



Diocese of Bristol

Families growing faith at home

Church@Home is a fantastic all-age resource that has been created to encourage and help families enjoy a time of worship, explore the Bible, pray together 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.

daniel.jones@bristoldiocese.org

Thank you 



Sunday 20th June 2021
3rd Sunday after Trinity

Calm in the storm

Mark 4:35-41

Time to focus...

Find a place where the family can all sit comfortably - around the table, on the lounge floor etc. As you gather, if possible, light a candle to mark the beginning of your worship time. Quietly stare at the candle, watching the flames flicker and glow.

Set the scene...

Are you afraid of anything? Phobia is the word used to describe an intense fear of a specific object, activity or situation. For example, is anyone in your family afraid of the dark? The fact is, everybody afraid of something. What do you think is the weirdest thing someone can be afraid of? Check out these weird [phobias...](#)

Watch the story...

Jesus calms the storm by [Saddleback Kids...](#)

Explore the story...

Imagine yourself as one of the disciples in today's story. The disciples are tired, it's been a long day. They're trying to get their teacher to the other side of the Sea of Galilee - the disciples had seen storms before, some of them were fisherman and knew how to handle a boat in a storm. But this storm was different - this storm was more like a hurricane! The waves were washing over the boat, the boat was filling with water, they thought they were going to really drown! And what is Jesus doing? Sleeping!?! How can he sleep at a time like this?! Can you imagine them shaking him awake, saying, "Wake up! We're going to die! Don't you care!"

Now put ourselves in Jesus' shoes. Jesus has been healing and preaching all day. He is so tired and needs to rest so desperately that a huge storm doesn't even wake him! Imagine being fast asleep and being woken up by people yelling at you! Imagine how Jesus must have felt when his disciples were freaking out and wanting him to get up and save them! Jesus gets up and says, "Why are you afraid?" Then Jesus performs an amazing miracle. He rebukes the wind and says to the sea to be quiet! And guess what? They immediately listen to Jesus!

In today's story, the disciples were very afraid but Jesus took control of the situation and calmed the storm. Imagine how the disciples felt afterwards. Jesus has also promised to help us when we are frightened or afraid. Fear can be a good thing, but we should not let our fears keep us from enjoying the life that Jesus wants us to have. After all, Jesus has promised to be there and help us when we are afraid.

End in prayer...

Dear Jesus, we put our faith and trust in you to be with us when we are afraid. Amen.



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3rd Sunday after Trinity

Calm in the storm

Creative ideas / toddlers to teenagers

0-5s...

Fun activities: Help your children experience today's story...

Get a box for a boat, a fan/hair dryer for the wind, some spray bottles of water for the rain and waves. You can help your children decorate their box boat. Add a sheet for a sail and a spatula for a paddle. Tell the story using all the props to experience the storm.

This game is also great fun and requires no props. Children act out different types of weather as you shout them out. However, when you shout be still the children must freeze. Some ideas, if you shout windy, they must blow around in the wind; for thunder, they could clap their hands and stomp their feet. For snow, they could shiver and pretend to be cold and so on.

Fill a container of water. Find different objects that create wind to blow over the water. For example, a straw, a piece of cardboard to flap near to the water. You could shake the container and drop things in it - measure which things cause the biggest waves. Talk about how strong you blow affects the size of the wave.

5-11s...

Worship: How big is God? God is... "**Bigger than big!**"

Craft activity: Enjoy the [colouring-in sheet](#) on the next page as a great reminder of Jesus calming the storm. Also, design and make your own sailboats from scrap around the home - check out the internet for simple crafts including these ones from [applegreencottage](#) and [truewaykids](#)

11-18s...



- 1) What are your greatest fears?
- 2) What does this story teach you about Jesus?
- 3) What would it take to fully rely on Jesus?



Ask God to calm the things that feel out of control in your life.



Read Psalm 46 and highlight the words of comfort.

*"Jesus stood up and rebuked the wind and said to the waves, "Quiet! Be still!"
Then the wind stopped, and it became completely calm." - Mark 4:39*

