

Week 2 Resources

Guiding Scripture: Romans 12:1

"So here's what I want you to do, God helping you: Take your everyday, ordinary life - your sleeping, eating, going-to-work, and walking around life - and place it before God as an offering. Embracing what God does for you is the best thing you can do for him. *The Message*

Most families are at home with each other 24/7, that means a LOT of time together. What does God want us to do with that time? It is in the ordinary, everyday things that we can honor God and each other. Each job, each task can be a way for us to put our love into action.

This is a perfect time to focus on family mealtime. Here are some ideas:

- Introduce a new grace or meal blessing (resources attached)
- Take turns saying an original grace
- Make blessing cards for each person
- Assign chores like setting the table, clearing, dishes and cooking
- Create discussion cards
- Read a scripture and discuss

Try to hold onto as much of your "normal" as possible.

- Get out in your yard.
- Exercise
- Sleep well
- Eat well
- Pray
- Love the people you are with (Yes, that means your family)

Take the mundane and make it a way to connect with God.

- This week each time you wash your hands, sing "This Little Light of Mine" (it can be done in about 20 seconds)
- Talk about ways you can be the light of Jesus in your home and to your family. Put them into practice.
- Create a schedule and assign jobs. Family Spirit is important! "We are ALL in this together"
- Be positive and encouraging
- Talk about God sightings.

This is a scary uncertain time for all ages. Children and youth often can't articulate what they are feeling and take their cues from the adults in their lives. We need to be non-anxious and allow space and time for conversation. We can expect emotions to present themselves in anger, crying, sadness and sometimes depression. Stay strong and centered.

Don't fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns. Before you know it, a sense of God's wholeness, everything coming together for good, will come and settle you down. It's wonderful what happens when Christ displaces worry at the center of your life.

Philippians 4:6-7 The Message