



Diocese of Bristol

## Families growing faith at home

**Church@Home** is a fantastic all-age resource that has been created to encourage and help families enjoy a time of worship, explore the Bible, pray together 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 11 October 2020  
19th Sunday after Pentecost

## Praise the Lord

### Psalm 106:1-5

#### Time to focus...

Find a place where the family can all sit comfortably - around the table, on the lounge floor etc. As you gather, if possible, light a candle to mark the beginning of your worship time. Quietly stare at the candle, watching the flames flicker and glow.

#### Set the scene...

Have you heard someone at the front of church say, "Today we have come to worship the Lord" but do you know what "worship" is? People go to church every Sunday to see their friends, learn new things about Jesus, and sometimes for a good cup of coffee (and a biscuit or two!), but the number one reason people gather together at church is to worship God...

#### Watch the story...

A great (and very short!) video introducing '[what is worship](#)' from Shift Worship.

#### Explore the story...

People gather together each week in churches (and other places too e.g. in their homes) to honour God by expressing their deepest, heart-felt love, respect and thanks in worship. As Christians, we believe we are God's people and that every good thing in our lives and in the world is a blessing from God. We know that God knows everything and that God is all-powerful, and above all, we know that God loves us and wants the best for us. God is truly awesome!

Psalm 106 begins 'Praise the Lord. Give thanks to the Lord, for he is good; his love endures forever' (v1). Through worship Christian hearts glorify and honour God. However, worship doesn't just have to happen at church on Sundays. Worship can happen throughout the week while we are at home or school. We can worship God by singing along to our favourite worship song (and listening to other songs that remind us of God) or by thanking God for the beautiful sunshine He has provided.

Worship is about showing God our love and thankfulness in everything we do by giving Him glory, honour and praise. So, every time we show love and thankfulness to God, we honour the Lord with our worship. When we pray at home, or we sing a song in the car, say a quick prayer in the playground, read the Bible or offer kindness to another person - all of these are acts of worship that pleases our heavenly Father God. We should seek to view every moment of the day as an opportunity to worship God, so worship God now in prayer together...

#### End with a prayer...

Awesome God, We worship you and thank you for your many gifts to us. Please help us to live our lives in a worshipful way that shows you how grateful we are. Amen.



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Creative ideas / toddlers to teenagers

0-5s...

**Teaching activity:** Angels love to worship God. When Jesus Christ was born a host of heavenly angels appeared to the shepherds singing praises to God (Luke 2:13-14).

Click on this link for some fun colouring sheets of the [nativity angels](#).




5-11s...

**Worship:** Enjoy this high-energy song; "[So many ways](#)"

**Activity sheet:** Many churches celebrate Harvest at this time of the year. Harvest is a wonderful time when Christians worship, praising God and giving thanks for many things. Download the '[Harvest Chat Mat](#)' which is a fantastic colouring-in sheet for all ages.

**Creative prayer:** Give everyone a piece of paper and a pen and ask them to write down something/someone they would like to thank God for. They then fold this up and put it into a bowl. When everyone has done this, mix the papers up in the bowl and then ask them to take one out at random. Invite the family one at a time to tell God what is written on the paper using a structure such as, 'Thank you God for... Amen'. Short and sweet, it builds up confidence that prayers don't have to be long and it can be normal to talk to God together.

11-18s...

-  1) What do you think about this quote...  
"I cannot believe in a God who wants to be praised all the time" - Friedrich Nietzsche
- 2) What does the reading from Psalm 106 say about praising God?
- 3) List the different ways you can praise God? What is your favourite? Why?
-  What is your least favourite? Ask God for help to worship Him this way.
-  Rewrite Psalm 150 as your praise to God this week.

*"I will praise you as long as I live and in your name I will lift up my hands."*  
- Psalm 63:4 NIV