

# Explore It TOGETHER

SEPTEMBER  
SESSION 02

## WAITING FOR CHANGE

 **Genesis 15:1-6; 21:1-6 God's agreement with Abraham**

Here are some ideas and activities you could do as a family



### Share

Talk as a family about what it is like to wait for things. What was difficult to wait for when you were younger? What is difficult waiting for now, being older or as a grown-up? What techniques have you found that help to make it easier to wait for something?



### Pray

Do some listening to God together. Find somewhere you can sit comfortably together for five to ten minutes. Perhaps light a candle or put on some quiet music in the background to help you feel relaxed. Then ask Jesus to speak to you and to let you hear him speaking, whether that's through a Bible story, song, picture or something else. Ask him if he has a message for the person you're praying with. Share what you heard. Don't worry if you don't feel that you heard anything - just relax and trust he will speak to you.



### Read

Genesis 17:1-7 together. This tells another part of the story, before Abraham became a dad, about how God changed Abram's name to Abraham! Can you find out what your name means? What do you think it would be like for God to change your name?



### Act

Abraham named his son Isaac, which means 'he laughs'. Take it in turns to pretend to do as many different kinds of laughs as you can - high-pitched laughs, belly laughs, villainous laughs, baby laughs. You may find yourself actually laughing! Make it funnier by lying on your back on the floor and take it in turns to rest your head on the tummy of the person who is laughing.



### Play

Have a staring contest! See who can last the longest without blinking or looking away. Time yourselves to see how long you waited before you had to give up.