

## 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.*

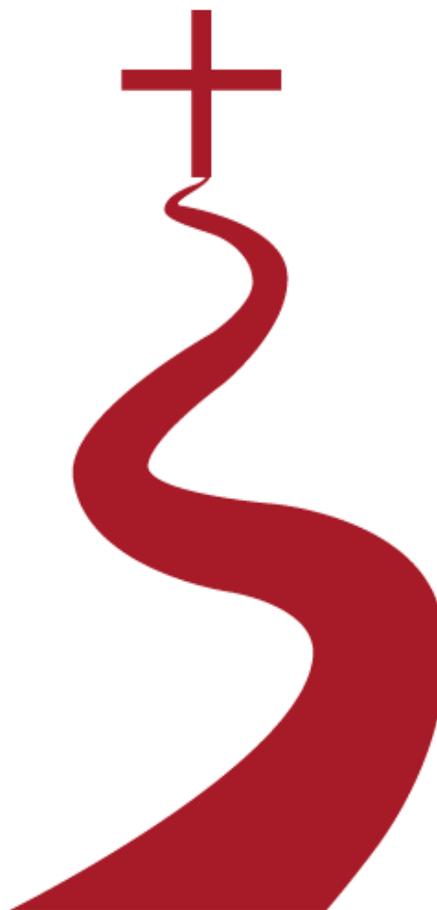
Romans: 12: 2 The Living Bible

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 2: BEING A DISCIPLE

*All items underlined are hyperlinks to webpages*

### READ THE BIBLE

[Colossians 2: 6 -7 Growing in Faith](#)

### OPENING QUESTIONS

*Who looked after you as a baby? What does a baby need to grow? What kind of things does a child learn to do? What do they need to keep them growing and developing?*

*What happens if they don't get those things?*

*Have you ever planted some seeds? Or grown a plant? What does it need to keep it growing?*

*What happens if it doesn't get those things?*

*Why do you think Paul uses the idea of a plant to explain how we can grow in faith?*

### ACTIVITIES TO EXPLORE

#### Collect

Do an internet search and collect words meaning 'Thank you' in as many languages as you can (including sign language).

Either make a collage and put it somewhere which everyone sees it (perhaps the fridge) or print off different words and stick them around the house to remind everyone to be thankful this week.

Quick fix: [Print a Wordle](#)

Use sign language to say thank you this week.

#### Read

[The Footprints Poem](#)

This is a famous poem that many people have found very helpful over the years.

(The authorship is disputed)

*Do you understand this poem? Have you had experiences or times in your life like this?*

*Did you feel on your own or that God was there?*

*What ways can you use to help yourself if life seems hard?*

*What encourages you?*

#### Read

Rights of the Child (For older children and their parents)

Skim read the summary of the [United Nations on the Rights of the Child](#)

What are the most important rights a child should have? What do you think about Article 14?

Why is it important to respect all faiths?

Do you know anyone who might not have all these rights?

Is there anything you can do as a family to help children whose rights are not properly respected?

You might like to discuss some of the other rights during the week.

For article 24 you might want to check out the [toilet/tap twinning website](#) as this is something you can do remotely in this time of lockdown that can make a great difference to a community's life.



### **Walk**

Go for a walk in the countryside or a local park (or you might be able to do this in your garden if you are not going out at all). Collect leaves, stones, feathers, buttercups and daisies, pinecones, twigs and other natural objects as you travel. (Please don't pick endangered flower species such as bluebells)

Once home, look very carefully at what you have collected and discuss why you collected it, the design of the object and its uniqueness. If you have a magnifying glass or children's microscope you might want to use it to examine your objects.

You might like to try to draw or paint one of your objects.

For a different approach, you may want to collect a series of close-up images on a mobile phone of the different things that you see and then look at them together on a larger screen when you get home.

Think about the different colours, shapes and textures of what you have collected.

What do the designs say about the designer?

If you were to design a plant, what would it look like?

Find out about the artist [Andy Goldsworthy](#) -he uses naturally occurring things such as leaves and stones to create artwork.

### **Make**

Fruit skewers made using soft fruits (whatever you can get-strawberries, grapes, peaches, banana, apricots) and marshmallows threaded onto wooden (BBQ) skewers.

Melt some chocolate or use a dipping sauce to go with them.

Thank God for the variety and sweetness of different foods that can be enjoyed.

### **Plant**

Plant some seeds-sunflower or spring onion seeds, mustard and cress, clarkia (you can pick up seeds from many supermarkets at the moment).

Think about how you need to look after what you have planted and to keep checking that they are growing and flourishing.

Think-Why are the roots so important to a plant? What would happen if they didn't have any?

### **Listen**

Type Gungar, 'Beautiful Things' into a search engine and listen to the song.

Do you agree with what the songwriter is saying?



## Pray

Being a disciple is all about listening and changing the way we think and act; learning to follow Jesus; learning about others and ourselves. We need to learn to say thank you, sorry and please every day.

Here are two ways to do that.

- Chatterbox prayers
- Pipe cleaner prayers

Shape a pipe cleaner into a T. Thank God for someone or something.

Repeat with an S for Sorry and a P for Please to ask God for something.

## Discuss

What was the Garden of Eden like? [Genesis 2: 8-15](#)

What kind of plants were there?

Who designed it and looked after it before Adam and Eve?

[Read Isaiah 45 v12](#)

Why did God start with a garden?

If you could design one plant, what would it be like? Describe or draw it.

## Challenge

**What might you do as a family this week to make sure you grow in the faith?**

- Take it in turns to say thank you for a meal you eat together.
- Read a bible story together (The Jesus Storybook: Every Story Whispers His Name is a good version to share together) What about the creation story in Genesis 1 and 2?
- Ask each person to share one thing that they are thinking about God.
- How might you encourage someone else to grow in faith? Could you make a card or send them a text saying why you are thankful to God for them?

## Learn these verses

And now, just as you accepted Christ Jesus as your Lord, you must continue to follow him. Let your roots grow down into him, and let your lives be built on him. Then your faith will grow strong in the truth you were taught, and you will overflow with thankfulness.

Colossians 2: 6 - 7 New Living Bible