

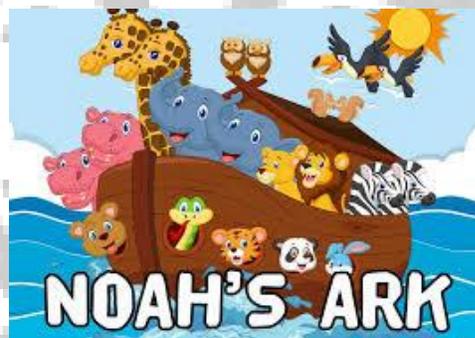
50 Days of Easter  
At Home Children's Faith Based Activities  
Week of May 18<sup>th</sup> – May 24

*You are invited to look up the scripture that goes with each activity listed below. Encourage your children to explore the bible and find the passage.*

**1. Walk in the Rain**

*"Now Noah was six hundred years old when the flood of water came upon the earth. Then Noah and his sons and his wife and his sons' wives with him entered the ark because of the water of the flood. Of clean animals and animals that are not clean and birds and everything that creeps on the ground there went into the ark to Noah by twos, male and female, as God had commanded Noah". Genesis 7:6-24*

- Share/read the story of Noah and the Ark
- Gather your rain gear and walk together outside in the rain.



**2. Taco Tuesday and Timothy**

*"But if we have food and clothing, we will be content with that". 1 Timothy 6:8*

This bible verse from Timothy reminds us to be content with what we have. During this time of pandemic we all are grieving so much, the loss of community, the loss of activities, etc. If we have food on our table and clothes to wear we are so blessed. Over 40 million people struggle with food insecurity in the US and over 815 million in the world.

- Make tacos with your family and talk about food insecurity in the US and in the world
- Think of ways your family can help.

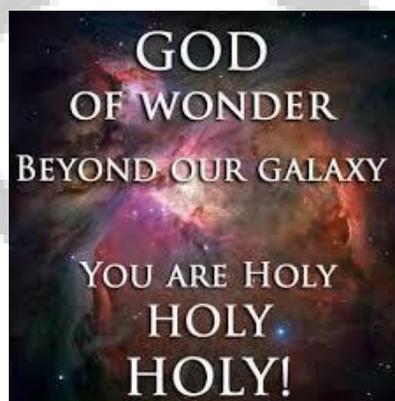
- a. Collect food for the Feeding Ministries at St. David's. Back-Pack Buddies, Alleluia Ministry, Loudoun Hunger Relief. Go to [www.sdlife.org](http://www.sdlife.org) to learn more.



### 3. Wednesday Wonder

*And amazement seized them all, and they glorified God and were filled with awe, saying, "We have seen extraordinary things today." Luke 5:26*

- Discuss as a family what things you saw today that filled you with awe. Some prompts can be:
  - Creation
  - Family
  - Kindness of strangers
- Listen to members of the St David's music program song on you tube: God of Wonders  
<https://www.youtube.com/watch?v=ecDiHDLjHGY&feature=youtu.be&fbclid=IwAR0LS0FMXubawfeduZHTu1WcTx7toa1y4vpJE7Sgz2HoXI4HSsByv4E7eE>



#### 4. Messy Church Around the World

To celebrate the Global community and to lift our spirits, Messy Church is traveling around the world while staying at home! **On Thursday, May 21st, (Ascension Day)**, Messy Church leaders from England, Sweden, Australia, New Zealand, Canada and the USA will be sharing stories as we Journey through the Bible. Starting with Lucy Moore, Messy Church founder and the Captain of this Messy Adventure, the trip begins at midnight PST and will conclude at 2 pm PST. Messy Church USA is providing two hours of messiness from 9 am to 11am PST. You can catch the action here:

You tube link:

[https://www.youtube.com/channel/UCGJCr5O7LrU3jPc\\_lmTFhOg?fbclid=IwAR0oI7EdKhBEZ1jU480x8vf8nZKfcMKvihJmkYabld5Q2nWi-Bpe9xJdMkM](https://www.youtube.com/channel/UCGJCr5O7LrU3jPc_lmTFhOg?fbclid=IwAR0oI7EdKhBEZ1jU480x8vf8nZKfcMKvihJmkYabld5Q2nWi-Bpe9xJdMkM)

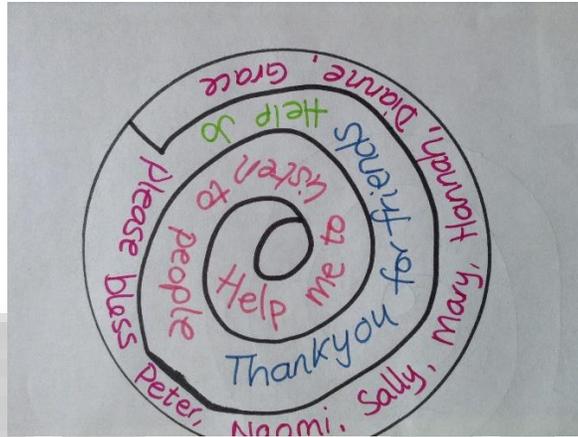


#### 5. Ascension Day

*“The scriptural basis for the Feast of the Accession comes mainly from Acts 1:1-19. Here is a brief summary: Luke writes that Jesus spent forty days with his followers in Jerusalem after his resurrection, and “spoke [to them] about the kingdom of God.” Jesus promised his friends that they would receive the Holy Spirit, and he instructed them to be his witnesses, not only in Jerusalem, but also in the surrounding areas and “to the ends of the earth.” After this, he “ascended to heaven,” where a cloud hid them from their eyes.”*

- Look up this passage in the Bible: Acts 1:1-19
- Gather pictures of the ascension (Try Google Images)
- Imagine with the children how the disciples felt when Jesus left.

- Wonder with them: What does it feel like to say goodbye to someone you love? Give everyone a chance to share their feelings. Who have you had to say good bye to during this pandemic?
- Spiral Prayer Craft



Draw round a CD and then draw a spiral inside it. Think about things you would like to pray to Jesus about- help, thanks, blessings for others etc and write or draw them inside the spiral.

Cut the spiral out and thread a piece of string through the top so that you can hold the thread and the spiral will dangle down (see picture below).

The spiral will spin slightly just by virtue of being held, but when held over a bulb or source of heat, the spiral will spin much more because of the rising of hot air. Even though we can't see the hot air, it is still there, rising up. The movement of the spiral gives a 'rising' or 'ascending' visual for the written or drawn prayers and a reminder that, even though we can't see him, Jesus is always with us.



## 6. Movie Night: Empathy and Kindness

*“Finally, all of you should be of one mind. Sympathize with each other. Love each other as brothers and sisters. Be tenderhearted, and keep a humble attitude.” 1*

*Peter 3:8*

Good movies have the power to grip us and make us feel a range of emotions. Great movies, on the other hand, will entertain us while also widening our scope on the world and inviting us to think outside of ourselves. That's the magic of storytelling: It teaches us things in a fun, relevant way.

Imagine if all of your emotions were actually little characters with minds of their own living inside your head. That's what *Inside Out* is about, plus so much more. It's about major life transitions, coping with our feelings, and learning how to regain control over them. All of this is lightened up with sweet, humorous lines delivered by the star-studded cast. It'll help your child understand their moods more, as well as those of others.

- Watch the *Inside Out* together
- Discuss the movie
- Make a list of ways you and your family can be kind and compassionate to:
  - One another
  - Your neighbors
  - Strangers



## 7. Sabbath Rest

*“So then, there remains a Sabbath rest for the people of God”. Hebrews 4:9*

God commands us to rest. How will you set time aside and rest this week? If it is hard to set an entire day aside, set Sabbath moments of time.

- Go for a walk alone with God and then offer the same to your partner
- Listen to a spiritual pod cast: <https://wayoflove.episcopalchurch.org/>
- Set quiet time aside for your family. Set a timer if that helps. Provide quiet activities for the children. Begin to teach them about Sabbath and quiet time with God.
- Attend virtual worship, coffee hour and children’s chat on Sunday at 10am  
[www.sdlife.org](http://www.sdlife.org)

