

## 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.*

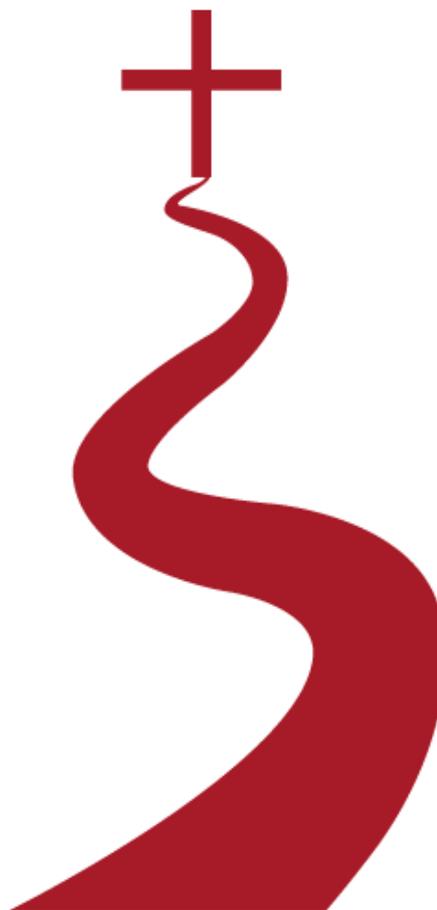
Romans: 12: 2 The Living Bible

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**

**\*SESSION 7: BEING FOCUSED\*** A bonus session for those linking the Way of Life to Philipians

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 7: BEING FOCUSED

*All items underlined are hyperlinks to webpages*

### READ THE BIBLE

There are 2 readings for this week. You may find it easier if you have younger children to use the story of Zacchaeus

[Philippians 3:12-16](#) Being Focused on the Goal

[Luke 19:1-10](#) Zacchaeus was determined (focused) on seeing Jesus

### OPENING QUESTIONS

- What does being focused mean?
- Can you think of a time when we have to focus on something?
- Have you ever been so focused on something that you have done something special or worked hard to do it or get it?
- Think about your family. Discuss with them what you can see that they focus on. Are there things you want to focus on altogether as a family?

### ACTIVITIES TO EXPLORE FOCUS

#### [Birdwatching](#)

Find somewhere to sit quietly – perhaps take some binoculars with you. Can you see 10 different types of birds? How long do you have to sit still until you see them?

#### [Can you identify the object?](#)

Look closely at each picture and see if you can tell what each item is.

#### **Design your own close up gallery**

Now, using a mobile phone, make up your own quiz using either objects around the house or outside (in the garden or on a walk)

#### **Watch:**

##### **Film-Ice Age**

Three animals, Manny, Sid and Diego find a vulnerable human baby. They have to stay focused on what is important - getting the baby back to its tribe, even when things become difficult.

What were the challenges they faced?

How did they support one another? Why was this important?

##### **Film-Hercules**

This film is based in Greek mythology. Hercules meets a series of challenges and he has to learn to use his strength to complete a series of challenges.

What makes Hercules successful?

What else does he need to rely on apart from his strength?



### Zacchaeus cartoon

Who was focused on who?

### Brownlow brothers' triathlon

Watch and see what Alistair does.

What is his motivation? What did he sacrifice? What was he focused on?

## **PRAYERS TO HELP YOU FOCUS**

Encourage independent thinking and activity when praying and encourage everyone to add their prayer ideas whenever they think of them, not just at a 'set' time.

### Floating prayers

With this activity you take the time to pray. Cut out your shape, then fold the petals or points inwards, place on water and then watch as your prayer gradually unfolds.

### Rocket prayers

The importance of praying in this way is that 'we let go' of what we are concerned about and give the people or situations to God (a shift in focus).

### Thankful ribbons

Use odd bits of ribbons you have in different colours and create a thankfulness tree (or bush), either outdoors in the garden or using a bunch of twigs in a vase indoors and a small box or bowl of ribbons. Make sure everyone can reach so that they can ribbons whenever they want to

### Doodle prayers

Have a place in the house where a piece of paper with pens is left all week. Starting towards the middle of the paper, draw a circle and write a simple thank you prayer. Encourage everyone to keep adding their 'thank you' doodle prayers so that the prayer doodle grows.

### Prayer labyrinth

Print one or two of these designs off and use your finger to slowly trace a path into the centre and out as out pray. If you want to you can stop at certain points and pray for specific people or things.

### **Active prayer**

Using chalk, mark three large circles on an outside piece of patio or drive, one inside the other.

The outer ring label **Sorry**, the middle **Thank you** and the inner one **Please**.

Mark a line at a distance that you can throw a beanbag, soft toy or similar into one of the circles. Take time to say the appropriate prayer and then repeat.

## **MAKE**

### Binoculars

(You could use these to help you bird watch!)

### Origami fish

This origami is a simple shape to make but requires concentration, focus and precise folding. If you enjoy making the fish, why not try something more challenging?

### Grasshead

Growing something means you have to be patient and wait for the seeds to germinate. Once your grass has begun to grow, you can have fun cutting the 'hair' into any shape you like.



## **PLAY**

### **Construction game:**

You will need a packet of spaghetti and a couple of packets of marshmallows (approx size 2x2x2cms)

Working together as a family or in groups, what is the highest tower you can build?

Can you do it on your own or do you need to work together?

### Kim's game

This game means you really have to focus and remember the items and their position. For younger children reduce the number of items

### **Bubble blow**

You will need a tube of bubble solution and a hula hoop.

One person blows the bubbles, one person holds the hoop up vertically. The rest of the family have to help get the bubbles through the hoop (think wafting, blowing). As you get better at this the bubble blower and hoop can move further apart. How might this be a lesson in life? What do we need to focus on?

## **BAKE**

### Zacchaeus trees

## **SING**

### Zacchaeus was a Wee Little Man

### Number One

### **Challenge for the family this week**

Each person is to think about something they find hard to do normally. Each person to set themselves a challenge(secretly) to improve their attitude and effort towards this thing. It could be reading, going to bed on time without being told, helping with a particular chore, putting your shoes in the right place when you come in and hang up your coat....the list is endless.

At the end of the week see if the rest of your family can guess what you set out to do!

### **Learn this verse:**

So let's keep focused on that goal, those of us who want everything God has for us.

Philippians 3:15 The Message