



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 7th March 2021  
3rd Sunday of Lent

## Rules over all Exodus 20:1-17

### 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...

Today we are thinking about rules. Do you have rules at home? Do you have rules about when to eat? How to eat? How long you can watch television? How you should act? (no hitting, no shouting?) Do you like the rules?

### Watch the story...

This week's reading is a bit different and performed by [Go Fish Music](#).

### Explore the story...

Have you ever played the game "I wonder..."? All you need to play is your imagination so look out today for any questions that start with "I wonder" and have fun using your imagination to answer them....

The United Kingdom has a lot of rules. More than you think! The country has important rules called laws, and if someone breaks them they can get arrested by the police, and even go to prison. But what about the food we eat - did you know that there are plenty of rules on how food has to be made even before we buy it and eat it? I wonder what would happen if we didn't have any of those rules? Would the food be clean? Taste as good? Would restaurants be as clean?

There are also lots of rules in sports and games. I wonder what would happen if every game didn't have rules? People would cheat and lie, we wouldn't know how to play and it wouldn't be as fun. And what about on the roads? There are lots of rules about how to drive or ride bikes on the road. I wonder what would happen if we didn't have those rules? You could drive anywhere at whatever speed you want, stop when you want, and there would be crashes all the time!

We have a lot of rules to live by, and most of them are good, and necessary. If we didn't have them, the world would be crazy! God also gave us some rules to live by. They are called the 10 commandments and God gave them to Moses. It's important for us to learn these rules and to obey them!

Here they are: Put God first. No fake gods. Respect God's name. Respect God's day of rest. Respect your parents. Do not kill people. Respect marriage. Do not steal. Do not lie. Do not be jealous. To help you, on the next page there is a craft activity to make a bookmark to help you remember the 10 rules or commandments that God gave to us.



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## Rules over all

Creative ideas / toddlers to teenagers

**Craft activity:** Find some small stones and decorate them. Place the rocks around your home in places where you will see them to remember God's commandments.

**Creative prayer:** Jesus was asked about the most important commandment. His reply was; 'Love God with all your heart.' (Matthew 22:37). Cut out and decorate **hearts**. Write down all the things you love about God and read them out as a prayer.

0-5s...



**Worship:** Enjoy worshipping along to "**King of my heart**"

**Craft activity:** Find some small stones and decorate them (see above). Place the rocks around your home in places where you will see them to remember God's commandments.

**Fun activity:** Click [here](#) for a fun puzzle on Exodus 20:7 >>>

**Creative prayer:** Jesus was asked about the most important commandment. His reply was; 'Love God with all your heart.' (Matthew 22:37). Cut out and decorate **hearts**. Write down all the things you love about God and read them out as a prayer.

5-11s...



1) There is a saying: 'Rules are made to be broken'. So what is the point of having rules?

2) Look up Matthew 22:36-40. What is the most important commandment to Jesus?

3) How difficult is it to love God with all your heart, soul and mind?



Thank God that his rules help us enter into a relationship with him.



Find creative ways to love your neighbours this week.

11-18s...

*"I am the Lord your God, who brought you out of Egypt, out of the land of slavery. You shall have no other gods before me" - Exodus 20:2-3*

## 10 commandments bookmark

Cut out and colour in a bookmark to help remind you of the 10 rules God gave to us...



**put God first  
no fake gods  
respect God's name  
respect God's day of rest  
respect your parents  
do not kill people  
respect marriage  
do not steal  
do not lie  
do not be jealous.**

**THE 10  
COMMANDMENTS**

## THE 10 COMMANDMENTS

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