



Diocese of Bristol

## Families growing faith at home

**Church@Home** is a simple 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 19 July 2020  
7th Sunday after Pentecost

## You know me

### Psalm 139:1-14

#### Time to focus...

Find a place in your home 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...

Many modern praise songs take inspiration from the Psalms in their lyrics. Psalms are so valuable for putting into words feelings, worship, wonder, anger and joy. David, the King of ancient Israel, was the author of Psalm 139 and in it he describes how much God knows us and loves us.

#### Watch the story...

A great message exploring "[Psalm 139](#)" by PursueGod Kids.

#### Explore the story...

- What is your favourite TV programme or movie?
- What is your favourite pudding/sweets/chocolate?
- What did you do yesterday?

It is wonderful to have special people in our lives who know us and care about us. We all like to be noticed, and to feel loved and special. Sometimes we can get jealous when other people get more attention than ourselves. For example, if you have a brother or sister, you might feel jealous if your parents seem to spend more time with them. Even in school it is hard for the teacher to pay attention to everyone all the time because there are a lot of children in a class.

We all feel lonely or left out sometimes. But when we think about how much God loves us and cares for us, it can help us to feel better. Even if no one seems to care about you, or pay attention to you, God sees you and knows you. Psalm 139 says: "O Lord, you have examined my heart and know everything about me." How amazing is that!

God even knows every word that you are going to speak: "You know what I am going to say even before I say it." Does that all seem hard to believe, that God knows you so well? The author of this Psalm thought so too. David said, "Your knowledge of me is too deep; it is beyond my understanding." It is amazing to think that God knows us so well, He knows everything about us, the good stuff and the things we do wrong, and He still loves us. How wonderful is that... hallelujah!

#### End with prayer...

"I praise you because I am fearfully and wonderfully made." (v14)



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## You know me

Creative ideas / toddlers to teenagers

0-5s...

**Activity:** We are all unique, a word that means different from everyone else. One of the ways God made us all unique was to give everyone a special "stamp" unlike anyone else's. These stamps are our fingerprints and are like a signature that no one else can duplicate.

Colour the fingertips of each child's dominant hand with a felt-tip marker and have him or her make fingerprints on a blank sheet of paper. Take a few minutes admiring and comparing everyone's fingerprints. Have fun creating pictures with your finger prints.

Click on the picture for a few suggestions...



5-11s...

**Worship:** Listen to "[Creator God](#)" by Nick & Becky Drake.

**Creative Prayer:** Take a piece of paper and press your thumb or finger onto the ink pad and make 3 finger or thumb prints in a vertical line on your paper. Those 3 prints will represent your head and body. Take a pen or pencil and add details such as eyes, mouth, arms, legs... to make a picture of yourself! As you do this, think about the how God has made everyone individually and differently, and yet loves each of us just the same.

Write a short prayer on the paper thanking God for creating you and loving you.

11-18s...



- 1) What does the psalm say about God knowing you?
- 2) Which verses do you find comforting/challenging?
- 3) How does the psalm inspire you to live as a Christian?



Write your own psalm expressing how you feel at the moment - see pg.4 >>



Do something this week that shows others that you are a Christian.

*"I praise you because of the wonderful way you created me." - Psalm 139:14*

