



Summer Activities



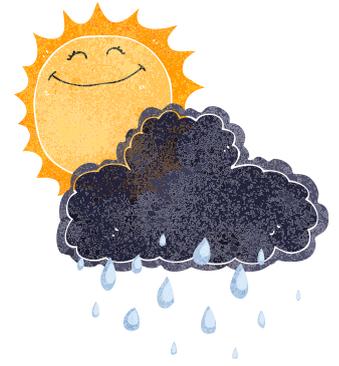
Summertime prayer activities

Who doesn't like a challenge? We've set you five challenges to do over the Summer months. Our hope is that as a family you can be the church through these challenges.

Please do adapt these for the ages of your children, they should be accessible for any age. These are written to be parent led or can be led by older children.

(Some of the challenges have been adapted from Wild Worship, by Rachel Summers published by Kevin Mayhew)

1



sky Watching

Pick a good moment for your family, either on a walk or in your nearest outside space and look up, you could even lie on the ground and look up.

- 1) Notice how the sky looks
- 2) Pause for a minute
- 3) Take time as a family to pray: thank God for the sky that he has made and take turns mentioning things you can see
- 4) Read together Isaiah 42 v 5-6

ISAIAH 42 v 5 - 6

**This is what God the Lord says—
the Creator of the heavens, who stretches them out,
who spreads out the earth with all that springs from it,
who gives breath to its people,
and life to those who walk on it:
"I, the Lord, have called you in righteousness;
I will take hold of your hand.
I will keep you and will make you
to be a covenant for the people
and a light for the Gentiles**

BONUS: "Reflection - Creator God"

Take a minute to reflect on how amazing the sun that God made is, think of all the life that it brings to our world!

2



Prayer Walk

We are in awe over the beauty of nature right now, from the incredible birdsong we are all experiencing. As a family, why not use nature as a way to pray to Jesus? These are prayer activities you can do on a walk.



Birdsong

Walk in silence (or as silently as possible) and soak up the birdsong. If the birds were singing in praise to their creator, what would their words be?

> Pray by reading Psalm 148 together.



Daisies

Collect a few daisies, make a small posy with them, wrap a daisy stem or piece of grass around. Can you think of someone that would like to give the posy to?

> Pray for them now and send a photo of the posy to them, letting them know that you are praying for them. If they are local, perhaps go and deliver the posy.



Dandelions

Find some dandelion clocks and blow these into the wind. Watch them be carried in the wind and scatter.

> Pray for the local area that God's love will be scattered with the seeds.

BONUS CHALLENGE: "What Bird Is It?"

Can you identify the bird song? Try out some birdsong apps.

3

Sowing Seeds

If you have an outside space, balcony or window sill, you could consider sowing some salad crops with your children this summer.

There is still time to sow these crops: beetroot, lettuce, pak choi and radish.

As you prepare and sow your seeds, talk about what plants need to live: good soil, water, sun, carbon dioxide.

Reflect together on the parable Jesus told in **Matthew 13:1-8.**

Ask the children what they think they need to grow physically, emotionally and spiritually. If your children are very young, reflect on these ideas yourself or set aside to discuss with your partner or a friend.



BONUS CHALLENGE: "How Do They Grow?"

Look up the science related to how plants grow and marvel at it!

4

Eat Outside

The church didn't start in a building, it started on a beach, a road and in the upper room of a house.

As a family, gather for a meal together outside over the weekend - perhaps ask the children to pick their favourite meal and cook it altogether or have a picnic.

Enjoy this time together and at some point over the meal, celebrate the Lord's supper together. Use bread, pizza, wine, juice whatever you have to hand... the main thing is that you are together and remembering Jesus.

Can you ask your children to lead the Lord's supper?



BONUS CHALLENGE: "Extend The Invitation"

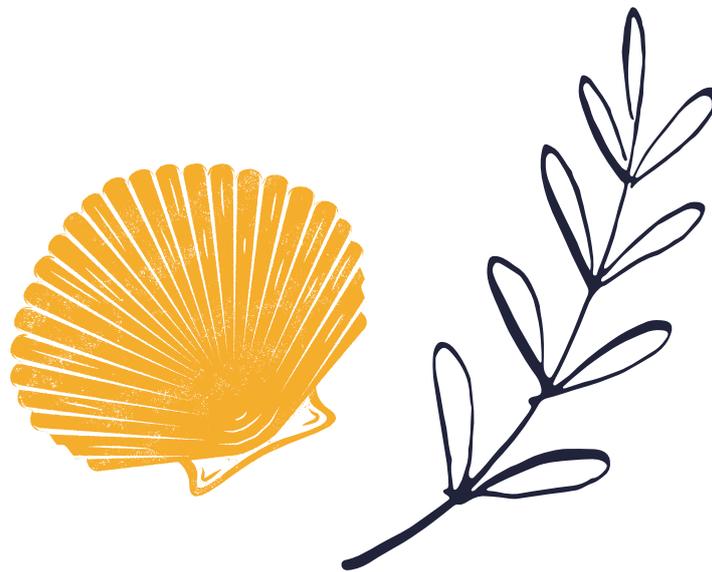
Consider whether your family could share this moment with another family or other families from your local church?

5

Land Art

Using materials gathered from nature, stones, shells, dirt, mud, sand, sticks, fallen leaves, flowers, create pictures or sculptures with the nature items.

As a family, make your pictures or sculptures for God and talk about why you chose your materials, pattern etc. Take time to enjoy the process of creating together. It can be a real way to slow down as a family and appreciate really simple things, whatever the ages of your children.



BONUS CHALLENGE: "Be Inspired"

If you or your children need some inspiration, have a look up the work of Andy Goldsworthy.