



Diocese of Bristol

Families growing faith at home

Church@Home is a fantastic all-age resource that has been created to encourage and help families enjoy a time of worship, explore the Bible, pray together and grow in their faith in the comfort of their own homes.

Church@Home provides a fun, engaging and easy-to-follow session every Sunday using a Bible reading selected from the Church of England Lectionary. Each session lasts approximately twenty minutes and provides age-related material for toddlers to teenagers to accommodate everyone in the family. Thought-provoking questions, fun activities and crafts bring the Bible story to life as well as creative prayer ideas to help families focus, learn and grow in their faith together. Additional teaching and craft suggestions are also provided for families with very young children.

Church@Home can also be used as a fun way to help families connect with other families on Sunday mornings too during this time of distancing. Invite everyone to begin **Church@Home** at the same time and perhaps set up a WhatsApp group where families can share what they have done, or discuss the topic further together.

If your family or families in your church are using **Church@Home** please let us know. We would like to keep in contact, find out how you are doing as well as hear how **Church@Home** is helping families grow in their faith, so that we can share and inspire others during this time of distancing.

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Thank you 



Sunday 21st March 2021
5th Sunday of Lent

Washed away

Psalm 51:1-4

Time to focus...

Find a place where the family can all sit comfortably - around the table, on the lounge floor etc. As you gather, if possible, light a candle to mark the beginning of your worship time. Quietly stare at the candle, watching the flames flicker and glow.

Set the scene...

Do you know what a stethoscope is? Look up 'stethoscope' on the internet. Doctors use stethoscopes to listen to what is going on inside of our bodies. A person might look very healthy on the outside and yet have something wrong on the inside...

Watch the story...

A simple and effective description of grace explained by [Kids4Christ](#).

Explore the story...

Many doctors see patients a regular health checkup. They check weight, look in your eyes, ears, nose, and throat. Then, the doctor takes the stethoscope and listens to see if your heart beat is strong and steady. Any unusual sound may tell the doctor that something is wrong with your heart. You might need some medicine to make it well or sometimes a doctor finds something wrong and has to operate to fix it. There have even been some cases when a person needed a whole new heart. Isn't it wonderful that talented doctors can fix our heart when something goes wrong?

The Bible story today is the beginning of a psalm written by David the shepherd boy who defeated Goliath and eventually became king. King David loved God with all his heart, but he didn't always do what God wanted him to do. Sometimes, David had heart trouble, but not heart trouble you could hear with a stethoscope. David knew he had sinned and done wicked and evil things according to God. So, David went to the only one who could fix it - God. David prayed to God and said, "O God, I have sinned against you and I have done evil things in your sight. Create in me a clean heart, and give me a right spirit." (v10).

Sometimes we can have heart problems too. God can see that our heart isn't right. There might be things in our heart that shouldn't be there - bitterness, jealousy, selfishness, anger, pride, and greed. Everything may look great on the outside, but when we know that we have a heart problem, we need to do what David did. We need to pray to God and say, "Create in me a clean heart, O God, and renew a right spirit within me."

If you have some things in your heart that shouldn't be there - ask God to fix it!

End in prayer...

Dear Father, we know that you can see what is in our heart and we know that there are some things there that shouldn't be there. Create a clean heart in us, O God. Amen.



Sunday 21st March 2021
5th Sunday of Lent

Washed away

Creative ideas / toddlers to teenagers

0-5s...

Creative prayer: Using water soluble pens make a list together of things that you do to make God feel sad. Once the list is complete, weave all the suggestions into a responsive prayer using the words on the next page. When the prayer is over, sprinkle a few drops of water onto the paper and watch the water dissolve the ink. This is a great reminder that when we say sorry to God he forgives us and washes away our wrongdoing, giving us the opportunity to make a fresh, clean start.

5-11s...

Worship: Sing along to "[God is for me](#)"

Creative prayer: the one above for 0-5s is great for all ages!

Watch this great video that illustrates the power of [sin](#) in our lives. As a family talk about the Easter story and why Jesus died on a cross. Why did the cross make the water clear? Now watch this [video](#) that explains the power of the cross. Remember that we cannot ever wash away our own sins no matter how good we are. In order to be saved we must ask God for forgiveness and believe in Jesus and the sacrifice He made to be the payment for our sins (Romans 10:9).

11-18s...

- 1) Sin is another word for 'wrong'. When was the last time you did something wrong?
- 2) Why does God keep washing away sins of people who do wrong all the time?
- 3) If God forgives us, why do we find it hard to forgive others?

 Thank God for his unfailing love for you.

 Think before you do something wrong and do something right instead.

"Have mercy on me, God, according to your faithful love! Wipe away my wrongdoings according to your great compassion!" - Psalm 51:1

Washed away Prayer

For all the times we make you feel sad
We want to say... sorry, Lord!

For the times when we lie and cheat
We want to say... sorry, Lord!

For the times when we are bad-tempered and grumpy
We want to say... sorry, Lord!

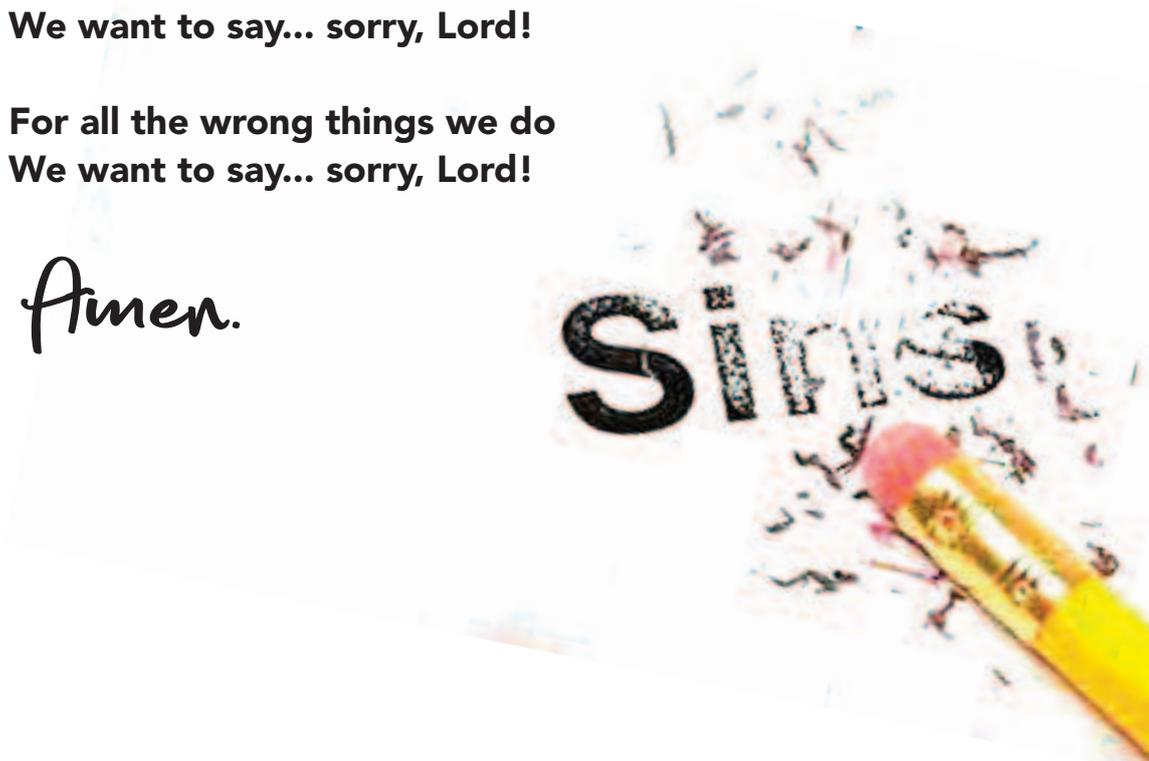
For the times when we are rude or naughty
We want to say... sorry, Lord!

For the times when we deliberately disobey
We want to say... sorry, Lord!

For the times when we are selfish or unkind
We want to say... sorry, Lord!

For all the wrong things we do
We want to say... sorry, Lord!

Amen.



Sins