

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 6: BEING HOLY

All items underlined are hyperlinks to webpages

Being Holy is a difficult concept to understand for any age. In this session I have given a number of options to explore holiness- through family likeness; transformation; and the heart reflecting God's own heart.

READ THE BIBLE

[1 Peter 1:13 -16](#) Being transformed into God's likeness

OPENING QUESTIONS

Be Holy, as I am Holy - something you are, not something you 'try to be' or 'to act.'

Can you think of someone who is a real friend to you?

What makes them stand out in your mind? What makes them special?

Do you look like one of your parents? Is there a strong family resemblance?

Have you inherited any ways of behaving or family sayings that link you to them?

How do you think we can you show God's likeness to others?

Is it through how we are or things we do?

Pope Francis suggests that holiness does not mean performing extraordinary things but 'carrying out daily things in an extraordinary way.'

What can you do this week in your everyday life to demonstrate holiness?

ACTIVITIES TO EXPLORE

Get outside and walk

Walk together as a family in the woods/park/garden which has a variety of trees.

Discuss how different trees are different shapes and have different leaves.

Discuss what a healthy tree needs to flourish and grow.

Look at the branch of a healthy tree (and could compare with a diseased or lightning struck tree).

Each tree has a different size and shape. Each tree bears different flowers, leaves and fruits(seeds) and produces these at the right season.

Either pick a leaf or photograph (using phone) a leaf as a reminder of each tree.

As you collect different types of leaves, think about how we are all different types of people - caring, leading, creative and supportive.

What type of person would you say you are?

(If you don't know, think about what really matters to you-that people are taken care of, creating something beautiful, helping people to do something together-these things should give you a clue.)

Thank God for the different people in your family and the way they are unique, each with individual ways of reflecting the image of God. Celebrate the end of your walk with a picnic tea.



Fingerprint discussion

Using pieces of coloured paper and a washable ink pad (available from a local toyshop or craft supplier). Take prints of the index finger of each person in the family and compare them. Each fingerprint is unique or different from each other. Every one of us is specially made.

Discuss how we might resemble each other within families*

(*if children are cared for/adopted then focus more on the learned ways of behaviour)

- if we have inherited physical characteristics e.g. eye colour
- if we learn behaviour patterns and ways of doing and saying things from each other.

Can you identify particular expressions, phrases or habits more than one person uses in the family?

Why does God put us together in families? How do babies learn? Who helps children to learn?

Who helps adults?

Why is it important to be a part of a church family? What good things have you learned already from your church family? What do you think you might be able to show them?

Pray using fingerprints

Make a print of each finger/thumb. Taking each finger/thumb in turn, use the prints to pray.

- **Thumb** -people who are close to you.
Close friends and family. Give thanks to God and ask his protection on your parents, brothers and sisters, friends, and classmates.
- **Index** (pointer) Finger -people who point the way.
Leaders such as teachers and vicars. Thank God and ask him to help them.
- **Middle** (tallest) Finger -people in authority.
- Ask God to give wisdom to our prime minister/local MP/ government/hospital leaders/ head teachers/ police.
- **Ring** Finger (people who are weak).
This is your weakest finger.
Remember those who are sick, poor, or are struggling with life. Pray that Jesus would give them new strength.
- **Little** Finger (your own needs). God wants to hear our needs too, especially when we put others first. Pray for your own growth in mind, body, and spirit.

Make

Reminders of God's Love should encourage us to be holy, to act in a loving way as he does.

Here are three ideas to make at home

[Salt dough candle holders](#)

[Love For Creation Bird Feeder](#)

[Heart bookmarks](#)

You can share any of the things you make with your friends or family (the bookmarks can be easily sent through the post).



Grow and reflect

Plant apple pips, conkers, acorns, mustard and cress or flower seeds such as sunflowers or plant hyacinth bulbs and /or miniature daffodils to give as Christmas presents.

Time how long it takes before you see signs of growth.

What do they need to grow? Why is it important to keep watering them?

If you don't give plants the right conditions, what happens?

What kind of things do we need to grow in faith?

How do you think we can 'water' our faith?

Bake

The Bible often talks about the fact that God can see a person's intentions or 'heart'

[2 Chronicles 16:9](#) or [King David](#)

Try making heart biscuits to remind you this week of how God wants you to be Holy-to have 'his heart' or love for those around you.

[Heart biscuits](#)

[Stained Glass Window Biscuits](#)

Watch

[Faith At Home-Humility](#)

[Refiner's Fire Song](#)

Challenge for your family this week

Can you think of something you have had to work really hard to achieve?

How did you feel when you succeeded?

How can you 'become holy?' Is there something you need to do or something you need to give up?

What kind of things get in the way of growing in your faith?

How can you help each other with these challenges in the family?

Holiness is a direction of travel for us and will always be something we work towards.

Each family member should try to identify one thing they want to work on to become more like Jesus.

Write these ideas down for each person and stick somewhere you can see them (Eg: On the fridge)

Every time you notice someone in your family making the effort to meet their challenge, tell them you have noticed and if it helps, put a sticker or star next to their challenge. Check your progress during the week and help each other. Celebrate at the end of the week with a treat!

Learn this verse:

I am the Lord your God, and you must keep yourselves holy, because I am holy.

Leviticus 11:44 Good News Bible