

THE FAMILY WAY OF LIFE

Don't copy the behaviour and customs of this world but be a new and different person with a fresh newness in all you do and think. Then you will learn from your own experience how his ways will really satisfy you.

Romans: 12: 2 The Living Bible

The Family Way of Life is a discipleship tool which provides a framework for young families to grow in faith together.

Families can explore how their individual stories are part of God's story and can shape how their families reflect God's likeness in the churches and communities they live in.

The essential theme of this resource is the concept of 'being' or 'becoming' the people God created us to be. The Family Way of Life looks at the six themes of being the body; being a disciple; being a light; being a friend; being fair and being holy. The focus is on learning and developing faith together to reflect God's image in each one of us.

Each session has a bible reading, questions to consider, activities to explore the theme, things to discuss and a challenge. You may want to record your family times in some creative way-by photos or filming on your mobile phone or a scrapbook that everyone contributes to.



The Family Way of Life is designed to be enjoyed in six sessions and can take a couple of hours or could take most of a day if you want to take part in more of the suggested activities.

SESSION 1: BEING THE BODY

SESSION 2: BEING A DISCIPLE

SESSION 3: BEING A LIGHT

SESSION 4: BEING A FRIEND

SESSION 5: BEING FAIR

SESSION 6: BEING HOLY

During Covid 19 times, I have adjusted the original resource to make the ideas easier to do without having to shop or physically meet up with people. It is just a starting point-so use it imaginatively!



SESSION 3: BEING A LIGHT

All items underlined are hyperlinks to webpages

READ THE BIBLE

[Matthew 5: 13 -16 Salt and Light](#)

OPENING QUESTIONS

Jesus used two different things to explore how he wanted people to live; light and salt.

What mistake do you think the people listening to Jesus were making?

Why do we add salt to food?

Before we had fridges and freezers, why was salt so important?

What do you think Jesus meant by the phrase 'You are the salt of the earth?'

How can you be salt for other people?

What did Jesus say happens to salt that has lost its saltiness? What was his point?

He also talked about light.

How can we make sure our 'light shines before others?'

What might we need to do to make sure we are like lights?

What or who do we need to listen to? Who should get the praise or glory for that?

ACTIVITIES TO EXPLORE

Make

[A lighthouse](#) using red and white paper or tape, a Pringles tube and a battery operated tealight.

What does a lighthouse do? Why is a lighthouse so important?

Why are they always situated high up?

Experiment

When it's dark, turn the lights off in the house. Try using a torch or camping light in different places.

What is the difference between putting it on the floor or on a higher shelf?

How much more can you see? What about by a mirror?

Put the light under a big mixing bowl or bucket. How well can you see now?

Why do you think Jesus said this to his listeners?

What do you think he wanted them to be like?

Make A Tealight Holder

Make a tealight holder using self-hardening clay if you can get it or alternatively, make your own using the salt dough recipe below.

[Star Tealight mat](#)

[Salt dough recipe](#)

Or

Using a small clean glass jam jar, decorate using sharpies and leave to dry. Add a tealight.

Debbie Hill

Development Officer Children and Families April 2020



Research

Who was [Grace Darling](#)? Why is she famous?

Think back to the bible passage.

What do you think Jesus was talking about when he said you should be a light for other people?

Pray-Being Light at work

Choose 7 jobs and select one for each day of the week e.g. police officer, shop worker, teacher, nurse, vicar, vet, doctor, bus driver, MP, journalist, waste collector
Each day at breakfast, pray that in each job the person might be bringing light to those they look after or work with.

Follow Jesus Footprint

Print off [one copy](#) for each family member. Complete the 'cloud' and remember to colour in each day as you complete the task -

Identify constellations

On a clear night, wrap up warm and go and look at the moon and the stars in as dark a place as you can find.

Can you find [simple constellations](#) such as Orion or the Plough (take your mobile phone to help you!)

In the past, sailors used to navigate using the stars.

Why do you think they were so important to them?

You can also find out more about the moon too (although remember it doesn't shine but reflects the sun's light) What phase is the moon in? [Find out more](#)

Listen

[My Lighthouse](#) by Rend Collective

Make & Share

Real popcorn at home using kernels and divide into three bowls.

Add salt and melted butter to one, sugar or honey to another and nothing to the third.

Which is your favourite? Do you think salt makes the popcorn more tasty?

Gluten free Star biscuits

Things to Discuss

Jesus used two different things to explore how we should live - light and salt.

Which means more for you? Imagine if Jesus was to speak to people

now, what ideas do you think he might use to get his message across?

What do you think he would use and why?



Pray

This is a nice activity to do in the evening when it is getting dark.
You might want to do it outside if it is not too wet and windy!
Think about something you find difficult or hurtful or are afraid of.
Write or draw it on a piece of paper or card.
Place a tealight on top of the card and carefully light it.
Sit quietly for a few moments watching the brightness of the flame.
Remember the promise made in John 1: 5 'The light shines in the darkness, and the darkness can never extinguish it.'
Use this as reminder this week that God's light will always shine, even in the darkest places.

Challenge

Think ahead to the next few days- look at a calendar or diary.
Are there opportunities already there for you to be like a light or effective like salt?
Could you plan together as a family to encourage others and bring light to them?
Can you meet via Whatsapp or Zoom? Make something for someone else (hint-star biscuits)?

Learn one of these verses

In the same way, let your good deeds shine out for all to see, so that everyone will praise your heavenly Father.

Matthew 5:16 New Living Bible

The light shines in the darkness, and the darkness can never extinguish it.

John 1: 5 New Living Bible