

WATCH HOW I DO IT

INTRODUCTION

Do you ever wonder if anyone is actually listening to you? Do you find yourself actually asking, 'Are you listening to me?' or 'Why haven't you done as I asked you?' This isn't just the case for parents with small children either – work colleagues can be just as difficult to give instructions to, and then there's siblings and friends. The list goes on. The thing is, no one really likes being told what to do, do they? In this session's Bible account we get some great instruction from Jesus on how to find rest. I wonder how easy it is to follow that particular instruction?

PREPARATION

✦ Make sure you have been given the *Grace Colouring In* sheet.

BIBLE READING/THOUGHT

'Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me – watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly.'

MATTHEW 11:28-30 (MSG)

A real rest – that sounds great. But this rest seems to come with some conditions that don't seem very restful – 'Walk', 'Work', and 'Learn'. It all seems a bit busy. Can we really rest if something still needs doing, if a worry is still in our head?

Jesus is saying that if we get alongside him and observe him, following closely, the things that keep us from really resting get shared with him. Just like the yoke that partners two oxen or horses and makes the load lighter for both of them, we can live less stressful lives. It's a bit like an acrobat with a safety net: they can fly freely, knowing that if they fall they will be caught – but they still need to follow the instructions to be able to enjoy the thrill of the trapeze act.



FAMILY ACTIVITIES

IT'S HARD!

Some people struggle with following instructions because they have an additional learning or behavioural need. If you are not familiar with the additional needs some people experience, you might want to spend some time learning a bit more about them and how you and your family might be able to help them feel included. Maybe you have a member of your family or friendship group who needs a little bit more help. Share your experiences with the person that gave you this Faith@Home activity session.

Here's a website which has some information:

www.understood.org/en/school-learning/learning-at-home/following-directions/why-some-kids-have-trouble-following-directions

AN OBSTACLE COURSE!

You can use the equipment in the local park or create something in your back garden, but make sure there are clear instructions to follow – for example, 'Hop on one foot after you have come down the slide' or 'Only go around the garden chair on the right-hand side'. Make the instructions suitable for the people you are playing with. This is fun for adult groups too! To add extra challenge, you could undertake the obstacle course blindfolded and have someone call out directions and instructions.

MAKE A CAKE

A recipe is full of instructions using a special language style – the imperative tense. *Take* a bowl, *measure* flour, *weigh* butter, *mix*, *stir*, *bake*... and if you don't do it that way and in that order, you might not get what you were hoping for. (Don't forget sprinkles!)

WALKING AND TALKING

The next time you are out walking, look out for signs that give instructions. Notice that circular traffic signs are 'instructions', while other shapes such as triangles are 'information'. Think or talk about what the signs are there for – safety, directions, permission. See if you can weave the signs into a prayer for your family or your community.

PLAYING GAMES

Choose a board game or a card game, or even make up your own game with instructions to follow. Simply enjoy playing the game as a family; or here's an online game – www.bbc.co.uk/skillswise/game/en33inst-game-destination-impossible

'UNFORCED RHYTHMS OF GRACE'

Spend time colouring in the *Grace Colouring In* sheet. While you are doing this, listen to some worship music and consider what the 'unforced rhythms of grace' might look like in your life.

SONG TIME

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

- * 'My God and King' by Paul Sharman
- * 'He Leadeth Me' by Henry Gillmore/Thomas Mack
- * 'Changed from the inside out' by Rob Little/Nicholas Samuel

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

REFLECT

For some groups of people – such as the armed forces, the police, paramedics, fire brigade – following instructions can be a matter of life and death, for themselves and the people they are helping. Are there any instructions that you have learned about in this session that seem really important to you and your family?

SHARE

Share how you found following instructions with each other and the person who gave your family the Faith@Home Challenge, and ask them any questions you have.