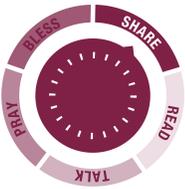


Worship Wednesday

around the table

At The Cross Faith5



This summer join us around for worship the campfire

Have some fun with emotions! Someone say an emotion, then everyone share how it makes you feel or what it makes your face look like. Or be a little silly and share what each other looks like with each emotion.



Today's God's Great Story is from Job 4:1-9. After losing everything, Job has a few emotions (wouldn't we all!) He tries to express those feelings with his friends and they aren't exactly the most helpful. If you choose, read the whole chapter and see how ludicrous his friends retorts become.

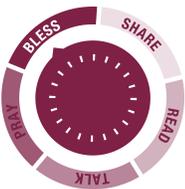


Have you ever had a hard time expressing an emotion?
What is it that you wished your family and friends understand?
Usually the problem is we just want to feel heard, not be fixed.
Do you ever have a hard time listening and not jumping in with solutions?
Think about prayer, and how it is a time to just be heard by God. How does it make you feel to have God listen?



Luther Park Trial of Grace Prayer Activity

At Luther Park Camp there is a trail of 10 crosses throughout the wooded grounds that you can follow and engage in prayer and reflection. Watch this week's video or use the following instructions to make your own.



Blessing

Make the sign of the cross on each other's foreheads and say "you are a child of God."

Trail of Grace

There are 10 crosses dispersed around camp, indicated by purple crosses on your map. The purpose of this activity is to go out into God's creation, walk around, observe the beauty and have a conversation. This activity allows for reflection, prayer time, and open, intentional family conversation. Take your time walking between crosses and enjoy Creation. Walking from one cross to the next could be a silent walk, just listening to the sounds of Creation or they can be full of conversation. Another way to do this walk could be focused on finding something beautiful around you and pointing it out to the rest of your family. Get creative, this is as much about being in and appreciating God's Creation as it is about what you will do at the stations!

Cross 1: Opening/Welcome into the Practice

We enter into this time together as a family and as children of God. We are open to talking about new and difficult things and to helping each other understand. This is a safe space to ask questions. We recognize that God is here with us and will be guiding us through this time of prayer, reflection, and intentional discussion.

Thankfulness

Cross 2:

Read the Psalm 2-3 times. Each time, have a different person read it outloud. Listen to the words carefully. What sticks out? What do you hear? What do you question?

"I will give thanks to the Lord with my whole heart; I will tell of all your wonderful deeds. I will be glad and exult in you; I will sing praise to your name, O Most High." -Psalm 9:1-2

Cross 3:

What are some things that we tend to take for granted? Think about simple things like toothpaste, how thankful we are for fresh minty breath.

What is something that you have learned recently that you are thankful for?

Cross 4:

Many times our prayers include things we are thankful for. Take turns doing the "Popcorn Prayer" - One person starts and ends the prayer. After they have said what they are thankful for they say "popcorn [someone's name]" to pass the prayer to someone else in the family. Once everyone has prayed, the person who opened the prayer can close by saying something like:

“God thank You for listening to all of us and for giving us all of these wonderful things to be thankful for. We love You lots and we pray in Your name, Amen.”

Hurts/Needs

Cross 5:

Pick one of the following passages to read 2-3 times. Each time, have a different person read it outloud. Listen to the words carefully. What sticks out? What do you hear? What do you question?

“If one member suffers, all suffer together with it; if one member is honored, all rejoice together with it.” -1 Corinthians 12:26

“For [God] will deliver the needy who cry out, the afflicted who have no one to help. [God] will take pity on the weak and the needy and save the needy from death. [God] will rescue them from oppression and violence, for precious is their blood in his sight.”

-Psalm 72:12-14

Cross 6:

What does the world need? Talking about these things the world needs can be hard and scary sometimes, but it is important to talk about them so a change can be made. As a family, talk about things that you think need to change. If someone is confused about something, talk about it. Why is there injustice in the world? Where are some people suffering or hurting? These are very difficult questions and there isn't necessarily a right answer, but thinking about them is important. When we acknowledge there is hurt we can then figure out how to take action.

Cross 7:

Many times our prayers include an ask or request for God. Take turns sharing different people, groups of people or places that you would like to pray for. We trust that God hears all of our prayers and that there is nothing that we can't tell God. Have someone end your time with a short prayer:

“Creator, please surround these people and places with your love. We pray that you encourage us to share your love with the world and the people and places we encounter. All in Your name, Amen.”

Praise

Cross 8:

Pick one of the following passages to read 2-3 times. Each time, have a different person read it outloud. Listen to the words carefully. What sticks out? What do you hear? What do you question?

“Praise the Lord! Praise God in His sanctuary; praise Him in His mighty heavens. Praise Him for His acts of power; praise Him for his surpassing greatness. Praise Him with the sounding of the trumpet, praise Him with the harp and the lyre, praise Him with timbrel and dancing, praise Him with the strings and pipe, praise Him with the crash of cymbals, praise Him with resounding cymbals. Let everything that has breath praise the Lord.

Praise the Lord.” -Psalm 150:1-6

Cross 9:

What is your favorite way to show praise to God? Do you like singing? Dancing? Playing an instrument? Praying? Reading stories about God? Listening to music? Doing good deeds like Jesus told us to? Being out in God’s creation and appreciating it? There are so many ways to praise God, talk about ways you like, pick something new to try as a family to show praise. It can be screaming, “Thank you God for _____” or it can be admiring something beautiful in Creation. Be creative!

Cross 10:

Read Out Loud together:

“Dear God,

Thank you for everything that you do for us. Thank you for the beauty that you have created for us to live in. Thank you for loving us so very much. Thank you for giving us this time to spend together to worship and learn more about You.

We praise Your name,

Amen.”