

HOW CAN I BE HOLY?

INTRODUCTION

What do you think of when someone says the word 'holy'? You might reflect on how perfect God is. What about if you think about yourself? You might start to think about living lives that are free from any behaviour that you see as wrong or ungodly. But does this really describe what it means to be holy?

This month we want to reflect on what holiness looks like for us in our daily lives – think about how holiness is found in relationship with God and how holiness can be seen as something real and active.

Holiness is not something we can discover on our own. God sent the Holy Spirit to us to be with us, to support and guide us in becoming closer with him. The Holy Spirit helps us to find our direction as we deepen our relationship with him, and understand his unfailing love for us. The Holy Spirit journeys with us as we discover how to find holiness in God and other people and in particular when we are together with our families!

PREPARATION

✦ Make sure you have been given the *Person Outline* sheet. You will need a sheet for each person taking on the challenge. You will also need the *Be Holy Bookmark* sheet.

BIBLE READING/THOUGHT

Being holy means that we try to radiate God's image in our lives. It can be very easy to see holiness as being about our behaviour, but the reality is that God's instruction to his people to be holy wasn't just about them being good – it was about them being like him, transformed by his Holy Spirit. We don't want to be holy just because God said we should behave well; we want to be holy because God said we should be like him:

'Be holy, because I am holy'

1 PETER 1:16



God doesn't say 'Be well behaved' or 'Follow all the rules'. He basically says 'Be like me'.

You might be thinking: 'Be like God!?' That's too hard – he's perfect!

Well, the best way to become like someone is to spend time with them. Think about your nursery or school friends, your colleagues, family – those that you are with the most. It's in our day-to-day lives that we become like those around us, laughing together, doing things with each other, understanding each other; it's through relationship that we naturally start to become like someone. It's very difficult to become like someone we don't know or never spend time with!

It is in our day-to-day lives with God that we become like him. When we put time aside to talk and listen to God, when we decide to do things with him and for him, we find what it means to be holy – to be like God.

FAMILY ACTIVITIES

BALLOON RACE

Give everyone a deflated balloon. Decide on a starting and a finishing line. Start the race by everyone blowing up their balloon (do not tie them!), then let them go towards the finish line. The balloons will go in lots of different directions. Repeat till eventually your balloon crosses the finish line. Just like the balloons our journey with the Holy Spirit may take us in lots of unexpected directions. But our end destination is always with us being closer to God.



CLOCKS

You could take clock/s down off the wall and together change the time it says to the time you do the following:

- * What time you get up
- * What time you have breakfast
- * What time you have tea/dinner
- * What time you go to bed

Together discuss and decide what you think would be a good amount of time to spend with God each day. Explain that to be like God we need to spend time with him. This might turn into an interesting conversation about whether we should spend all of our time with him or whether we should have some special amount of time dedicated to talking and listening to him each day – or both!

SHINING LIGHT

Build a 'den' in the house (maybe pick a room that doesn't have too much light shining in), using clothes horses/ chairs / tables / sheets (dark ones if you have them!). The den should be quite dark. Once you are all sat down inside, switch on a torch and shine it on a Bible to read John 1:5 together. You could discuss how powerful a light is when it's in a dark place, and how when we are holy we are like a light shining God's love and goodness to others. You could share different ways you might shine God's light in the things you do each day.

BE HOLY BOOKMARK

Create a bookmark using the *Be Holy Bookmark* sheet. While you are doing this, listen to some worship music and consider what being holy might look like in your life.

MIRRORS

Play a game where someone has to 'mirror' someone else. This could be copying their funny expressions, a dance, or just pretending to brush their teeth! You can then make it more fun by asking the person who is the 'mirror' to continue, but to do everything twice as fast as the other person, or to do the opposite of what they do. When they have finished use a real mirror and ask them who they see when they look at the reflection. Explain that, as well as seeing ourselves as Christians, we should also reflect God in all that we do. Explain that when we are like God we learn to be holy. Maybe you could pray that God would help you all reflect him each day.

WHAT'S GOD LIKE?

Cut out a paper-person from the template provided and choose one other member of the family. Think about what that member of your family is like, what are their good qualities and characteristics. Write down these on the body of the person – you could even try to make it look like them, if you like! When you're done, share what you have written with each other and think about how in order to know what they are like we've had to spend lots of time with them.

On the other side of your 'person' think about what God is like. Write down his characteristics on the back of the 'person'. Share what you have put with others, and then together think about ways you could try and be like God in your lives.

SONG TIME

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

- 🎵 'In God's presence' by Andrew Blyth
- 🎵 'In your presence' by William Himes
- 🎵 'Holy, holy, holy' an Argentine folk tune arr. Nicholas Samuel

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

REFLECT

Remember, being holy means that we reflect God in all areas of our lives.

Think about the areas of your life outside of life at home and how you've been trying to reflect God in these parts of your life. Share with each other how this has been, pray for and encourage each other.

SHARE

Try and share what you have learned about holiness with others that are also doing Faith@Home. You could share other ideas about how to make holiness something that you continue to explore in your homes as well as other areas of your lives.