



God is with me

Soap Verses: Isaiah 43:1-13

Activity: Look back over the last 5 months. Record (draw, write, put something on your phone) some times when you have really known God is with you. Spend time thanking him for those moments and then recommitting your trust in him. He was there in the past and he will be there today and in the future. If appropriate why not share a story or two on our social media feeds to encourage others.

Family Activity: Read Isaiah 43:1-2 and ask everyone in your family to share a time where they have known God is there with them. Dig a bit deeper into the stories- How did God being there make a scary situation feel? Did you feel God? Did you hear his voice? What was it like?

Get everyone to draw a picture of God being with them. Put them up on your wall to remind you that God is always there. (we'd love to see them too so why not pop them on our social media feed so we can all be encouraged).



Time to grow

Soap Verses: Isaiah Isaiah 44:1-5

Activity: Ask God to show you what he has been ‘growing’ in you over the past few months. Tune into his voice and ask him the question “What are you pleased about with my growth?” (We often hear the what work do you still need to do in me question... Try and resist heading there until you have heard God speak about that growth you can celebrate).

Ask someone you trust to highlight any growth they have seen in you. Spend time thanking God for the growth you see in your life. Again you will find it helpful to record the growth in a journal or somewhere as you will soon forget these treasures.

Family Activity: Draw a tree. Cut out loads of leaves.

Together ask God to help you see how each of you in your family have grown recently. Have you learnt something new about God? About yourself? Have you grown in the fruits of the Spirit such as joy or patience? Write what you have grown in on some of the leaves and stick them to the tree.

Thank God for all the good things he has grown in your life.



Slow down

Soap Verses: Isaiah 40:25-31 and Isaiah 58: 11-14

Activity: Plan your sabbath.

What would your perfect sabbath look like? What stops you from having that kind of day regularly? Set aside a day this week to attempt to have a sabbath. Plan and prepare for it so that you can enjoy the day. Who will you sabbath with? How will you spend time with God that day? What will you do that makes your heart sing? How will you quieten distractions such as technology? What restful ways will you enjoy? How will you worship?

After you have had your day spend time thinking about what worked, how it felt and what you could do again. How could a sabbath become significant in your life?

Family Activity: Plan a family sabbath day together.

Ask everyone to suggest something that they find fun, relaxing and restful. Shape a day that has elements of something everyone loves. Make a photo diary of the day as a happy memory. Over a meal at the end of the day ask everyone what they enjoyed and what they are thanking God for?



My life is messy

Soap Verses: Psalm 139

Activity: Every morning this week spend a few moments praying these words:

Search me, O God, and know my heart; test me and know my concerns. See if there is any offensive way in me; Lead me in the way everlasting. Psalm 139:22-24

Be attentive to what God says, highlights, encourages or challenges. Ask for his forgiveness and strength as you continue to grow in him. You may find it helpful to share what God says with a trusted friend and ask them to pray for you.

Family Activity: It's time to plan a family charter!

What environment do you need to create at home that will see everyone be able to thrive and brings the best out of people? Come up with at least 5 sentences that show how you will live. For example "In this family we say sorry fast and forgive quickly" or "we always look for things to cheer in others."

Draw and write these out nicely and put on your wall. Have a go this week at living by them.
How does it feel?



We are together

Soap Verses: Isaiah 52:1-12

Activity for everyone: Let's say thank you.

Who in the Burlington Community would you like to encourage? Who have been particularly encouraging to you over the past 5 months? Make or buy some thank you cards. Decide who you are going to send them to and fill them with words of encouragement, your favourite bible verses and things you love about them.

Pop them in the post and enjoy being an encourager!

Or if that isn't your style (!) send a text or pick up the phone to someone in the Burlington family that you would love to encourage.



The church is open

Soap Verses: Isaiah 58

Activity: Think about the phrase Every Christian is a leader, Every home is a house church and every street is a parish. Spend time listening to God about his priorities for you concerning your own leadership, how you live missional and use what God has given you to share his love. What will you do in the next season to show his love? Tell some else what you have decided to do and ask them to hold you accountable or even join you in your mission.

Spend time prayer walking your neighbourhood or pray for your street from the comfort of your sofa. (see below for a fun way to do it).

Family Activity: We're going on a prayer hunt.

Draw a map of your neighbourhood. Write the names of the people who live in the houses (if you know them). Go on a prayer hunt. Walk around your roads and ask God to give you things to pray for people. Ask God to lead the way and head to pray where he leads you. Parents you may have to lead this by example but soon your kids will be sharing things to pray for. Make it fun, take snacks and enjoy praying blessing on your street.