

WEEK FOUR

Supplies:

- Bible
- Sacred Candle & Matches/Lighter
- Cotton balls
- A piece of sandpaper (or something rough/scratchy)

WELCOMING GOD:

Gather together, and welcome God into this time and space through the lighting of a candle. Take this moment to pause briefly and sit quietly in this light for a few moments allowing time for everyone to relax their body, mind, and spirit for this time. In these moments, the invitation is to become aware of God's presence with and amongst you as a family.

SHARING WITH GOD AND ONE ANOTHER:

Say: "If anything is on our minds that makes it difficult for us to focus, let's share it now and then let it go."

- Whoever leads this portion might share what is on his or her mind to model this. Give time for each person to respond. When everyone has responded that would like to, invite everyone to place their hands out and lift them up as we give these distractions to God.

OR you can invite the family to pray together as one person leads, saying the following:

"Dear Loving God, The One who knows our hearts, celebrates our victories, grieves with us during our losses, and gives us the strength to overcome our challenges. Please help us to let go of the distractions we name now, so that we can openly share with our family and may encounter you in a special way today. Our distractions are... (let there be silence here, so everyone has an opportunity to name aloud what is distracting them).

In the name of Jesus, we pray. Amen."

ENCOUNTERING GOD:

Read aloud: James 3:7-16

- Take turns reading the Scripture or have a different family member read the Scripture each week.

James 3:7-16

“For every species of beast and bird, of reptile and sea creature, can be tamed and has been tamed by the human species, but no one can tame the tongue—a restless evil, full of deadly poison. With it we bless the Lord and Father, and with it we curse those who are made in the likeness of God. From the same mouth come blessing and cursing. My brothers and sisters, this ought not to be so. Does a spring pour forth from the same opening both fresh and brackish water? Can a fig tree, my brothers and sisters, yield olives, or a grapevine figs? No more can saltwater yield fresh. Who is wise and understanding among you? Show by your good life that your works are done with gentleness born of wisdom. But if you have bitter envy and selfish ambition in your hearts, do not be boastful and false to the truth. Such wisdom does not come down from above, but is earthly, unspiritual, devilish. For where there is envy and selfish ambition, there will also be disorder and wickedness of every kind.”

ENCOUNTERING EACH OTHER:

Activity: Place cotton balls and sand paper (or rough object) in the center of the table. Invite everyone to grab a cotton ball and feel them (rub them on your hands, squish them, etc). Take turns describing how the cotton balls feel.

Do the same thing with your rough object. How would it feel to have the rough object rubbed on your skin? What might happen? (A note: please don't rub this on your skin if it is something as painful as sandpaper—OUCH!)

Discussion Questions:

- How can the words we say to each other be like these cotton balls?
- What words might be soft like these cotton balls? (Adults might model a few of these by offering words like “please,” “thank you,” or a compliment)
- How can the words we say to each other be like the rough objects? What words might be rough? (Adults might offer words that we say when we are angry).

Say: James tells us that our words and the way we speak to one another shows our gentleness or our meanness, and encourages us to be gentle with our words and with our actions. As you move through this week, try to be more like a cotton ball than sand paper.

ENCOUNTERING GOD TOGETHER:

Say: “May we pray together as a family...

Let us share our prayers for the world: for our country and leaders, for other countries and their leaders...

Let us share our prayers for the church, ministers, and spiritual leaders...

Let us share our prayers for our teachers, first responders, friends, and others in the community...

Let us share our prayers for our family and our own specific needs...”

If you would like to record the people for whom you pray, use the next few lines to do so:

ENCOUNTERING TRANSFORMATION TOGETHER:

Pray aloud together:

God, we welcomed you here and read Your Word,
we prayed and we spent time with you,
we rested in your love for us,
and we did this all together.

Now, we promise to love one another and others as you love us.
In the name of Christ. Amen.

BLESSING ONE ANOTHER FOR OUR ENCOUNTERS WITH THE WORLD:

Invite family members to bless one another using any of the examples below or their own blessings.

Examples:

- “I love you. God loves you. I pray God blesses you.”
- “God loves you exactly like you are—and so do I.”
- “I love the gifts God has given you and how you bless the world with them.”