

Sunday7th March 2021 The Third Sunday of Lent

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.

Discussion

<u>A question for adults to ask children</u> How old was Abraham when Isaac was born?

Wow! Abraham was 100 years old when Isaac was born. If you look in your Bible in Genesis Chapter 12 you can read where God first promised Abraham that he would be the father of many nations. You can trace the family tree of Jesus all the way back through Abraham – this was all part of God's big plan.

When God first promised Abraham a child, he was 75 years old and was known as Abram which means 'high father,' but in Genesis 17, God said that he would be known as 'Abraham' which means father to many! God's promise came true but Abraham had to wait 25 years to meet his son Isaac!

A question for children to ask adults

Do you remember how it felt the day I joined our family? Every family is different but there is always an element of waiting for a new child. Imagine how God our Father feels as he waits for all those in the world who do not know him as their Father yet.

Family Activity 1

You will need: Paper, pens, any craft materials you would like to use, scissors, glue

Why not create your own family portrait? Get each member of the family to draw another family member. When you have all finished your pictures, cut around the people and then overlap them and stick them onto another piece of paper to make a family portrait.



Bible Passage

Today we will be exploring together the story of Abraham being promised a family.

You can find the story in your Bible in:

Genesis 16:15-16; 17:1-7; 15-19

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



A prayer to say together

Dear God,

Thank you for the story of Abraham that reminds us that you always keep your promises.

Help us to be patient and trust in you if there are things we are waiting and praying for.

Thank you that we are your children who you love. We pray for all our friends and family who don't yet know you, that they would come into your family and know you as a father.

Amen



A verse to remember

Psalm 116 v 7 I said to myself, "Relax, because the Lord takes care of you."

Sometimes waiting for something can be really difficult. You might feel excited or worried, and it is all you can think about. Abraham had to wait twenty-five years for God's promise to be fulfilled. Whatever we are waiting for, we can relax and know that God takes care of us and always keeps his promises.

To learn this verse together, you could come up with some actions to help you remember it. Why not decorate the verse on a piece of paper or card together and put it up somewhere to remind you of it through the week?

Family Activity 2

You will need: A timer

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Practice patience together by playing 'The Minute Game'. One person has a clock or phone timer, this person tells everybody when to begin. Everybody else must stand up, and then sit down when they think a minute has passed – they are not allowed to cheat by looking at a watch or clock. Once everybody is sitting again, the person watching the timer should say who was closest.

Active Prayer

Just like he did with Abraham, God has amazing plans for our futures. Why not spend some time listening to God? Find a quiet and comfortable space and lie down or sit. Ask God to speak to you and then listen to what God has to say. Remember that God can speak to us in many different

ways, through words, feelings, visions, dreams, or pictures in our imaginations.

Applying Patience and Trust

Abraham knew that God was faithful and would do what he had promised but he had to be patient and wait for God's timing.

Many schools are now gradually reopening – it can be hard to watch some children able to return and be with their friends while others cannot. For some they may be back at school but longing for their days at school to return to normal.

Why not take some time writing or drawing what you would like your school life to look like? Bring what is shared to God in prayer and ask for patience while you wait. You could keep the writings or drawings as a prayer focus and a reminder to trust in God.

If you do not attend school, you could also complete this activity thinking about other areas of your life, such as church and other activities which have changed during the pandemic.



Coloring Page



