



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 31st January 2021  
4th Sunday of Epiphany

# I know who you are

## Mark 1:21-28

### 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...

Listening is a very important skill. People listen all the time - your ears never go to sleep! What do you listen to? Mums and Dads, teachers, the birds singing, the television! Sometimes you have to concentrate really hard to hear something, especially when things distract you. In today's story, Jesus is teaching in a place of worship and everyone is distracted by something. Actually it wasn't something, it was someone!

### Watch the story...

A family-friendly animation of [Jesus casting out an unclean spirit](#).

### Explore the story...

Today's Bible reading is from the first chapter of Mark's gospel and tells a story of Jesus demonstrating his power and authority. Jesus is teaching in the Jewish temple and interpreting a passage from the holy scriptures with confidence and authority - so much authority that the people listening recognised how different Jesus was from the normal Jewish teachers of the Law.

Jesus was apparently making such an impression that a man in the crowd felt the need to create a distraction. The man cried out shouting, "I know who you are - the Holy One of God". This was the name for the promised Messiah, but how did this man know this? Jesus immediately knew why - the man had an evil spirit, so Jesus ordered the spirit to be quiet; "Come out of the man!" (v25). What happened next was incredible...

Everyone was amazed at Jesus' authority - they had witnessed the all-powerful Son of God and left the temple telling everyone in the whole region about Jesus.

Today is a great example that Jesus' power goes far beyond what we can comprehend. We may not fully understand the events described in this passage, but like the people in the temple that day, we can still be amazed at Jesus's power too. Jesus' power can help you so much in your life; your hopes, your needs, your worries and your fears. Jesus' power also comforts, guides and blesses you with the power of God's peace;

'Peace I leave with you; my peace I give to you' (John 14:27).

### End with a prayer...

Lord Jesus, your name has power to conquer and your fame resounds throughout heaven and earth. Thank you that you are 'the Holy One of God'. Amen.



Sunday 31st January 2021  
4th Sunday of Epiphany

## I know who you are

Creative ideas / toddlers to teenagers

0-5s...

**Fun activity:** In today's story a man shouts out to Jesus; "I know who you are, the Holy One of God". The popular game 'Who am I?' involves someone picking a famous person (celebrity, character from a cartoon/TV/books) and the aim of the game is to see who can guess who it is the quickest. Take it in turn asking questions and when someone knows the answer shout out, "I know who you are!"

**Activity:** Children of all ages can enjoy the colouring-in sheet 'Jesus is powerful' on the next page >>>

Jesus is powerful. John 20.1-8



5-11s...

**Worship:** Enjoy worshipping to "[This is Amazing Grace](#)"

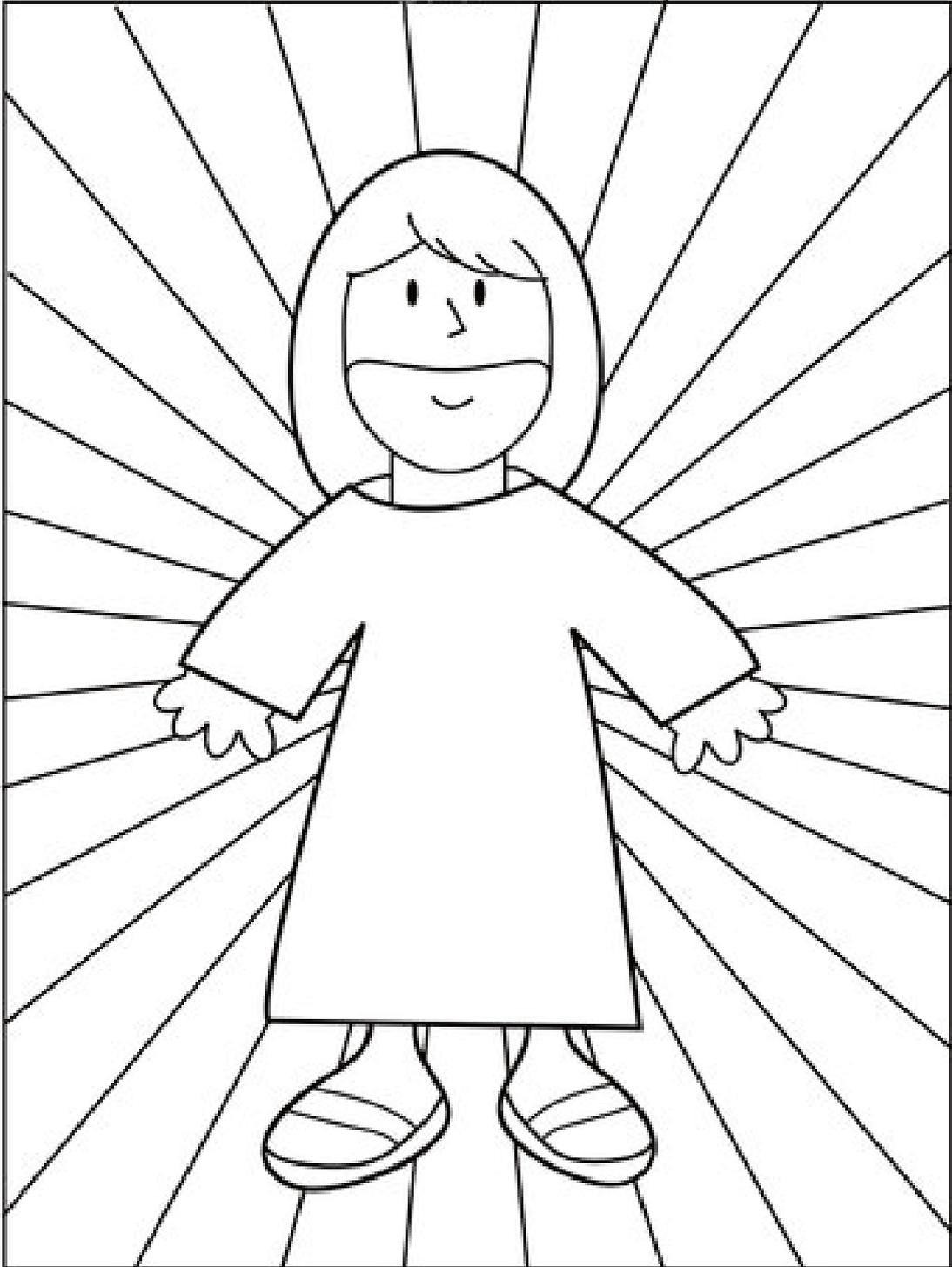
**Fun activity:** Play the game '20 questions'. Someone thinks of a famous person and the others ask questions to find out who they are. When someone knows the answer shout out, "I know who you are!"

**Creative prayer:** "The Light shines on in the darkness, and the darkness did not overpower it" (John 1:5). Explain that Jesus was the light of the world and when he died, the devil thought that he had put out the light. Light a candle and as you watch the flame as you thank God that Jesus' power is greater than the darkness. Jesus, 'Light of the World' is victorious through the power of His resurrection!

11-18s...

- 1) How do you know if someone is telling the truth?
  - 2) Look at how the evil spirit talked to Jesus.  
Why do you think the evil spirit spoke in this way?
  - 3) How does Jesus' authority over the evil spirit make you feel?
-  Thank Jesus that he knows who you are and wants the best for you.
-  Find and read other stories about Jesus' miracles in Mark's gospel.

"I know who you are - the Holy One of God!" - Mark 1:24



Jesus is powerful. John 20:1-8