

## **Family activities based on Ephesians 3:14-21, our reading for Sunday 22<sup>nd</sup> March:**

### **For this reason, I kneel before the Father...**

You might not be used to kneeling down to pray. Perhaps it feels a bit old-fashioned, or "religious". But kneeling down can remind us of who God is, and help us to focus on him.

All kneel down, and visualise God the Father, right there in front of you. You might want to close your eyes to help you concentrate.

How do you feel? You might be reminded that however big or small we are, we need God as our Father, to look after us. You might feel close to God as you come to him in this way. You might hear him say something specific to you - listen quietly for a few moments, and share what you hear or see with each other.

### **Our "family name" comes from God**

Make a family tree, and go back as far as you can with cousins, aunties, uncles, grandparents, great-grandparents and beyond. You might need to talk to other family members to fill in the gaps - give them a ring or use Skype/Facetime for a chat!

Have a look at your family trees and say some thank you prayers to God for all the people in your family, and the legacy of people in the past: do you know any stories about your ancestors? Have you inherited someone's sense of humour, or maybe their nose??

Remember that God is the Father of all of us, and he has existed for far longer than we can trace back in our families. God has always been there, and will always be there - we can rely on him.

### **Rooted and established in love**

Do you have any seeds at home? Try planting some in small pots, watering them and watching them grow this week, or look at a picture online of a plant with visible roots. You could draw a plant in your garden, or copy one from a photo online.

For a plant to grow, it needs roots to drink up the water in the soil, and absorb the nutrients that it needs. And for all of us to grow as God's children, we need to be rooted in his love. It gives us life, and the energy to follow him. Each day, try to remind each other that God loves you, read about him in the Bible together, and ask him to help us put down firm roots in him.

### **How high, how long, how deep**

Go outside in the garden/park and have some races across the length and width of the space... Or see how high you can jump, or how low you can limbo. Maybe build the tallest tower of bricks, or the longest line of dominoes?

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Remember that God is the Father of all of us, and he has existed for far longer than we can trace back in our families. God has always been there, and will always be there - we can rely on him.

### **Rooted and established in love**

Do you have any seeds at home? Try planting some in small pots, watering them and watching them grow this week, or look at a picture online of a plant with visible roots. You could draw a plant in your garden, or copy one from a photo online.

For a plant to grow, it needs roots to drink up the water in the soil, and absorb the nutrients that it needs. And for all of us to grow as God's children, we need to be rooted in his love. It gives us life, and the energy to follow him. Each day, try to remind each other that God loves you, read about him in the Bible together, and ask him to help us put down firm roots in him.

### **How high, how long, how deep**

Go outside in the garden/park and have some races across the length and width of the space... Or see how high you can jump, or how low you can limbo. Maybe build the tallest tower of bricks, or the longest line of dominoes?

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