

# Konnect: “Take Care of Yourself” Sunday March 22/2020

## NOTE TO PARENTS

We are so excited that you have decided to lead your children spiritually today! We hope that this will be an amazing time for your family to pray, learn and grow together.

Today’s lesson has five different parts.

- 1) Opening Question
- 1) Bible Reading
- 2) Video Lesson (17mins)
- 3) Prayer and Reflection
- 4) Family Activity

Included in this lesson is also a **Bible Point** and **Bible Verse**. They are repeated numerous times in this lesson. Be encouraged to reinforce them in your time at home together this week.

### **Bible Point:**

“No more baby stuff, it’s time to grow up.”

**Bible Verse:** Hebrews 5:13

“Someone who lives on milk, is still an infant, and doesn’t know how to do what is rights.”

### **Set-Up:**

Encourage your family to come together somewhere you have access to the internet and a screen.

This is necessary to watch the bible video.

Then lead each part of the lesson.

Each part is numbered to help you stay organized.

### **Materials:**

You may like to collect: Paper, Markers and Pens/Pencils.

### ①. Opening Questions

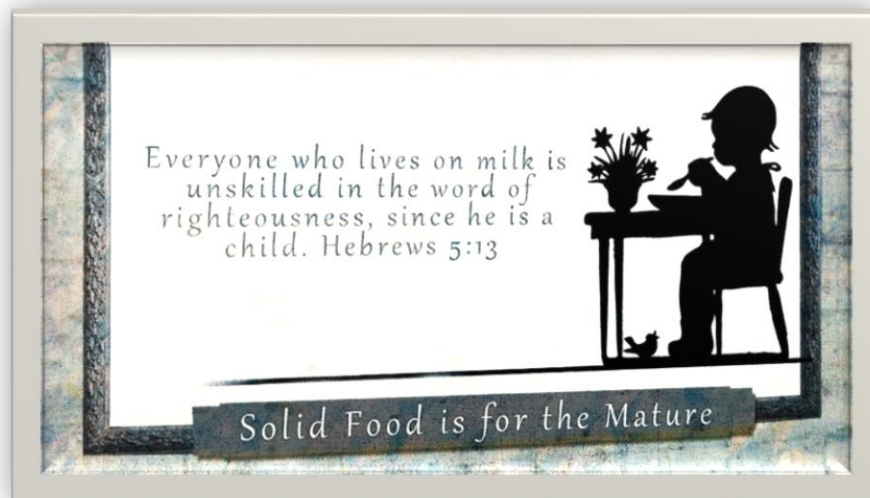
Together as a family spend a few minutes discussing this question:

*Q.1- “What do you think it would be like to only ever eat baby food for the rest of your life?”*

Make sure everyone in your family has a chance to answer. Then ask.

*Q2- “What is an infant?”*

Once you feel your family has discussed this enough move on to part two.



## ② BIBLE READING

Now is your opportunity to lead your family through some scripture reading. Encourage each child to go get their bible.

Give them 30 seconds to get their bible and get back to the couch.

\*Parents- This is an amazing opportunity to learn how accessible their bibles are on a daily bases.

## -Ready-Set-Go

Once everyone has returned have everyone look up the bible verse:  
**HEBREWS 5:13**

\*Parents: The book of Hebrews is a short book found near the back of your bible. Don't hesitate using the table of contents to find it. It's an amazing tool, and a great place to start when learning where various books of the bible are.

One at a time each member of your family will read this verse from their bible. Or, if children can't read parents can simply read it. (If there are four people in your family this verse should be read four times.)

After reading the bible verse:

Q3- Ask: *"What do you think this verse means?"*

\*Parents: Don't go TOO deep because we will unpack this in our video and discussion later.

Once you've finished reading the verse and answering the question carry on to part 3!

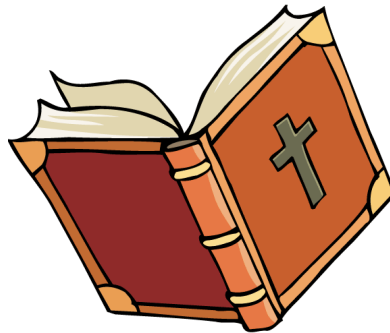
## ③ Video Lesson

Using the provided link play the Konnect HQ video.

You will have fun chatting about it after the video.

Encourage your children to do the bible verse motions when the Konnect crew leads them.

Once the video ends move on to Part 4.



## ⑤ Family Activity

Using the attached family activity spend some time chatting about Spiritual Meat vs. Spiritual Milk.

Q6-*What is a goal your family can set to grow more spiritually mature?*

## ④ Prayer and Reflection

\*Parents- Pick someone in your family to facilitate this conversation. It could be an adult or older child.

### Reflection

**Say:** When we choose to follow Jesus, He shows us how to grow and how to get better at following Him.

**Q.3- "Do you remember what the Point Connection is?"**

*Let's say it together...*

*(No more baby stuff, it's time to grow up.)*

**Q.4- "What is Spiritual Milk?"**

*(When you need someone to tell you how to live for Jesus.)*

**Q.5- "What is Spiritual Meat?"**

*(Knowing how to live for Jesus and doing it without being told.)*

**Q.6- How will you try to 'eat' Spiritual meat this week?**

*(Answers will vary but could include things such as: read my bible, pray, encourage someone in their faith.)*

### Prayer

#### A) Parent's Pray for Kids

1. Ask kids to share things they'd like to pray about.
2. Write down their prayer requests.
3. Pray together over the prayer requests.

#### B) Children pray for parents.

1. Parents share things they'd like their kids to pray about.
2. Children draw a picture of the prayer request.
3. Children pray over their parent's prayer requests.