



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 4th July 2021  
5th Sunday after Trinity

## Weak made strong 2 Corinthians 12: 9-10

### 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...

What is your favourite thing to eat and drink for breakfast? Have you heard someone say that breakfast is the most important meal of the day? Why do you think this saying is popular? Do you think it's true or false? Why?

### Watch the story...

['What's in the Bible?'](#) explain why Paul wrote letters to the church in Corinth...

### Explore the story...

You will need a cereal bowl because today we are thinking about what does it mean to be strong. Did you know that you can be physically strong - exercising your muscles through regular exercise is a great example of how to do this - but did you know that you can also be mentally strong? Mental strength is the ability to persevere when the going gets tough. But we don't always feel that way - we may become tired, frightened of certain things or spend time feeling bad about past mistakes. We may worry that we cannot do something we would like to do, or need to do. This makes us feel weak.

Jesus teaches us that we can become strong because of our weaknesses. He said, "My grace is sufficient for you, for my power is made perfect in weakness" (12:9). That is a difficult lesson. How can we be strong at those times when we feel weak?

Let's think about that question in this way - think of yourself as this bowl...

What would you most like to put in the bowl? We could fill it with cereal or ice cream or chocolate pudding and that would be wonderful. Now think of what you could be filled with that would help you live a strong, happy life. Can you imagine being filled with God's grace? Grace is a word that means we are given something we don't deserve. It is another word for God's love. God understands our weaknesses and forgives us for the mistakes we have made. God's love and grace gives us the power and strength to make good choices. The Bible teaches us that when we feel weak his grace is enough. When you fill your bowl with cereal and milk each morning, think about filling yourself with God's grace and love. What power!! Now go and fill up your bowl with some cereal - enjoy eating it together as a reminder that God fills us with His love and grace.

### End in prayer...

God, help me grow strong in my faith and the courage to trust You completely. Amen.



Sunday 4th July 2021  
5th Sunday after Trinity

## Weak made strong

Creative ideas / toddlers to teenagers

0-5s...

**Family activity:** You will need some A4 paper. hand out single sheets of thin paper to everyone. Using your muscles try to rip up the paper! Then give out multiple sheets of paper folded up or an envelope stuffed with paper and sealed. Have a go trying to rip the paper now. Even when you use all of your muscles, you are not strong enough! However, God is strong enough. God is all-powerful! God is in control of everything and can do anything!

5-11s...

**Worship:** Dance and sing along to "[Endless praise](#)"

**Activities:** Download this memory verse/colouring sheet on on 2 Corinthians 12:9 from [salvationstory.com](http://salvationstory.com) - there is also a word shape game on the next page for children who enjoy puzzles >>>

**Family activity:** The shell of an egg is very weak - it doesn't take much to crack! Using newspapers, a roll of cellotape and an egg, the aim of this game is simple - to build as tall a tower as possible that will support the egg! If you have a big enough family split into two teams and have a competition. Teams can have a few minutes to plan their design and then race to see who can build the tallest tower. Award prizes for the best design and best named tower!

11-18s...

- 1) Have you ever felt weak or feeble? How did that make you feel?
- 2) Why do you think Paul delighted in his own weakness?
- 3) Why does God give strength to those who believe and trust in him?

**+** Remember, 'I can do all things through him who strengthens me' (Philippians 4:13)..

**>** Search for 'Strength Bible verses' online and highlight your favourites in your Bible..

*"For when I am weak, then I am strong." - 2 Corinthians 12:10*

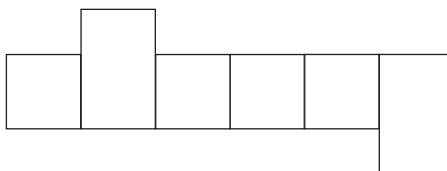
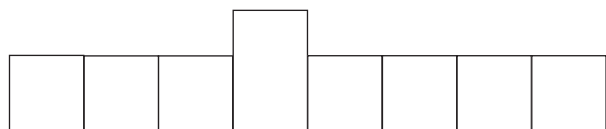
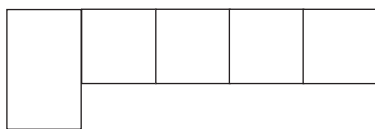
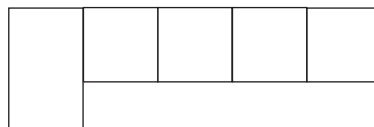
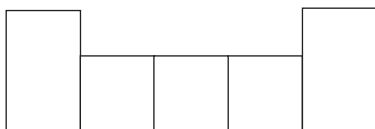
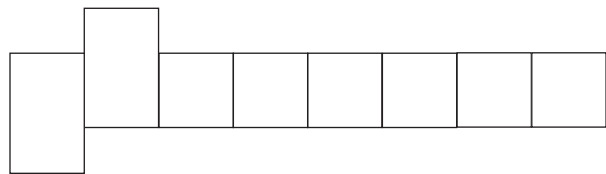
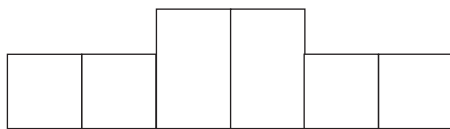


## Weak made strong - Word shapes

"My grace is all you need. My power works best in weakness." So now I am glad to boast about my weaknesses, so that the power of Christ can work through me. That's why I take pleasure in my weaknesses, and in the insults, hardships, persecutions, and troubles that I suffer for Christ. For when I am weak, then I am strong.

### 2 Corinthians 12: 9-10 (NLT)

Enter the correct words in the boxes based on the shapes of the letters...



grace      power      weakness      boast  
 pleasure      Christ      suffer      strong