



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.

daniel.jones@bristoldiocese.org

Thank you 



Sunday 7th February 2021
2nd Sunday before Lent

Time with God

Mark 1:35-39

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...

In today's story Jesus wakes up early and wonders off to find a quiet place to pray. Jesus knew the importance of praying to his heavenly Father. Praying is talking with God - we may not be able to call God on the phone, but prayer is just as real as sending an email or text. Why should we pray to God? Find out watching these great videos...

Watch the story...

Two great videos from Crossroads kids explaining '[why we pray?](#)' and '[how to pray?](#)'

Explore the story...

Do you ever have trouble thinking of something to say when you are praying? You start and then your mind goes blank, and you can't think of anything to say. Today, you are going to try something that will help you when that happens called the 'hand prayer'.

First, put your hands together in front of you as if you are praying. Keep your eyes open so that you can see your hands. You will notice that your thumb is closest to you. Since it is the closest, the thumb is a reminder to pray for those that are closest to you. Pray for your family and anyone else you love - like your friends, pets etc.

Next is your first finger called the index finger. It is used for pointing. This finger is a great reminder to pray for those that point you in the right direction. Pray for your teachers at school, your Sunday School teachers, and other people that help and guide you. The second finger is the tallest finger. Pray for important and powerful people like leaders in the government and those who are leaders for your local area.

The third finger is called the ring finger. Did you know that this is the weakest of all the fingers? Ask anyone who plays the piano and they will tell you that is true. Let this finger remind you to pray for those who are sick and those most in need in the world. The final finger on your hand is the smallest finger. The Bible says, 'Do not think of yourself more highly than you ought' (Romans 12:3) Let the little finger remind you to pray for yourself. Praying makes our relationship with God stronger. So, next time you are praying to God, and you can't think of anything to say, let the 'hand prayer' help and guide you.

End with a prayer...

Dear Lord, it is good that you are always there to talk to, but sometimes we have trouble thinking of something to say. Thank you that our hands can be a great reminder to talk to you and pray for those in need. Amen.



Feelings Prayers

I feel happy
When...
Thankyou
God!

I feel sad
When...
Please help me
Kord.

Throw the dice and
move that number of
spaces. If you land on
a face, tell God
what you
feel!