

WE SHINE FAMILY TIME ACTIVITIES



We have created a series of games and activities for you to journey as a family. They have been designed to partner with some of the songs from the Vineyard 'We Shine' album. At the end of these activities, it is our hope that your children will grasp the heart and Biblical truths behind these songs, and in turn respond with praise as they sing along and worship with them.

We have pitched these sessions predominantly at Primary school aged children, but most of the activities are accessible for all ages. If you have pre-schoolers, they will have fun joining in with the activities and will still grasp lots of the concepts about their Father God.

It would be great if you could have the worship songs ready to play and Bibles available for everyone to use. Help your children with finding the passages and following along. We have also included copies of scripture that you can read through together at the end of each session. Then you can talk about the things God is highlighting to each of you. If your children are younger, when you are reading the Bible passages, explain any more complicated words before you start, or use a different version if you prefer. We are praying that you have some amazing family times together and that this time at home becomes a season of accelerated spiritual growth for you as a family.

Be blessed!



IT'S BEEN A LOVELY DAY!

Psalm 139: 1-6, 16

Before you read the passage from the Bible together and listen to the worship song, journey through these activities with your children. That way, when you read the passage and listen to the song at the end, your children will understand each phrase more clearly.



ACTIVITY 1

JUST A MINUTE!

It's been a lovely day, such a lovely day.

Get everyone in your family to stand up. Explain that you are going to set a timer for just one minute. As soon as you think one minute has passed, you should sit down. The winner is the person who sits down closest to the one minute mark. You could play it again with a different amount of time.

Chat with your children about how time seems to pass so quickly. What does one minute feel like? We wake up every morning at the start of a brand new day, and somehow it doesn't seem like long until we are climbing into our cosy beds at night, thinking through the things we have done and getting ready to rest after all our activity. Some days we spend our time well, and some days we can waste time. Some days are full of happy things and other days are hard. But one thing is sure, no matter how quickly our days pass by, God is always with us.

ACTIVITY 2

MUSICAL BUMPS!

You're so wise nothing ever takes you by surprise.

Play some music and have a game of musical bumps. Tell your family to jump up and down. Every time the music stops, they should quickly sit on the floor. An opportunity here to burn some energy and have lots of laughs!

Tell your children that nothing they do surprises God. He knows when they sit and when they stand. He is with them when they walk and when they rest at home. He knows when we will go to sleep and when we wake up. Maybe you could go for a walk with God later on and have a chat with him as you go.

ACTIVITY 3

SPENDING YOUR TIME!

And I thank you for being with me.

Take a look at your calendar. Then get a big piece of paper and write or draw pictures of your favourite things to do each week. Talk with your children about how God is with them no matter what they are doing. However you spend your day, God is in it with you. If you are playing a video game, God is right beside you as you play it. Whether you are playing football, or dancing or painting or running, He is there with you. Remembering that God is with you throughout your day makes each day a better one. Even on the hardest day, He is close by you.

ACTIVITY 4

BABY PHOTOGRAPHS!

And you love each of us.

Show your children some pictures of yourself when you were a child. Ask then who they think it is in the picture? You could show them photos of other relatives too. Have a baby photograph of your children too. Talk to your children about how God planned out all their days. He was with them before they were born and he knew the things they would do when they were older. God has a plan for all their days and He is with them on all of them. All our days are planned out. The Bible tells us that every day we have is recorded in God's book! Why does God want to know about you and all your days? It's because he loves you every hour, every minute and every second of every day and for the rest of your life!



NOW FOR THE BIBLE...

Help everyone to find the passage in their Bibles and read these verses to finish off. Pray before one of you reads it out loud. Ask God to speak to you all as you read and listen together. Highlight any word or phrase that jumps out so that you can share with each other what God is showing you personally at the end.

Psalm 139: 1-6, 15-16 (NIRV)

- ¹ Lord, you have seen what is in my heart.
You know all about me.
- ² You know when I sit down and when I get up.
You know what I'm thinking even though you are far away.
- ³ You know when I go out to work and when I come back home.
You know exactly how I live.
- ⁴ Lord, even before I speak a word,
you know all about it.
- ⁵ You are all around me, behind me and in front of me.
You hold me safe in your hand.
- ⁶ I'm amazed at how well you know me.
It's more than I can understand.

Now skip down to verse 15 and 16...

- ¹⁵ When you were putting me together there,
- ¹⁶ your eyes saw my body even before it was formed.
You planned how many days I would live.
You wrote down the number of them in your book before I had lived through even one of them.

Ask your family what parts of the passage God is highlighting to them? What jumped out at them? What was the Holy Spirit was teaching them as they read?

NOW LET'S PRAY...

Ask everyone to close your eyes. Ask each person to make a picture in their head of a time when they are doing their favourite activity. Think about what you are doing. How are you feeling? Then picture Father God standing beside you as you do that thing. Open your eyes and tell each other what you imagined you were playing with Father God. Take turns thanking God for all the lovely things you have done today. Take time for everyone to thank God for their day.

NOW LET'S WORSHIP...

Finish by playing the worship song 'It's been a lovely day' by Dave Miller and Jodie Alexander-Frye. Perhaps you could find opportunities to play it during the week, like when you are in your car or while you are eating breakfast each morning. Keep a conversation going about the things we have been doing each day and how Father God is walking through our day with us.

IT'S BEEN A LOVELY DAY

Dave Miller & Jodie Alexander-Frye

It's been a lovely day, such a lovely day
And I thank you for being with me
It's been a lovely day, such a lovely day
And I thank you for being with me

You're so big you can take care of everything
You're so wise nothing ever takes you by surprise
And you love each of us
And we love you back

On every kind of day, on every kind of day
I will thank you for walking with me
On the hardest days, on the hardest days
I'll remember that you are with me

