

## THE FAMILY WAY OF LIFE

*Don't copy the behaviour and customs of this world but be a new and different person with a fresh newness in all you do and think. Then you will learn from your own experience how his ways will really satisfy you.*

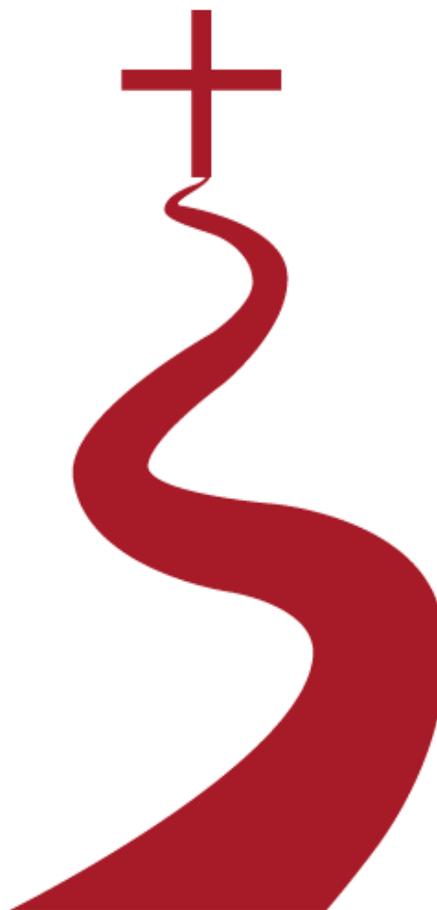
Romans: 12: 2 The Living Bible

The Family Way of Life is a discipleship tool which provides a framework for young families to grow in faith together.

Families can explore how their individual stories are part of God's story and can shape how their families reflect God's likeness in the churches and communities they live in.

The essential theme of this resource is the concept of 'being' or 'becoming' the people God created us to be. The Family Way of Life looks at the six themes of being the body; being a disciple; being a light; being a friend; being fair and being holy. The focus is on learning and developing faith together to reflect God's image in each one of us.

Each session has a bible reading, questions to consider, activities to explore the theme, things to discuss and a challenge. You may want to record your family times in some creative way-by photos or filming on your mobile phone or a scrapbook that everyone contributes to.



The Family Way of Life is designed to be enjoyed in six sessions and can take a couple of hours or could take most of a day if you want to take part in more of the suggested activities.

**SESSION 1: BEING THE BODY**

**SESSION 2: BEING A DISCIPLE**

**SESSION 3: BEING A LIGHT**

**SESSION 4: BEING A FRIEND**

**SESSION 5: BEING FAIR**

**SESSION 6: BEING HOLY**

During Covid 19 times, I have adjusted the original resource to make the ideas easier to do without having to shop or physically meet up with people. It is just a starting point-so use it imaginatively!



## SESSION 1: BEING THE BODY

*All items underlined are hyperlinks to webpages*

### READ THE BIBLE

[1 Corinthians 12: 12 - 20](#) One body joined together

### OPENING QUESTIONS

Think about your body; what are you able to do well?  
What other things can you think of where different bits or parts fit together?  
What happens when bits are missing?  
Why do you think Paul (the letter writer) talks about a human body rather than a machine?  
What's the difference?

### ACTIVITIES TO EXPLORE

#### Skeleton family

Using card and straws if you have them, PVA glue and scissors, create a body doing something active.

#### Alternative skeleton body idea

You will need card/paper/printer and split pins or use bendy hairpins

#### **Blessings jar**

Being thankful to God is a good habit to cultivate. A Blessings Jar is a good visual way of reminding the whole family of what God does and the prayers he answers.

Using a wide brimmed glass jar, some strips of coloured paper and pens, draw or write one or two blessings to thank God for and add them to the jar. Keep it in a visible place; e.g. kitchen, sitting room and encourage each other to add blessings during the week.

At the end of the week, read them through together and say thank you to God for his blessings to you as a family.

#### The Great Big Family of God

Watch and learn sign language for this song

#### Make your own fruit and vegetable portraits (link to cartoon teaching video-3 mins)

An activity to do together just after you have done or received your weekly shop. Use fruit and vegetables to create a portrait. Take a picture of it on your mobile phone to remember. Can you know make a different portrait?



### **Watch Toy Story or Ice Age together as a family**

Discuss

How and when do they work together as a team?

Could they have been just as successful on their own?

Were there times when things went wrong because they didn't work together?

How did they help each other?

### **Gingerbread biscuits**

See recipe below.

Follow the recipe and make gingerbread people. Decorate them to resemble specific people in your family or friends. Before eating, pray for that person!

Quick fixes:

- Decorate ready - made biscuits with faces, using cake decorations, sweets, strawberry laces or chocolate dots
- No gingerbread person cutter-use a circle biscuit cutter or an inverted glass

### **Family Workout**

Use the app to get those bodies moving(other apps are available!)

### **PRAY**

#### **Listen to The Lord's Prayer in Swahili**

#### **Prayer sticks**

Find, print off and cut round the photos of your close friends and family or draw their faces on small circles of card or paper. Stick onto plain lolly sticks or short sticks you have gathered from the garden or on your daily exercise walk. Keep together in a decorated pot or jar and place somewhere visible e.g. kitchen table. Make time to pray for one or two people each day.

### **Challenge**

What extra help could you give somebody in your family this week?

e.g. washing up, tidying up, making the bed, lay and clear the table, helping in the garden, with their school work, encourage someone to keep going with something that is difficult for them to do.

What could you do together as a family for someone else? Bake a cake or draw a card? Do their shopping or simply take time to check on how they are this week?

If you can't think of anything, ask God to show you an opportunity to show your love for someone else or another family this week.

### **Learn this verse**

The Lord doesn't see things the way you see them. People judge by outward appearance, but the Lord looks at the heart.

1 Samuel 16:7 New Living Bible



## GINGERBREAD PEOPLE

### The Ingredients

- 350g/12oz plain flour (plus some extra for rolling out)
- 1 teaspoon of bicarbonate of soda
- 1 egg
- 4 tablespoons of golden syrup
- 2 teaspoons of ground ginger
- 1 teaspoon of ground cinnamon
- 125g/4½oz butter
- 175g/6oz light soft brown sugar

For Decoration- “writing icing”tubes, chocolate chips, sweets

**The Process** - Preheat your oven to 180C/350F/Gas 4.

1. Sift together the flour, bicarbonate of soda, ginger and cinnamon and pour into the container of a food processor. Then add the butter and blend the mix until it looks like breadcrumbs.
2. Stir in all the sugar and mix thoroughly. [If you haven't got a food processor, mix together with your hands or a wooden spoon].
3. Beat the egg and the golden syrup together to mix.
4. Blend until the mixture clumps together.
5. Put dough on a floured board and knead briefly until smooth.
6. Wrap in cling-film and leave the mix to cool in the fridge for about 15 minutes.
7. Line two baking trays with greaseproof paper.
8. Roll out the dough on a lightly floured surface to about a 0.5cm/quarter of an inch thickness.
9. Using cutters, cut out the gingerbread shapes and place on the baking tray, leaving a gap between them.
10. Bake for 12 to 15 minutes or until golden brown.
11. Leave on the tray for 10 minutes and then move to a wire rack to finish cooling. When cooled decorate with the writing icing and cake decorations.

If you don't have a gingerbread cutter, you can download a [template](#) from the internet, draw over it pressing onto card from an old cereal box, then cut it out and use it as a template to cut round carefully with a knife.