



# FAITH AT HOME

## PRAYING TOGETHER (11-16s)

### Be Still and Know that I am God

Create a moment to worship together, maybe on a Sunday. Ask each member of the family to remember some of their favourite hymns or worship songs and create a list. Each week pick a couple and find them on Youtube, Spotify or some other music platform. Ask:

- Why that was a favourite?
- What do the rest of the family think?
- Can you sing along?
- What do the lyrics mean?

You could follow this time with a short prayer service which are available in Church.

### Good Technology for Faith

Using technology can be helpful in our faith journey. Here are two apps that can help us keep dipping into God's word, worship and prayer. Like always it's good to reach good tech habits alongside using the good resources out there and ensure that parental controls are always in place.

YouVersion Bible app - can be downloaded from app stores on tablets and phones. It has bible reading plans for all ages or is a good way to find a passage you want.

Guardians of Anchora - a bible based adventure game which immerses the player in biblical adventures learning bible stories as they participate.

### Highs and Lows

Create a moment when the whole family comes together. It might be at dinner, bedtime, or breakfast. Go around and ask people for their highs (moment's they are grateful for, happy about or looking forward to) and their lows (things they are worried about, make them sad or are upset about). Spend time chatting them through. At the end spend a moment in quiet, asking God to help us with our lows and thank him for our highs.

### Family Joys!

Everyday has something that can make us smile. Create a challenge for the whole family to capture their *Sparks of joy*. It could be a drawing a day, a photo snapshot or a chat about something that happened. After sharing the sparks of joy with each other say together "Thank you God that everyday has something to make us smile. Thank you that you are always here for us. Amen."

### Prayers for the World

Take small pieces of paper, and get everyone to write names of 10 to 30 people you know, places around the world and groups of people (Dr's, postal service etc). Some you will know well and some not as well. Try to include all the people who impact our lives and community.

Fold the papers in half and put them in a bowl in the middle of the table. Every time you have a meal, let someone pick a paper from the bowl. Then, as a family, pray for that person, thanking God for the work that person does, sharing how they affect your family's lives and what life would be like without them.

