

FAITH FORMATION AT HOME - HOLY WEEK

BRIEF FAITH ACTIVITIES TO DO AT HOME.

FULL FREE LESSONS CAN BE FOUND ON VIBRANT FAITH CATALYST



vibrantfaith

Spring Shower (of kindness)

PRAY: *Lord, sometimes it is hard to be kind. Help us to remember to love others today and to find ways to be kind and care for those around us.*

READ: Psalm 145:9-17

DISCUSS AS A FAMILY:

- What do you think this scripture means when it says, "God is good to ALL"?
- When, in the past few weeks, have you found it hard to be kind to another person? What happened?
- What do you think kindness looks like?
- How can we be kind to people who are difficult or challenging to like?

ACTIVITY:

Have each family member think of 3 people (1 can be someone who is hard for them to be kind to).

Write down the names or initials of those people next to the name of that family member.

As a family, brainstorm ways that each family member can shower kindness on their 3 people during Holy week. (write a note, help with a chore, send a kind text or message on social media, pray for that person, send them a care package, etc)
Then, as a family, begin the plan - gather materials to start writing the notes, start writing a message, ask the person on your list how you can help them, etc.

Try to find something genuinely positive to say to or do for the people on your list. This can be a real challenge when you are faced with people you don't like too much. Ask for God's help. You may never know what a difference it will make to someone else to hear words of kindness. And every time you compliment someone or speak a kind word on that day, perhaps you'll remember that you are acting like God, who is "good to all" (Psalm 145:9).