

FAMILYSTUF

03.22.20

This week your family will read about how 2 sisters responded to grief differently, how Jesus met the 2 sisters in their grief and comforted each of them. Included are instructions for an activity to help your kiddos understand how Jesus is with us when we feel sad or frightened, and how He lifts us up again.

READ // John 11:17-45 or watch an [animated reading on YouTube](#) as a family.

PLAY // Materials: egg, water, large bowl, & salt

Place the egg in the bottom of a large bowl and allow the kiddos to add water to the bowl (4 cups total). Explain to your kids that the egg represents us and the water represents our emotions that feel "heavy" (sadness, fear, etc). Stir in 10 tablespoons of salt, dissolving one tablespoon at a time. The salt increases the density of the water and causes the egg to rise to the top. Explain that the salt is like Jesus who is with us when we are overwhelmed with emotion and He lifts us up again.

TALK

Start conversations with your family that lead them to know that Jesus is with us when we feel overwhelmed with emotions. He meets us where we are and leads us to peace.

- *"Think back to last week's activity in the boat making waves. I want you to think about a time you felt sad/lost/confused/angry/scared. A time you felt like the waves, all tossed around."*
 - How did you feel? Why did you feel that way? Who helped you feel better? What did they do to make you feel better/at peace/still?
- For very young children, tell them about a time you noticed they felt sad/lost/confused/angry/scared. Talk about how their body/face looked/felt and compare it to the tossing of the ocean waves. Talk about how you helped them through that time.

PRAYER & COMMUNION

Pray together as a family, giving each family member a chance to pray.

- *“Father, I thank you that you always hear me and are always with me. Please be near to me right now because I am feeling...”*

You can continue the practice of communion together as a family at home using a piece of bread, or crackers, and a small amount of juice. Just as Martha did for her sister Mary, we can bring our kiddos to the feet of Jesus and remind them of His work on the cross.