



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.

daniel.jones@bristoldiocese.org

Thank you ❤️



Sunday 4th October 2020
18th Sunday after Pentecost

Ultimate goal Philippians 3:10-14

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 been involved in a running race? What are some of the things that can slow you down? A useful bit of advice is 'never look back.' Why? Because you are spending energy and time not looking where you are going, and lose sight of the finish.

Watch the story...

An enjoyable reflection on [Philippians 3](#) by a young girl from Elmo Kids.

Explore the story...

In today's reading the apostle Paul talks about pressing toward a goal, or winning a race. At the 2004 Olympic Games in Barcelona, a British athlete called Derek Redmond was running a 400m race. He was one of the favourites to win the event. As Derek was running his hamstring (a muscle in the back of his leg) snapped and he fell to the ground. Derek sat there in pain for a few moments and tried to limp towards the finish line. All of a sudden a man breaks through the Olympic Security team and runs onto the track. It was Derek's father. His dad grabbed hold of his son and helped him to the finish line. They did it together - click [here](#) to watch the actual footage of Derek and his dad at the Olympics.

This was a great Olympic moment, because you saw, not only the heartbreak of the runner, but the love of a father. Derek was disqualified because of the help from his father, but in that moment, the finish line was more important than winning. Similarly Paul describes a running race but not the kind of race where you run your best so that you will finish first and get a medal. In Paul's race, the runners are trying their best to live a life that is pleasing to God. Everyone who does that will be a winner in God's eyes, and all will get the kind of prize Jesus has planned for them.

Like Derek Redmond's father, our heavenly Father helps us to run the race. Everyday, we must try our hardest to keep running the race and never give up. Remember that there is a prize at the end of this race, and it is not just for one person but for everyone who stays in the race and makes it to the finish line!

End with a prayer...

Dear God, we want to please you everyday in the things we do and say. Help us to run the race of life and to do our very best along the way, in Jesus' name. Amen.



Sunday 4th October 2020
18th Sunday after Pentecost

Ultimate goal

Creative ideas / toddlers to teenagers

0-5s...

Teaching activity: Play the popular game of "follow the leader" or create a fun obstacle course - take turns wearing a blindfold as a family member guides / safely shows you the way around the course. As you play, remind everyone that God the Father is with you always (Isaiah 41:10).

Fun activities: Check out this [website](#) for lots of race ideas that you and your family can enjoy in the comfort of your own home. Give a prize to the winner.

Creative Prayer: Make a heart shape with your hands and take it in turns saying people/things that you love. End by thanking God for His love that lasts forever.

5-11s...

Worship: Enjoy listening to and learning "[Put God first](#)"


Fun activities: Check out this [website](#) for lots of fun races that your family can enjoy in the comfort of your own home.


Activity sheet: Have a go at 'Search the word' on the next page - you have to work out what the missing words are from today's Bible reading...

Creative prayer idea: You will need paper, pens and scissors. Draw around your foot and decorate with words, pictures and [Bible verses](#) that remind you that God helps us every day to do our best for Him every single day.

11-18s...

- 1) How competitive are you? Do you always try to win?
2) What do you think is the prize that Paul is talking about in his letter?
3) As Christians, what do you think the ultimate goal should be?

 Ask God to help you to press on to all he has for you.

 Go for a walk and talk to God about your aspirations and goals.

"I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus" - [Philippians 3:14](#)

“eyes on the prize” (search the word)

Philippians 3:1-14 | Scripture from the New International Version (NIV)

- 1) C
- 2) P
- 3) L
- 4) R
- 5) R
- 6) H
- 7) B
- 8) P
- 9) F
- 10) F

- 1) v4 = I want more!
- 2) v10 = I want to know the _____ of Christ’s resurrection
- 3) v8 = What are my things to me now?
- 4) v6 = What was faultless about me?
- 5) v11 = What do I want to attain?
- 6) v12 = I press on to take _____ of that for which Christ Jesus took _____ of me?
- 7) v5 = What tribe was I from?
- 8) v14 = What is the goal?
- 9) v13 = What should I do with the things behind me?
- 10) v9 = Where does my righteousness come from now?