

YOU CAN REALLY GROW



God wants us to grow to be more like Jesus. God has given us lots of things to help us to grow. One of them is **The Bible**. God has spoken to us in the Bible. When we read the Bible, we are reading God's word to us! And it is useful for helping us grow to be more like Jesus.



1 Around the dinner table or on your walk to school discuss which of the following activities you think would be hardest to do without the instructions. When you've finished discuss the 'Instructions' questions.

- Putting together a Lego model
- Cooking a Roast dinner
- Setting up a TV/x-box
- Bathing a dog
- Making an Ikea bookshelf

Instructions

Read 2 Timothy 3:16

When we read the Bible what are we reading?
What is the Bible useful for?

The Bible is like God's instruction booklet for life. It teaches us how to live in his world.

Recipe

How hard would it have been to bake that without the recipe?
Without the Bible we don't know God and we don't know how to live his way!

Name one way that you have grown by reading God's word this year.

2 As a family cook something together. You can use the very simple cookie recipe on the back of Take Home. As you go pay special attention to the recipe. When you've finished discuss the 'Recipe' questions.

As a family make a plan for how you (all together or separately) would like to read the Bible for the next month. Include things like **Where** you will read, **When** you will read, **What** you will read, **How** you will read.

3

Attached is one simple way to read the Bible.

N.B. If you have good Bible reading habits then just agree to keep encouraging each other in these.

The Things to Pray about:

- Thank God for his word the Bible. Thank God that it helps us to know him and to grow to be more like Jesus.
- Say sorry for the times when we don't want to grow. Say sorry for the times when we don't want to read God's word.
- Pray that we would LOVE reading God's word and listening to him.
- Pray that as a family you would help each other to keep reading God's word
- Pray that God would use his word to grow us to be more like Jesus!

Our Memory Verse is Romans 8:28-29 (Pre-schoolers = just verse 29)

28 We know that all things work together for the good of those who love God: those who are called according to His purpose. **29** For those God foreknew He also predestined to be conformed to the image of His Son, so that He would be the firstborn among many brothers.

H, O, W, D, O, I, R, E, A, D, T, H, E, B, I, B, L, E, ?



P, R, A, Y,

Dear God,

Thank you that you speak through the Bible. Please help me to understand what I'm reading. Please help me to listen to your words and obey them. Amen



R, E, A, D,

Read one story from the Bible.

- If you have a kids Bible then you could start from the beginning and read one story each day.
- If you have a CEV Bible then you could read from one heading to the next. Start at the beginning of a book and read one part each day until you finish it.



T, H, I, N, K,

1. What does this story say about God?
2. What does this story teach me about myself?
3. How could I change to be more like Jesus because of this story?
4. Is there anything I don't understand? Who could I ask to help me understand?



P, R, A, Y,

Thank God for his word to you today.

Pray that he would help you to listen to his word and do what it says this week.

Chocolate Choc Chip Cookies

Ingredients:

- 1/3 oil
- 1 egg
- 1/2 cup brown sugar
- 1/2 cup self raising flour
- 1/2 cup plain flour
- 2 Tablespoons cocoa
- Choc Chips

1. Pre heat oven to 180 degrees C
2. Place oil, egg and sugar in a bowl and stir to combine
3. Sift in flours and cocoa and stir until dough like
4. Pour in choc chips and stir through batter
5. Using finger roll into 20cm balls and place on lined baking tray
6. Bake in over for 12minute (no more!)
7. Let them cool slightly before eating

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God has given us lots of things to help us to grow. One of them is **Prayer**. God is our Father. He wants us to talk to him about everything! We can pray anywhere, anytime, about anything. God uses prayer to help grow our trust in him and make us more like Jesus.



1 Using Lego, Playdough or Pencils retell the story from Luke 11:5-13. If you have older children you could get them to come up with a modern day example of the story Jesus tells (e.g. when my sister just keeps bugging me about watching her TV show and I finally give in because she bugs me to much!) When you've finished discuss the 'God our Father' questions.

God Our Father

In the story why does the sleeping friend give his friend food?
How is God like this sleepy friend?

What things does God want us to pray to him about?
How can we make sure that we keep asking God for things every day?

God is our good Heavenly Father. He wants to give us good gifts! What are the good gifts God wants to give us?

What things might stop us from praying (e.g. being busy, feeling sad, feeling like God keeps saying 'no' etc)? How can we help each other during these times?

2 As a family make a plan for how you would like to grow in your prayer life. Include things like **WHERE, WHEN, WHAT** and **HOW** you'd like to pray. One great idea would be to create a prayer wall. You could use the acronym below adding to it each day or week and then ticking things off as God answers your prayers. If you have little children you can cut pictures out or draw them instead of using words.

2

N.B. If you have good prayer habits then just agree to keep encouraging each other in these.

Praise → Praise is telling God how great he is. Check out these verses for things to praise & thank God for... Psalm 18:2, Psalm 103:8, Col 1:13-14, Psalm 11:4, Psalm 33:5, Rom 3:21-24.

Repent → Repent is saying sorry for the ways that you haven't treated Jesus as the boss of your life.

Ask for others → Here's where you can pray for other people (e.g. family, friends, teachers, missionaries, our government, church leaders, etc)

Yourself → This is the part where you can ask God for things for yourself. You can ask God for ANYTHING you want! But it's great to ask God to make you more like Jesus. Check out these verses for things to ask God for... Gal 5:22-23, 1 Thess 3:13, Eph 1:18, Eph 3:16-21, Eph, 4:32, Col 1:9, Col 1:12, Matt 22:37-38, Romans 12:1-2

The **Things to Pray about:** Use the list above to pray!

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God has given us lots of things to help us to grow. One of them is **Fellowship**. Being a Christian is difficult! God has given us our church family. We are to encourage one another to keep trusting Jesus until he returns.



1 Hand one family member a ball of wool and tell him to throw/roll it to someone else. When the other person catches it, the “thrower” says something to that person that is encouraging in nature. (“You are a loyal friend.” “You give grace to others.” “You are a helpful person.” Etc.) Afterwards, the person who was just encouraged grabs the yarn in one hand and tosses the ball of yarn to another person with the other hand. She then tells that person an encouraging point about his/her nature. This process repeats until a “spider web” has been created between family members in the circle. (The same person can be encouraged more than once by more than one person.) Be real with each other. Don’t let the “encouragements” boil down to simple compliments. When you’ve finished, discuss the ‘Encourage One Another’ questions.

Encourage One Another

Read Hebrews 10:24-25

Why is it important that we meet together with our church family regularly?

Why does Hebrews tell us we should do this?

What are some ways that we can encourage our brothers and sisters?

2

Ask family members to wash and dry up. The trick is that they are only allowed to use one hand and must help each other complete the task. When you’ve finished, discuss the ‘Finishing the race’ questions.

N.B. If you have little ones you could get them to do a different task, e.g. making their bed.

Finishing the Race

How would you have gone washing up alone? Would it have been easier/harder/impossible?

The Bible says that being a Christian is hard. We need to work together & encourage each other to keep following Jesus or we might give up and walk away from him.

What do you love about being part of our church family?

What are some things that might miss meeting together with our church family?
How can we make sure that church is a priority?

3

As a family choose several people from church that you would like to encourage over the next month. Make a plan for practical ways that you could encourage them. Include things like **WHERE, WHEN, WHAT** and **HOW** you will encourage them. Work out a way of following this up over the next month.

The Things to Pray about:

- Thank God for giving us a family to encourage us to keep following Jesus
- Ask God to help us to not stop meeting together
- Pray that we would encourage each other to follow Jesus always
- Pray for Christians in countries where it is very dangerous to meet with their Church family. Ask God to protect them and keep them standing firm until Jesus returns.

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