

KEEP CALM & KEEP GOING

WEEK 8 | FAMILY

CHAT:

Here is an activity to get some conversation going with your family:

Gather the family somewhere you can draw on the floor (outside on a drive or pavement would be perfect).

You'll need: A Bible, chalk (if you don't have any outside pavement to draw on, grab some pens and lots of paper. Stick the paper together to make it big enough to draw the outline of a person).

Find Exodus 14:5-22. It's quite a big chunk so either read it, listen to an audio version of it or find a video clip of the passage. Type the verse into YouTube and there are lots of versions to watch.

Choose someone who is happy to lie on the floor and then draw around them with chalk.

Hint: If you are reading the passage (rather than watching), have it read whilst this is going on.

Think together about the things that make you stressed or panic you. For the Israelites in the story it was the Egyptian army chasing after them. Write suggestions on the pavement around the outside of the body outline.

Next, think together about the way our bodies react to this stress and panic. For the Israelites it made them question God, it made them think they should go back to the bad situation they were escaping from. Write or draw these suggestions inside the body outline. Use the different areas of the body to highlight those stress responses. E.g. 'shouting' would go by the mouth, 'butterflies' would go on the stomach.

Lastly, think together of things that help you to keep calm and keep going. For the Israelites, Moses reminded them that God would help defend them against the Egyptians and would guide them to safety. Write these suggestions into the outline of the body.

PRAY:

Here is a prayer activity to do with your family:

Gather the family in a space where you can all lie down.

You'll need: space and quiet.

Encourage everyone to lie down. This works best lying but if someone would rather sit then that would work too.

Everyone needs to place their hands onto their stomachs. To make the most of this shut your eyes too.

Take a deep breath in through your nose and as you do make your stomach stick out. Then breathe slowly out through your mouth, as you do pull in your stomach.

Repeat this a few times to see how it feels.

Continue doing this but each time you breathe out, quietly in your mind think of those things that make you feel stressed and imagine breathing them out as a prayer to God.

As you slowly breathe in, hear in your mind the words that Moses spoke to the Israelites when they were panicked: 'The Lord will fight for you. Just stay calm'.

Do this as many times as you like. Maybe this is an activity you can try in those moments of stress and panic.

DO:

Here is an activity to do together with your family:

Gather the family somewhere you have plenty of space to move about.

You'll need: Something to play music on.

You might find it helpful to read Psalm 46 before you get started. It says something very similar to Exodus 14. Have a read of the chapter (or maybe just verses 8-10).

Using the idea of being still (or in other words 'stop fighting') and knowing that God is good, play the game musical statues.

Play the music, when it stops stay as still as you possibly can (that's just in case someone doesn't know what musical statues is, or it's been that long since you last played it!)

If there is someone in your family who isn't a dancer maybe they could choose and play the music. They can also point out the person who was last to stand still.

The person who is the last to stand still then shouts out a word that describes something good they know about God. The person playing the music could help with suggestions from Psalm 46.

It also might be helpful to suggest that dancing is like 'shaking' the stresses off (this helped with our dance moves!).

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