and to God... write and decorate your names on card/paper and place them around a candle/Bible as a symbol of how you are known and loved by God.




5-11s...

Worship: Enjoy listening to "[Name above all names](#)"

Colouring activity: Click [here](#) for a great illustration of Jacob wrestling with God from www.ministry-to-children.com.

Teaching activity: Yes, it's a thumb wrestling tournament! Face your opponent and put your right (or left) hand thumb in the air like a thumbs up. Clasp your hands together with your opponent so that the thumbs are still in the air). Together, say: "1, 2, 3, 4, I declare a thumb war." Then try to catch one another's thumbs. Once one person pins the other person's thumb down for three seconds, he/she is the winner! Conclude discussing who would be hardest to win a thumb war against? What would it be like to have a thumb war against God? What would happen? What would you do?

11-18s...

-  1) Have you been in a situation where you wrestled over what to do?
- 2) Why do you think God wrestled with Jacob?
- 3) Jacob was forever changed after his encounter with God. How has God changed you?
-  Ask God to bless you through the things you are wrestling with.
-  Write a journal expressing your struggles and blessings from God.

"Your name will no longer be Jacob, but Israel, because you have struggled with God and with humans and have overcome." **Genesis 32:28**