

Sunday, March 22, 2020

This lesson for families is a supplement to the message on March 22. This lesson can be used before or after watching the Renaissance Church [online service](#), can be used during the week, or at dinner time, as a whole or in parts. Feel free to adapt, supplement, or add your own resources. Before you start, gather all materials you may need and sit everyone in a comfortable room together.

Materials needed:

- Bible
- Paper
- Pen/pencil/crayons
- A device to play videos or songs

PART ONE: The Habit of Spending Time with God

Read together:

(Jesus praying alone)

Mark 1:35 and 6:46

Matthew 14:23 and 26:36

Luke 5:16 and 6:12

Discuss:

- What did we learn from these verses about Jesus' habit?
- What is a habit? (Defined: Something you do repeatedly and regularly without thinking about doing it.)
- What are some good and bad habits that you do each day?
- Have you had to start any new habits in the past week? (For example: washing hands, school at home) Was it easy or hard and why?
- Can you think of any good habits that could connect you to God? (For example: praying the Lord's Prayer each day, memorizing a verse, reading a Psalm as a family at dinner time, starting or ending the day with quiet or conversation instead of looking at a screen)

Activity #1

- Decide as a family or as individuals, one good habit to do each day that could help you grow closer to God. Write it down and post it where everyone can see it. Keep each other accountable. Find ways to celebrate your successes.
- For younger kids, watch the optional video: ["The Lord's Prayer."](#) Talk about how Jesus taught his disciples how to pray and how we can pray like this, too.

Pray together:

- Take time as a family to pray together and ask God to develop good habits in your lives so you'll grow closer to God. Thank God that he's always waiting for us to talk to him and grow closer to him.

PART TWO: The Habit of Filling Your Mind with Good Things

Read together:

Philippians 4:8–9

Discuss:

- What does Paul tell us to think about (whatever is true, honorable, just, pure, pleasing, and commendable, or anything excellent or worthy of praise)? Take time to explain these words so your children can understand the meanings. Keep it simple.
- Why might it be important to think of these good things? How does it help us?
- When you are worried, mad, or stressed, what do you tend to think about?
- What is the promise that is given, when we think of good things? (The God of Peace will be with you.)

Activity:

- Take a few minutes to make a list of at least a dozen “really good things.” Maybe choose something for each word in the verse. Post this list where your family can see it.
- For younger kids, have them draw a picture of one really good thing they can think about. (Something that is lovely or a picture of themselves praising God.)

Pray together:

- Thank God for the “very good things” on your list. Ask God to remind you to think of these things when you feel anxious or afraid.

PART THREE: Do Not Worry

Read together:

Matthew 6:25–34

Philippians 4:6–7

Discuss:

- In Matthew, what examples does Jesus use to help us understand how God takes care of us?
- How does Jesus take care of the birds and the flowers?
- Why can we bring our worries to God?
- What happens when we bring our requests to God?
- Why would being thankful be part of what God asks us to do?

Activity:

- Watch videos of Matthew 6:25–34: From [Saddleback Kids](#) and [LifeKids](#)
- Music [video of Philippians 4:6–7](#)
- Draw a picture of what you're feeling right now, whatever that may be.
- If you aren't feeling anxious and you feel like you have enough, make a list of people you could share food, resources, or other things (keeping social distancing).
- Review [this printed resource](#) together.

Pray together:

- Ask God to take all your worries and remind you that he loves you so much and will be with you in all of this. God sees you and will provide for you.
- Pray for others, including people that might need to be provided for; ask God how YOU might be able to help others in this time.

OTHER RESOURCES

[Ren Kids Resources](#)

[Ren Kids Playlist](#)

[March 22: Toddler Wee Wonder Lesson](#)

[March 22: Preschool Shine Lesson](#)

[March 22: 1st–3rd Grade Shine Lesson](#)

[March 22: 4th & 5th Grade Shine Lesson](#)

Leaflets:

[Toddler \(March 2020\)](#)

[Preschool and Kindergarten Leaflets \(March 2020\)](#)

[Preschool and Kindergarten Story Cards \(March 2020\)](#)

[Elementary Shine On Bible Stories \(March 2020\)](#)

[Elementary Leaflets \(March 2020\)](#)

[Glow Magazine - 4th & 5th Grade \(March 2020\)](#)