

Family activities to think about Ephesians 4:1-8 – Sunday 29th March

If you do these or any other activities we suggest we'd love you to share a picture on our Facebook page "[Venta group of churches](#)".

All one "body"

Draw out the outline of a big figure - maybe outside, using chalks, or on a big piece of paper inside. Now draw everyone you can think of who is part of our churches, inside the outline. Or write their names if art isn't your thing!

Jesus calls the whole church "one body" (v4), to remind us that we are in this together, and we have a special bond with other Christians. Each of us has particular gifts and abilities, personalities and roles, just like the parts of the body do - an eye wouldn't do a great job of kicking like a leg, but it's really excellent at seeing!! Pray for each person you draw or write down, asking God to show them how much he values them for who they are.

Maybe you could write an encouraging note for one of those people who lives close to you, and pop it through their door when you are out for a stroll?

Patience practice!

"Be patient, bearing with one another in love" (v2). It is natural that at a time like this, we find we are more easily niggled by each other in our families. We're spending a lot more time together than normal, and everyone is frustrated by what we can't do at the moment. So let's challenge ourselves to be extra patient, despite all odds!

Give each person in the family a set amount of time when everyone else will play their favourite game / join in with their choice of activity. It won't be everyone's favourite thing, but "bear with" each other and all give them your attention for that time.

Or use an egg timer or phone stopwatch to give each person a minute or two to tell everyone else about their favourite subject, or the best thing that has happened in the day. No interrupting - make sure you all listen patiently!

One, one, one...

Look through this passage in the Bible and find all the things that there are "one" of: one body, one Spirit, one hope, one Lord, one faith, one baptism, one God and Father of us all.

It reminds us that in the middle of all our distractions, God is the one thing worth concentrating on, and he alone can bring the peace and hope that we long for.

Why not make a "one way" road sign, and put it up on the wall to remind the whole family that following Jesus is what you are all aiming for? Or make a number-one-shaped mobile, with each of the words (hope, Lord, faith etc) dangling from the big "1" with string or cotton.