

FAITH FORMATION AT HOME - FAMILIES WITH KIDS

BRIEF FAITH ACTIVITIES TO DO AT HOME.

FULL FREE LESSONS CAN BE FOUND ON VIBRANT FAITH CATALYST



vibrantfaith

Morning Meditation

Mornings can be frantic. Slow them down by doing a morning meditation with family members.

MATERIALS NEEDED: Bible, Morning Meditations worksheet (see last page)

Prepare in Advance:

- Mark your Bible to Psalm 57:8 and Psalm 90:14.
- Read through the Morning Mediations worksheet before using it with the family.

PLAN

1. Find a relaxing place in your home. Turn off the TV. Don't answer the phone. Say this prayer aloud to begin: *God, be with us as we start our day. Amen.*
2. Ask someone to read aloud Psalm 57:8 from your Bible (or see the text below). Then have another person read aloud Psalm 90:14.
Psalm 57:8: Awake, my glory! Awake, O harp and lyre! I will awake the dawn!
Psalm 90:14: Satisfy us in the morning with your steadfast love, that we may rejoice and be glad all our days.
3. Explain that you'll be reading a Morning Meditation. Encourage family members to listen carefully. Choose one of the three brief meditations from the Morning Meditations.
4. When you do the activity again on another morning, choose a different morning meditation.