

Together @ Home

Sunday 7th February 2021

Here are some activities you could do together as a family. Begin with the story and then do as many or as few as you like, in any order.



Bible Passage

Today we will be exploring a passage with 3 stories about Jesus.

You can find it in your Bible in:

Mark 1:29-39

Read the passage together – choose a Bible translation or children's story version which best suits your family.



A prayer to say together

Dear God,

Thank you so much for coming to help us. We need your help everyday. We need your help when our bodies and souls are sick. Thank you for your healing.

Thank you for your example of prayer and spending time alone with God. Help us to remember the importance of making time to be with God, so that we may know, hear, and follow God's voice.

Amen

Discussion

Questions for adults to ask children

What is wrong with Simon's mother-in-law? What does Jesus do for her?

Why do the people come looking for Jesus?

What does Jesus go off and do in the morning?

Question for children and adults to discuss

With so much work to do, why does Jesus take time to pray?

How do you make time to talk to God each day?

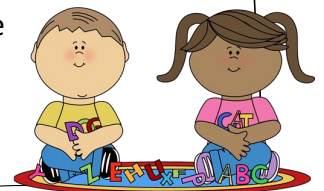
Family Activity 1

You need: 4 notecards/post-its/pieces of paper per person

Write the letters in the word HELP--one letter each, on each set of the pieces of paper.

Under each letter, write words beginning with that letter that describe Jesus. For example, under the letter "H" you might write "Healer" or "Holy." Use your Bibles for ideas--the index in the back may be helpful.

How many words can you write that make you think of Jesus? After 5 minutes, compare and add to your lists. Use these words to thank Jesus for who he is to you.



Family Activity 2

Lean on Me!

Sit down on the floor with your legs bent keeping your feet in front of you, flat on the ground. Cross your arms over your chest. Now try standing without using your hands.

Trying to stand without help is like trying to get through life without Jesus' help--very difficult.

Now, get a partner and sit back to back in the same position. Try standing pushing against your partner's back for leverage. (Alternatively, sit with your back to a wall.)

Having help from your partner (or the wall) makes it easier to stand. Jesus came to help us because he loves us.



A verse to remember

Matthew 11:28

'Come to me, all you who are weary and burdened, and I will give you rest.'

To be weary means to be tired. Jesus doesn't want us to be tired of our lives; he wants to give us rest. And to be burdened means to be weighed down with lots of worries and troubles. Jesus doesn't want us to be burdened; he wants us to give all our burdens and worries to him.

We all have burdens and worries we try to carry by ourselves. But Jesus came to help us. As you read this verse together, think of all the ways Jesus has helped you.

To learn this verse together, you could come up with some actions to help you remember it or decorate a copy and put it up somewhere you can see it during the week.

Spending Time with God



In today's Gospel reading, Our Lord went to Simon and Andrew's house, where He spent the evening healing the sick and casting out demons.

But early the next morning before the sun came up He went away into the wilderness to pray.

At first we wonder why Jesus would have to pray- He is God, after all! But He was also human so He needed to take some time



Like Jesus, we also need to spend time with God. Even if we are always doing His work, like helping people or studying His truths, we still need to take some time to talk with Our Father in Heaven. Starting today, take a few minutes every day to go to a quiet place and talk with God.

Coloring Page

JESUS HEALS PETER'S MOTHER-IN-LAW

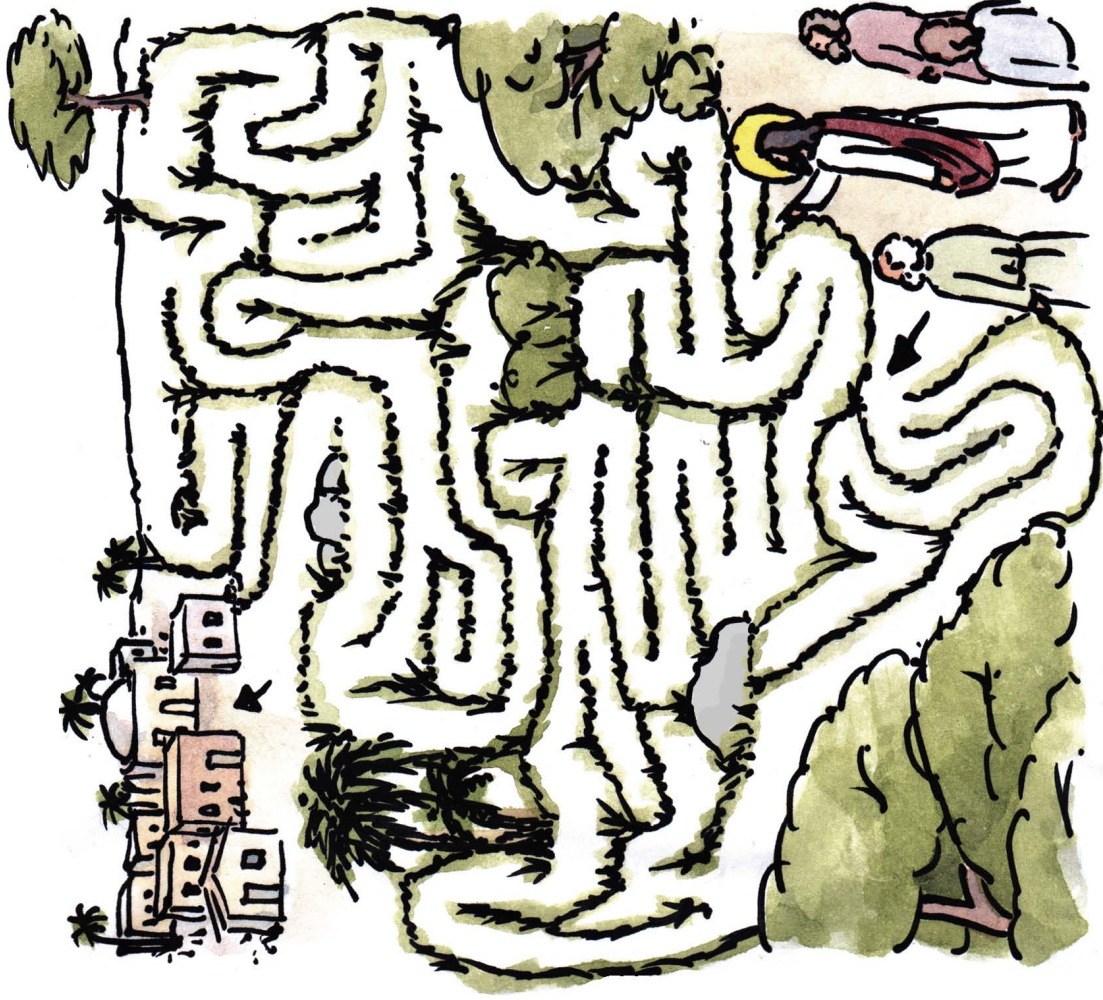


Jesus heals Peter's mother-in-law of a high fever, and she gets up and serves them at table.

Sort-out-the-Pictures:

An Evening and Morning with Jesus

What happened in today's Gospel reading?
See if you can sort out the order of these pictures
by putting the numbers 1 to 6 in the boxes.



At the end of today's Gospel reading, Jesus tells Simon
that they will go to the nearby villages to preach.
Can you find your way through the maze
to the nearby village?