



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 20 September 2020
16th Sunday after Pentecost

Bread of heaven

Exodus 16:1-15

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...

When you go on a long trip does someone organise food for the journey? Do you stop at the motorway services or a cafe to buy some? Or does someone pack you a lunchbox or bring a picnic? In today's Bible story the Israelites are on a really long trip. They couldn't carry enough food to last the journey, and didn't stay any place long enough to grow their own food. There were no services or shops to stock up, and they numbered a million or more people. That's a lot to feed!

Watch the story...

Saddleback Kids retell the story of Exodus and "[Moses in the wilderness](#)" - enjoy!

Explore the story...

In today's Bible reading, Moses is leading the Israelites out of Egypt. For years the Israelites had been slaves in Egypt, but they were finally free and on their way to their new home that God had promised. However, finding the 'Promised Land' was not straightforward for Moses and his brother, Aaron. The Israelites ended up wandering around in the desert for many years, and it didn't take long for them to start grumbling and complaining that they didn't have enough to eat.

Thankfully God made a promise to Moses, "I am going to rain down bread from heaven for you, and each day the people can go out and gather enough bread for one day." The next morning the Israelites went outside their tents and the ground was covered with a fine, flaky substance. "What is it?" they asked, and Moses answered them, "It is the bread that the LORD has given you to eat." The Israelites were told only to gather enough bread for one day because God wanted them to trust Him to send the bread that they needed each and every day.

This miracle taught the Israelites to be patient and have faith that the Lord would help them. That's the lesson for us, too - we shouldn't be selfish and demand stuff from God. Patience is one of the fruit of the Spirit (Galatians 5:22) so next time you feel impatient, ask God to help you to hold back when you are impatient, uncomfortable and annoyed. Remember that like the Israelites, the wait will be worth it!

End with a prayer...

Dear Heavenly Father, thank you that you provide all our needs each and every day. For all of your faithfulness and goodness, we give thanks. In Jesus' name, amen.



Sunday 20 September 2020
16th Sunday after Pentecost

Bread of heaven

Creative ideas / toddlers to teenagers

0-5s...

Activity: You will need cornflakes, spoons and a cup/bowl. Have fun sprinkling the cornflakes on a tablecloth/towel on the floor and take it in turns gathering the "manna" into the cup/bowl using a spoon. Explain that God gave the Israelites food every day for 40 years and that we can also trust God to give us what we need.

5-11s...

Worship: Enjoy listening and 'bopping' along to "[Promises](#)"


Question time: Watch and explore [PursueGod Kids](#) video...


- What's your favourite part of the video?
- What's one thing you learned from it?
- Look up 1 Corinthians 13:4-5 - why is being selfish unloving?
- How will you apply this lesson to your life this week?

Activity: You will need a large bowl, a large spoon, cotton balls, and a blindfold. Place the bowl on the floor and place the cotton balls "manna" around the bowl. Take it in turns pretending to be the Israelites by putting the blindfold on, and on the word "go" try to pick up as many cotton balls with the spoon as you can, and place them in the bowl in a certain amount of time.

11-18s...

- 1) What have you complained about recently?
Was it worth it?
- 2) The Israelites grumbled about food! How did they feel when they saw the quail and bread?
- 3) What is the difference between 'wanting' and 'needing'?
What do you need from God?

 Pray about some of the things you've complained about recently.

 Bake someone a cake or buy food for a local food bank or similar.

"And in the midst of everything be always giving thanks, for this is God's perfect plan for you in Christ Jesus". - 1 Thessalonians 5:18