

# FAMILY PRAYER ACTIVITY



## BIBLE READING

2 Thessalonians 3:3 (NIV)

'May the Lord direct your hearts into God's love and Christ's perseverance.'

## PRAYER

Dear Lord,

I praise you for you are good. We read in the bible how to follow you and what you want us to do. When we pray, you speak to our hearts and we can understand what ways you want us to follow you. Thank you that you never leave us and we are thankful that our prayers connect us to you.

Amen

## ACTIVITY

Jump

This is an exercise for all ages. Everyone find a space and jump up and down on the spot for one minute. Then stop and place your hand on your heart, ask everyone to close their eyes and pay attention to their heartbeat and perhaps their breathing as well.

It is said that our heart and head are connected. For many of us if we are truly passionate about something in our hearts then we will think of ways to make that passion a reality. The Lord also wants us to follow him with both our hearts and our minds, so it is important to stop and think of ways to honour him through doing just that. How can we honour God in our hearts and minds?