

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 5: BEING FAIR

All items underlined are hyperlinks to webpages

READ THE BIBLE

Micah 6: 8 What God wants from us.

OPENING QUESTIONS

Who are the people in our country who work to make sure we keep the law?

Are they the only people who make sure things are fair?

Who else needs to make sure things are fair?

Do you think everything should be fair?

Can you think of times when things didn't seem fair to you? What happened?

How did it make you feel at the time? How do you feel about it looking back?

What kind of person do you want to be? What values are important to you as a family?

ACTIVITIES TO EXPLORE

Watch

Freddy and Flora's quest for fairness (preschool children)

Fair trade in East Africa (older children)

One Human Family, Food for all. For older children (KS2+)

Play

Pablo The Super Banana(for younger children 4-6 years old)

The Banana Split Game (for children aged 7 upwards)

Illicit trade game (For 5 players (minimum with older children in the family 10+)

Breaks and Ladders Game

Watch

Cocoa Farmers and the Story of the chocolate bar

Make

You will need to make sure that you have bought some fairly traded ingredients first!

Banana splits

Fair Trade Chocolate Brownies

Banana Bread

(You could pack some of them up and give them to someone who you think doesn't often receive many presents or visitors).

Write

Many people are concerned about the environment. Young people have the opportunity to make their voices heard at the UN's climate change conference and in a touring exhibition around the UK.

Write a letter for creation (using drawings, diagrams, poetry, photographs) to express your views. This is open to people under the age of 30 only- sorry older parents, one for children and young people only!



Listen

God of Justice (Tim Hughes)

How can you 'go'?

Make and Pray

Prayer bracelets. Make prayer bracelets as a reminder for this week to choose to be kind.

You can also thread any old beads you have lying around onto the bracelets.

Prayer

Go for a walk together and praise God for the things you're thankful for. Be aware of all your senses-what can you see, hear, touch, smell? Say thank you to God as you notice particular things; trees, bird songs, smiles from other walkers, flowers in bloom, a river or pond, passing cars and buses that make travel possible, the rain, the breeze and puddles!

Make

Bird feeders- Kindness to God's creation

Make these and hang up outside. Every time you notice a bird on the feeder, thank God for his wonderful creation.

Discuss

What changes can you make to the way you live as a family to share some of what you enjoy?

Here are a few ideas to get your thinking started. Could you:

- *Buy more fairly traded goods?*
- *Look out for this Fairtrade mark to help you*
- *Give up something for a short time*
- *(e.g.: biscuits or tea/coffee/hot chocolate/squash) and eat plain bread or drink water and give the saved money to a charity of your choice?*
- *Regularly support your local foodbank (many supermarkets have drop off containers by their tills) or encourage your primary school to host a foodbank collecting box?*
- *Support a child through a Christian sponsorship programme such as Compassion*



Other ways you can go 'MAD' - Make A Difference

Foodbank-

Give a few more luxurious goods at special times of year e.g. Christmas or Easter. Consider donating fairly-traded goods.

Change your shopping habits:

Commit to buying fair traded goods where possible (including Christmas cards, gifts from TEAR Fund or Traidcraft)

Change your church!

Ask your PCC to consider

- the use of fairly traded tea/coffee/sugar if it for refreshments
- the use of recycled cartridges & paper for printers and toilet rolls
- leaving an area of the churchyard for wildflowers to attract bees and wildlife
- changing light bulbs to more eco-friendly options
- Twinning your toilet (if you have one)

Debbie Hill

Development Officer Children and Families April 2020



Change your community:

- Write to your local MP:
On an issue of local or international justice e.g. Universal Credit or spending on International Development or a Disaster Relief Fund
- If you have made new friends with your neighbours during the time of lockdown, what can you do to continue to build community?
 - Could you work together (socially distanced or at different times) to reclaim a neglected area and plant bulbs or plants?
 - Could you prepare to do a litter pick on a family walk?
 - Could you 'host' a virtual tea party one afternoon?
 - Could you organise a virtual choir or band?
 - Could you organise a treasure hunt confined to your house/flat and garden?
 - Could you take this time to set up a community Facebook page?
 - Could you sort through your cupboards and donate unwanted goods and clothes to charity.
If you are a UK tax payer, sign up for Gift Aid so that the tax can be reclaimed.

Learn this verse:

The Lord has told you what is good, and this is what he requires of you: to do what is right, to love mercy, and to walk humbly with your God.

Micah 6: 8 New Living Bible