

NOVEMBER 22-28

FOR PARENTS

This week we continue with a very fast look at Jesus' ministry, right up to his death and resurrection. **Jesus called disciples to follow him. He fed the hungry, healed the sick, blessed children, befriended outcasts, required people to repent, and forgave their sins. He taught people not to fear, but to trust always in God. He preached the good news of God's love and gave everyone hope for new life. Forgiveness and eternal life with God are what we mean by salvation.**

When Jesus spoke, he spoke with God's authority. When he acted, he acted with God's power. The people were amazed. He was also gentle and loving. He cared for us in all our needs as a shepherd cares for the sheep.

Jesus sacrificed his life for us by dying on the cross. He showed his victory over death by rising from the dead (resurrection). He removed our guilt and gave us new, unending life with God.

KID CONNECTION

Some of this week's stories will be familiar; others may be new to the children. We encourage you to share the story of Jesus' death and resurrection. Children should always hear these two stories together. While the topic of death is difficult, it is part of our Christian faith that death is not the end. You don't have to share the gory details of Jesus' death, but Jesus' death on the cross is pivotal to our theological understanding of God's salvation story. As you talk with your child about the crucifixion and resurrection of Jesus, emphasize God's power, goodness, and love.

REMEMBER 1 THING

The gospel is the good news about Jesus, promising us forgiveness of our sins and eternal life with God—because of Jesus. Praise God!

READING PLAN

Day	Chapter Titles From <i>Read and Learn Bible</i>	Scripture
11/22	A Miracle in Cana; Two Miracles in One Day	John 2:1-2; Mark 5:21-43
11/23	Jesus the Healer; Jesus Heals a Crippled Man	Luke 4:38-44; 5:17-26
11/24	Jesus the Teacher; Some Words of Jesus; The Lord's Prayer	Matthew 5-7
11/25	Jesus and the Roman Soldier; The Woman at the Well; Jesus Blesses the Children	Luke 7:1-10; John 4:3-41; Luke 18:15-17
11/26	A Storm; Bread and Fish for Everyone	Matthew 8:23-27; John 6:1-14
11/27	Jesus Comes to Jerusalem; Jesus the Servant; The Last Supper; A Dark Friday; A Joyful Sunday	John 12:12-18; 13:1-20; Matthew 26:17-30 36-68; 27:57-65
Sunday	Sunday Surprise	Luke 24

FAMILY ACTIVITIES

Instructions and discussion tips are available on the church website.

Choose one or more activities that will interest your family as you make this week's stories your own.

First Sunday of Advent Activity

Begin your family's Advent ritual this week.

Cinnamon Angels

Angels greeted the woman at the tomb on the third day. Create cinnamon angels using pie dough, sugar, and cinnamon.

Expressions and Feelings

Participate in a mindfulness breathing exercise, then use modeling dough to show the feelings of the disciples during the events of Holy Week.

Jesus Is Alive!

Use a game with plastic eggs to help your family members remember the message of Easter.

Amazing Love

Do some yoga poses to get your body ready to listen to the Chris Tomlin song *Amazing Love*. Connect the words of the song to the great gift of love Jesus offered in his death on the cross.

November 22-28

First Sunday of Advent

If your family practice is to create an Advent Wreath and light it each week during Advent, this is the week to begin that practice. As we begin the season of Advent- the time of getting ready to remember the entrance of God into the world, we invite your family to follow this little ritual (adapted from *The Family Prepares for the Messiah*, Patricia Griggs) sometime each week that works for your family.

Light the first candle of your Advent Wreath or light a white candle as a Christ candle. Invite family members to repeat this scripture after you:

“Jesus said, ‘I am the light of the world, whoever follows will never walk in darkness but will have the light of light.’” (John 8:12)

Prayer: God of all, be with us as we begin our preparation for the coming of your son Jesus Christ. Prepare our hearts and minds to be open to new thoughts and new understandings about who we are in relations to each other and to you. Amen.

Cinnamon Angels:

Supplies needed: 1 pkg of refrigerated pie dough, ¼ cup sugar, ½ tsp cinnamon, aluminum foil and baking sheet.

Make angels to help the children remember the story of Jesus’ resurrection. Open and carefully roll out the pie crust on a pastry board or piece of waxed paper. Cut the circle into eight equal pie wedges. Give each family member a piece of aluminum foil and a wedge of pie dough. Use table knives or hands to shape the pie wedges into angels. Invite your child to help you measure and mix the sugar and cinnamon into a small bowl. Sprinkle the mixture over their angels. Place the angels and the aluminum foil on a baking sheet. Bake according to the instructions recommended on the pie dough package. While you wait for the “angels” to bake, review the story of Jesus’ resurrection, invited each family to contribute to the story as they remember and are able.

Expressions and feelings

Supplies: a walnut-sized lump of modeling dough for each family member

Engage family members in talking about the emotions that the disciples experienced in the stories you read this week.

Begin by inviting family members to do mindfulness breathing. Mindfulness exercises slow us down and allow us to think about our feelings.

Butterfly Breathing:

Sit comfortably with your eyes closed. Place your fingertips gently on your shoulders. Take a slow gentle breath in through nose, raising your elbows as you breath in. Hold your breath for the count of four and then breath out slowly and as calmly as you can, lowering your elbows slowly as you breathe out. Do this several times together.

Now invite family members to use their modeling dough to create faces showing how the disciples felt when Jesus told them “Remember Me;” when Jesus was arrested; when Jesus was crucified; when they learned Jesus was alive; and when they saw Jesus alive.

Invite your children to share their own feelings about each of these events. Feelings bring us into the story and help us assimilate the story into our being and memory. Wonder with your child about how they would have felt if they were with the disciples at Jesus’ crucifixion or at the tomb with Mary when she saw the risen Christ.

Jesus is Alive game:

The egg reminds us of the story of Easter, symbolizing Jesus’ emerging from the tomb. For a fun way to celebrate the joy of the resurrection story, play this game:

Invite family members to pair up. Step apart some distance facing each other. One person rolls the egg to the other and when the egg reaches them that person shouts “Jesus is alive.” The shouter now rolls the egg back to the first person who shouts, “Jesus is alive”.

Now invite pairs to find other ways to move the egg from one person to the other. They might toss it back and forth or blow it across the floor. Be creative and have fun, always announcing that “Jesus is alive.”

Or change up the phrases that are said. The first egg receiver says, “Christ is Risen.” The second egg receiver says, “He is risen indeed” (this is the phrase we use each Easter as we greet each other).

Amazing Love

Listen to Chris Tomlin’s song [Amazing Love](#). Prepare to listen by doing some yoga for kids (and adults). Yoga is a wonderful mindfulness activity for all ages to connect calm body with calm brain.

The words in italic below can be said as you and your child create and hold the pose and count to five. Or do two deep breaths in and out as you hold each pose.

“I am strong.” *Pretend to be a surfer.*

Adult pose to modify for kids: Warrior 2 Pose: From standing position, step one foot back, placing the foot so that it is facing slightly outwards. Take your arms up in parallel to the ground, bend your front knee, and look forward. Pretend to be a surfer and use your strength to catch tricky waves.

“I am kind.” *Pretend to be a tree.*

Adult pose to modify for kids: Tree Pose: Stand on one leg, bend your knee, place the sole of your foot on the opposite inner thigh, and balance. Sway like a tree. Think of trees being kind by offering shade, creating oxygen, and providing homes to animals.

“I am brave.” *Pretend to be a skier.*

Adult pose to modify for kids: Chair Pose: Stand tall with your feet hip-width apart, bend your knees, and keep a straight spine. Hold your hands out in front of you, pretending to grasp ski poles as you fly down a ski run like a brave and fearless skier.

“I am friendly.” *Pretend to be a dog.*

Adult pose to modify for kids: Downward-Facing Dog Pose: Bend down and place your palms flat on the

ground. Step your feet back to create an upside-down V shape with your buttocks high in the air. Straighten your legs, relax your head and neck, and look down between your legs. Think of being an eager and friendly dog.

“I am wise.” *Pretend to be an owl.*

Adult pose to modify for kids: Hero Pose: Drop your knees to the ground and come down to rest upright on your heels. Then pretend to be a wise owl perched on a tree. Twist your upper body one way and then the other. Adapted from Giselle Shardlow and found at <https://childhood101.com/yoga-for-kids/>

Once your bodies and minds are calm, listen to Chris Tomlin’s song *Amazing Love*. Think about Jesus as your family listens. Wonder together using questions below. Then listen to the song again.

- I wonder what feelings or emotions the song brings to your mind?
- I wonder what it means to say that Jesus is “my” king?