

DEM BONES

INTRODUCTION

The dictionary tells us that the word 'involve' means being a part of something or associated with it.

We all like to be involved, whether that is being part of a choir, part of a football team, part of a school, part of a group, part of a conversation or part of a family.

Getting involved can mean being connected with a community. What if a football team didn't have a goalkeeper or a choir didn't have an accompanist? The football team and choir would be able to carry on, but would be missing vital parts that they need in order for them to reach their full potential.



PREPARATION

- ✦ Make sure you have been given the *Supporting Me* sheet and the *Body Colouring In* sheet.

BIBLE READING/THOUGHT

Read together in your home 1 Corinthians 12:12–27. If you don't have a Bible at home you can find this reading at www.biblegateway.com

When we are born our bodies have 270 bones, all playing their part to make our bodies work. By the time we are adults we have 206 bones – not because we lose them, but because some of our bones fuse together and work together.

Each bone in our body plays a special part and each has its own job to do. We know some popular names of bones, such as the ribs or hip bone, but have you heard of the ulna (forearm) or the talus (ankle)? Maybe they are not as popular and talked about as much, but without even one of our bones our bodies won't function in the way that God intended them to do.

In the Bible reading we are reminded that we too are important and we are all involved in being the body of Christ and each person is as important as anyone else.

- 🗣️ I wonder if you have ever been missed out of a team, a conversation or a day out? How did that make you feel?
- 🗣️ I wonder if you have ever been part of a team, a really important conversation or a day out? How did that make you feel?

Each and every one of us has a vital part to play in being the body and ensuring that all are involved.



FAMILY ACTIVITIES

Here are some ideas to help you this month think about involving and how you can do that as an individual and/or as family.

SUPPORTING ME

- * Do you have people who are not family but you have made part of your family (your 'family')?
- * Do you have a prayer partner?
- * Do you have a close friend who helps you make decisions?
- * Do you have people who come to share a meal at your house?

Use the sheet you will have been given. On it you will find an outline of a person. Make this person look like you, and around it place the names of people who surround you, pray for you, take part in groups with you and love you. Throughout the month pray and thank God for these people who are involved and play an important part in your life.

ORGANISE A GAME

Games bring people together, so why not organise a game like rounders or football at the local park, or perhaps even a board game at home, and invite people to come along and join you.

ORGANISE A DAY OUT

Organise a family day out; or perhaps you could help someone to arrange a day out for the group you attend at The Salvation Army. Make sure that everyone is invited!

BE INVOLVED IN YOUR COMMUNITY

Look in the newspaper this month and see if there is anything happening locally that you could get involved in.

LITTER PICK

Involve yourself in your neighbourhood by litter picking or organising a neighbourhood litter pick.

DESIGN A CARD

Do you know your next-door neighbours? Are there people who live close by that you don't usually speak to? Have you done anything nice for your neighbours? Or have your neighbours done anything nice for you?

Make a card for someone in your neighbourhood: to introduce yourself, to let them know that you are thinking of them, or to let them know that you are praying for them.

SITTING WITH OTHERS

Have you ever found yourself sitting alone, or do you sit with the same people every day? This month why not sit with people you might not always sit with, maybe at church, school, work or mealtimes.

BODY COLOURING IN

Play some worship music in the background and take some time to colour in the *Body Colouring In* take-home sheet. Spend some time thinking about how we are all part of the body of Christ.

SONG TIME

Spend time listening to, reflecting with, or singing along to...

- ♪ 'Share my yoke' by Joy Webb, arr. Ivor Bosanko
- ♪ 'One life to live' by Gwen Redhead / Robert Redhead
- ♪ 'Prayer for a new world' by Tracey Binns

Visit www.salvationarmy.org.uk/faith-at-home

REFLECT

How has this month made a difference to others? How has involving others made a difference to you? How has involving others made you feel? How has involving made others feel? Is this something that you can make an everyday part of your life?

SHARE

Share your favourite way of involving others both as family and as an individual. Share these things also with the person who gave your family the Faith@Home Challenge. Discuss with others who are using this month's challenge and see if there are any other ideas that you could use.