

Worship at Home

Family Time



Hope

Welcome to our Worship at home time, this week focusing on **Hope**.

In this pack you will find an

- **Opening prayer**
- **Bible Passage**
- **Discussion Questions**
- **Reflection Notes**
- **Prayer Activity**
- **Blessing**



**The resource is provided for you to use as you wish.**

You might want to use all the sections in one go, or you might want to use over the week.

**You might pick out just one or two sections to use or add in your own ideas.**

Share leading each section and let children have a go if they would like to.

**At the end there are ideas for exploring the theme of hope with younger children (KS1).**

## Gather your things

- Candle to light placed on something safe or a battery operated candle
- Bible -either a book or on a phone
- Paper, pens and scissors



## Opening Prayer

Light a candle and have a moment of quiet

Pray Together: **Jesus light of the world  
be with us today, Amen**

Take a moment to think about the activities you might have done around the theme of keeping going on a journey and friendship. Perhaps each person would like to share one thing that they found interesting, helpful or surprising.



## Read the letter from St Paul (Romans 5: 1-5)

Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ, <sup>2</sup>through whom we have gained access by faith into this grace in which we now stand. And we boast in the hope of the glory of God. <sup>3</sup>Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; <sup>4</sup>perseverance, character; and character, hope. <sup>5</sup>And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us.



## Discussion Questions

- What does it mean to be 'justified through faith'?
- **What gifts or benefits are given to those who place their faith in Christ?**
- How can hope in God help us when we are suffering?
- **What are you hopeful for?**



### Reflection:

How is your hope-ometer doing? Do you feel full of hope or are you running a bit low of hope? In the Romans reading St Paul says that hope can come out of suffering. If we are struggling then we must endure or persevere. Just keep trying a little bit at a time. And endurance or perseverance builds up our character. We learn things about ourselves that we never knew we could cope with or do.

**They're not always really big obvious or dramatic changes but often a build up of small changes. Once we know we can get through a bad day then we know we could do that again if we had to. And then that can lead to being able to look forward with hope again another day.... and then another.**

And the best thing to do is to ask God for help. We can be filled with the Holy Spirit to top us up with perseverance and to help us with our character strengths and build up our hope as well. We can ask God for encouragement and be reminded of what God has done for us in the past.



**Prayer Focus:** hope for ourselves and others



## Prayer Activity

Draw around your hands on the paper and cut them out.

1. **Thumb** -pray and give thanks for when you feel strong and full of hope.
2. **Index or pointing finger** -pray for those who give us hope.
3. **Middle or tallest finger** -pray for those who carry a lot of responsibility, community leaders and politicians. We put a lot of our hope and expectation on them.
4. **Ring or weakest finger** -pray for those who feel hopeless and need to build up their hope.
5. **Little finger** -pray for yourself that you would hold on to hope and help it to grow.

## Prayer

**Holy God,**

*our only hope is in You.*

*We thank you for the past, trust you for today and believe for the future; that all Your promises will come to pass so we can rest forever in Your love.*

**Amen**

Source: From [www.hopetogether.org.uk](http://www.hopetogether.org.uk) prayer resources

## Blessing

**May the grace of our Lord Jesus Christ**

*(Hold out your hands as if expecting a present)*

**And the love of God** *(Put your hands on your heart)*

**And the fellowship of the Holy Spirit** *(Hold hands)*

**Be with us all now and for ever. Amen** *(Raise hands together on the word 'Amen' and shout loudly!)*



Source: Messy Church

Source: *Patterns for Worship* p.183

KS1

## Ideas for younger children

Read the story of Daniel and the Lion's Den in a children's Bible together (Daniel 6).

- Do you think Daniel always felt hopeful?
- **What gave Daniel hope?**
- Retell the story using toys or items in your house.
- **Use playdough to recreate something from the story.**
- Draw or paint a picture showing your favourite bit of the story.



## Practical Activities

- Make a lion mask or picture using a paper plate and strips of yellow, orange and red paper.
- **Find as many things in your house that give out light as you can. Make a den or dark space and shine a light and remember that Jesus gives us hope that shines in the darkness even when things are difficult, or we are struggling.**
- What do you **hope** for today?
- **What do you hope for the future?**
- Blow some bubbles and pray for the things you **hope** for. Watch the bubbles float away as a sign of your prayers going to God.



**Have you found this resource useful and would like to find out about similar tools you could use? Please visit the link below for more Young Leaders Award at Home resources and ideas.**



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[www.abyyt.com/yla-at-home](http://www.abyyt.com/yla-at-home)



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