

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 A FRIEND

All items underlined are hyperlinks to webpages

READ THE BIBLE

[Matthew 25: 31 - 40](#) True Friendship

OPENING QUESTIONS

What's the difference between a sheep and a goat?

Both were animals commonly kept in bible times and were a sign of wealth to their owner.

In the story Jesus tells, all the people are called to stand before God's throne.

The King has the crowd divided into two groups – good people(sheep) and bad people(goats).

Both are surprised by what the king says.

What do you think was the motivation behind the group described as sheep?

What might be some of the challenges the good people(sheep)experienced?

What do you think this parable means?

ACTIVITIES TO EXPLORE

Create a Map

Create a map of where you live, including your home, your friends' homes, school, doctor, shop(s), library, dentist, pub, park, hall, swimming pool or football pitch. You may like to use [Google Earth](#) aerial view or street view to help you draw it.

Plan a prayer walk with places where you might like to stop and pray along the way.

As you walk, give thanks to God for those who are your friends, who care

for you, help you stay safe and well and look after you when you need their help.

Pray particularly for anyone who you think needs God's help; someone lonely or struggling with an injury, someone who is a carer for someone else or has a particular need.

Make a Thank You Card

Make a card to say a special 'thank you' to someone who does something for you and who might not get much thanks.

Leave it with a little treat - a bar of chocolate, or a cupcake you have made e.g. refuse collector, postie, your neighbour, your doctor, police officer, fire officer

Listen

You Make Me Brave (Bethel)

'For You are for us - You are not against us - Champion of Heaven'

If this is true, how might you live your life more confidently?

How can you use this thought to help others?

Make

Its amazing what you can do with some cotton wool, old wool or an old doiley (if you have one!) and some black paper (or black felt pens!) You can find lots of different ways to make sheep but here are a few options [Sheep crafts](#)

Debbie Hill

Development Officer Children and Families April 2020



Watch

A programme like DIY SOS or Children in Need/Comic Relief or Sports Relief.

What difference does it make when people feel cared for?

What is more important, the money or the action that goes with it?

What is it that really makes a difference to people?

What are you able to do to help other people? What can you do from home?

Think about whether it might be appropriate as a family to support a practical project such as [Toilet Twinning](#). Sponsoring a tap or toilet could make all the difference to a poorer community.

Make

Think about your friends and what they like to eat.

If they live near enough, make them something special. It could be something savoury, like a pizza, or cakes or homemade sweets. Here is a collection of [recipes for fun food ideas](#).

Deliver it to their doorstep, perhaps on your daily walk, following social distancing guidelines.

Add a note with it (it could be the handmade card suggested earlier)

To tell them why they are special to you and why you appreciate their friendship.

Things to Discuss

Who are your friends? How long have you known them?

What do you like about them? Are they similar or different to you?

Think about some of the things a friend has done for you.

Now think about a time when someone you don't know or don't know very well has done something nice for you. *What was your reaction?*

Pray

[Button prayers](#) Find a packet of buttons of different colours and shapes and use them to think about the friends you have. Choose different buttons to represent different people. Think about what makes them important to you.

Are they all the same? Are they similar or different to you?

Thread particular buttons that remind you of special people onto a pipe cleaner or piece of wool or thread. Keep this somewhere you can see it this week as a reminder (on the fridge or kitchen table?).

Thank God for those things that make the person special to you.

Learn this verse

The King will reply, 'I tell you, whenever you did this for one of the least important of these followers of mine, you did it for me!'

Matthew 25:40 Good News Bible