

Together @ Home

March 2, 2022
The Third Sunday of Lent



Bible Passage

Today we will be exploring together

Isaiah 55:1-9

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

The other passages we might be thinking about at church this week are:

Psalm 63:1-8



A prayer to say together

Dear God,

Thank you for giving us all we need to grow healthy and strong and for the free gift of Your love that satisfies us completely.

Help us learn more about you by reading Your words to us in the Bible so that we might make good choices not simply about the food we eat, but, more importantly, about the things we see and listen to so that we spend our time filling ourselves (bodies, minds, and hearts) with things that are good and pleasing to You.

Amen

Discussion

A question for adults to ask children

What are God's people told/invited to do in this passage?

Come, listen, eat, drink, enjoy/take delight

What does God promise the people who come and listen?

They will "take delight"/be satisfied; they will receive blessings/an everlasting covenant

What does it mean to be satisfied?

A question for children to ask adults

How/in what ways does God satisfy us?

Family Activity 1

You will need: Paper or card, Drawing materials

What type of meal is good for you and satisfies your hunger?

Cut your paper or card into a circle shape and design a satisfying, healthy meal to draw onto it together.

If you have magazines or packaging around the house, you could cut out pictures of food to stick on. Give everybody the chance to add something to your family dinner plate even if you end up with a very strange plate of food!

Why not use mealtimes this week as a time to stop and pray, thanking God for his provision and asking Him to help you to consume/spend time things that are good for you..





A verse to remember

Matthew 4:4

"A person lives not on bread alone, but by everything God says."

Just like we choose to put healthy food into our bodies we can also put healthy thoughts into our bodies, we can choose to watch, read and listen to things that draw us closer to God and help us to live well for God. Try to learn this verse together, you could come up with some actions to help you remember it or 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: paper, pens, timer, Bibles

The Bible is God's spiritual food for us we can feed on it every day. Have a Bible race to help you practice finding verses in the Bible. You could use these verses from the Bible about food or write out some verses of your own to look up on pieces of paper.

If you have more than one Bible you can all search for the verse at the same time. If you only have one Bible take it in turns to search and time how long each person takes.

Remember you will need to find the right **BOOK** of the Bible and then the **CHAPTER** (Big number) and **VERSE** (Little Number).

Psalm 107 v 9

Luke 9 v 16

1 Corinthians 10 v 31

Matthew 6 v 25

John 6 v 35

Matthew 5 v 6

Genesis 1 v 29

Exodus 16 v 4



Active Prayer

Why not pray and keep healthy at the same time this week with our prayer and exercise routine!

Run in place and pray for all those spending times in their homes.

Do jumping-jacks... and pray for all the keyworkers working hard to keep us safe.

Stretch out wide... and pray that help would reach all those who need it.

Stretch up high... and pray for all those leaders in the world making big decision.

You can add your own exercises and prayers as well.

Helping Older Children

It is great to be able to equip older children to do their own Bible study and unpack scripture for themselves. Children might have many questions, here are some short passages you could direct them to.

Encourage them to read the passage, spend some time thinking about it and praying, asking God to help them understand it better.

Why not ask **them** to tell **you** what they have learned rather than try to answer their questions yourself.

A passage about being worried

Matthew 6 v 25-27

A passage about facing challenges

2 Corinthians 4 v 16-18

A passage about living a pure life

Psalm 119 v 1-16

A passage about God's forgiveness

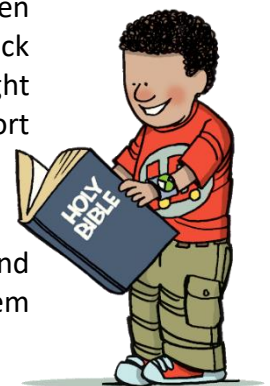
1 John 1 v 5-10

A passage about living for God

1 John 3:16-18

A passage about times of trouble

James 1 v 2-8



Eat What is Good - Isaiah 55:1-9

Find the word in the puzzle.

Words can go in any direction.

Words can share letters as they cross over each other.

Y	Y	G	X	B	W	A	T	F	D	W	J	G	S	V
W	J	I	E	C	A	H	F	A	M	M	O	E	E	W
V	E	W	X	A	G	L	E	I	W	O	O	V	E	L
I	R	M	X	I	T	S	A	T	D	J	I	I	K	X
G	S	N	L	I	I	E	L	H	V	O	P	L	W	D
Q	N	E	C	M	R	J	C	F	R	E	H	G	I	H
N	D	I	O	E	O	A	H	U	D	G	M	V	J	X
W	E	R	S	U	J	G	S	L	O	M	W	I	A	M
S	P	T	K	S	D	R	I	N	K	E	T	E	W	S
L	A	L	S	I	E	I	D	S	Z	H	D	M	D	R
G	N	T	A	I	A	L	Z	X	I	V	X	O	K	Y
I	U	A	I	B	L	Q	B	R	J	U	S	C	F	F
F	C	Z	K	S	P	V	S	T	H	G	U	O	H	T
L	P	P	V	O	F	T	X	D	R	E	T	U	R	N
D	V	Q	F	E	Y	Y	N	C	O	S	Q	S	C	U

blowing
drink
good
live
satisfy
thoughts

come
eat
higher
promise
seek

delight
faithful
listen
return
thirsty

Healthy Food

Directions: Color in the healthy foods and put a X on the junk food.

