



Diocese of Bristol

Families growing faith at home

Church@Home is an 'easy-to-use' intergenerational resource to help and encourage church families enjoy a time of worship together, explore the Bible, pray 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.

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Thank you 



Sunday 10 May 2020
5th Sunday of Easter

God is my rock

Psalm 31:1-5

Time to focus...

Find a place where the family can sit comfortably. If possible, light a candle to mark the beginning of the worship time. Quietly stare at the flame, watching the flames flicker and glow as you prepare for a time of worship as a family.

Set the scene...

Share together what you each think of when you hear the word 'rock'. Have them name other words that come to mind when they think of a rock. Talk about how a rock is hard, strong and unchanging. Explain that this morning you are going to explore together the parts of the Bible where it says God is our rock.

Begin by reading Psalm 31:1-5 (notice the words used in verses 2-3).

Explore the story...

A rock is solid, it is heavy. If you throw a rock into a bonfire, it might come out black but it is not burned. Some rocks are very precious gems, such as diamonds, and precious gems are found in rocks. Caves are places in big rocks where people have often made homes, taken shelter and found safety from the weather.

When we think of a rock we think of something that is strong, unchanging and if it's a big enough rock something that we can hide behind for protection. Ask what it might be like to hide behind a big, strong rock and what the rock could protect us from.

Introduce the story from Matthew 7:24-27 where Jesus tells a parable about 2 builders - watch this animated version from [Saddleback Church](#).

In the story Jesus talks about the wise and foolish builders, he shares something very important about God being our rock and refuge. Probably, when these two houses were built and before the storms came, they both looked good on the outside but no one could see that one of them had good foundations and one didn't.

Jesus is explaining that our lives need to be built on a strong and solid foundation and that He is that rock. If we build our lives on Jesus, it means that everything we do will be based on Him. God is our strength, our rock and our refuge.

End with a prayer...

Most families have toy building blocks lurking somewhere. Find enough building blocks (or something equivalent e.g. pebbles) so that every family member can hold a piece in their hand. Say together this prayer whilst holding the bricks/rocks in your hands:

The Lord is my rock, my fortress and my deliverer. My God is my rock in whom I take refuge. Thank you God that you are the rock that does not change and that in you I can find security and safety. Amen.



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Creative ideas / toddlers to teenagers

0-5s...

Activity: Make a den (see examples on next page) and as you all sit inside your creation think about the story of the wise and foolish builder. How strong (or not) is your den??

Creative prayer: Sit still and silent in your den and say these words together; *"Be my rock of refuge, a strong fortress to save me."* **Psalm 31:2**

5-11s...

Worship: Enjoy learning this great song; **"City on a hill"**

Game: Play a knock-out game of 'rock, paper, scissors'.

Activity: Make a den in the living room/bedroom (examples on next page) and as you all sit inside your creation think about the story of the wise and foolish builder and how sturdy is your den (or not)?

Bible Chat Mat: Click [here](#) for another fantastic colouring-in sheet from 'Bath & Wells Diocese'. This one explores 'Jesus the builder'.



Creative prayer idea: Build a cross using toy building bricks as a reminder that because of the cross / resurrection, you have the chance at a new start too.

11-18s...



1) When have you felt really stressed?
Did you wonder where God was?

2) What did the writer of these verses believe the Lord could do for them?

3) During these times what reminds you that God is your rock and refuge?



Ask God to be your rock and refuge using the words from Psalm 31:1-5.



Re-read verses 2&3 every day this week and memorize them word for word.

"Be my rock of refuge, a strong fortress to save me." **Psalm 31:2**

Sofa dens

