

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!



WE SHINE!

2 Corinthians 4: 5-7

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

MAP SKILLS!

You are the guide, the road that leads us. Navigates the way back to you...

Set your children challenges to find different places on a local map. Paper maps or google maps would be fine. Perhaps they could find the streets where other family members and friends live? Or favourite places to visit. Why don't you make a treasure map for fun? You could hide some treasure and make a map of your house leading to the treasure for your children to follow. Talk about how we can use maps to help us when we don't know the way.

Explain to your children that there is another way that we can feel lost. We can feel lost inside when we don't know what we should do next. At those times, God just is like a map because He always guides us on the right path.

ACTIVITY 2

SHAKE OFF THE DUST!

You shake off debris and dust...

Hide coins and shiny objects for your children to find in a sand pit or in a flower bed. Help them shake off the sand or soil. They could have cloths to wipe away the dust and polish them up. Talk together about how God is always at work, cleaning us up so that we can shine with his glory. Even though we are like play dough or clay, God's glory shines right out of us.

ACTIVITY 3

TREASURES REVEAL!

Reveal your treasure in us.

Hide a pretend gemstones or items of jewellery inside balls of play dough or clay. Show your children them balls of dough. Talk about how much they think they are worth? Is this play dough valuable? Then help your children to discover the beautiful objects inside by carefully removing the dough. Talk about how we don't always immediately recognise the value in things. That includes in ourselves too! Sometimes we find it hard to imagine that God could use us. But God has put treasure in you. You have something to offer that no one else does. Tell your children what treasure you can see inside each of them. Talk about how there is something special inside each of them and that God has exciting plans for them.

ACTIVITY 4

SHINING LIGHT!

You, the everlasting light, forever burning in us and we shine.

Make a tent or cover your kitchen table with a cloth that comes right down to the floor. Stick little cut out stars on the roof of the tent. Give your children a torch to take with them inside the dark tent. Can they shine the torch and count how many stars? Chat about how we can see things so much more clearly when we shine a light. Jesus is the brightest light of all and when we follow him, we get to shine with his light! Isn't that awesome? Get a big piece of paper and write or draw pictures with your children to show some of the ways that you each can let your light shine before your family and friends.

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.

2 Corinthians 4:5-7 (NIRV)

⁵ The message we preach is not about ourselves. Our message is about Jesus Christ. We say that he is Lord. And we say that we serve you because of Jesus. ⁶ God said, "Let light shine out of darkness." He made his light shine in our hearts. His light gives us the light to know God's glory. His glory is shown in the face of Christ.

⁷ Treasure is kept in clay jars. In the same way, we have the treasure of the good news in these earthly bodies of ours. That shows that the mighty power of the good news comes from God. It doesn't come from us.

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...

Pray for each person in your family. Ask God to pop one thing into our head that we could do in the next couple of days to be more like light. Explain to your children that we are asking Him for something specific that is just for them to do. God might show them how they can be like light at home or maybe in school. Is anyone worried that their thing feels too hard and that they won't be able to do it? Pray that Jesus would make them strong and courageous, so they can shine their light.

NOW LET'S WORSHIP...

Finish by playing the worship song 'We Shine' by Kat Register and David Plumb. 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 how God's treasure is in them and they can shine.

WE SHINE

Kat Register & David Plumb

Standing in the calm or the chaos
Forever holding out your light
You are the guide, the road that leads us
Navigates the way back to
You light the way back to you

You shake off debris and dust
Reveal your treasure in us
You, the everlasting light
Forever burning in us
And we shine and we shine and we shine
And we shine and we shine and we shine

Too long living in the shadows
When inside we are wild and free
(We're called to be your hands and feet)
You are the love, the light we follow
Navigates us home back to you
Navigates us home back to you

You shake off debris and dust
Reveal your treasure in us
You, the everlasting light
Forever burning in us
And we shine and we shine and we shine
And we shine and we shine and we shine

Stand with me, shine a light
Hands in the air we're burning bright



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



PRAY.

Luke 4:38-41

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

PRAYING HANDS

I lay my hand on a shoulder.

Make handprint pictures with your children with paint or by drawing round their hands. Talk with your children about some of the things Jesus did with his hands... laying hands on children to bless them, healing the sick, he brought people back to life, he did amazing miracles like multiplying food, he washed feet. Encourage them to look carefully at their hands. Chat about the things that we can do with our hands. Explain to your children that Jesus wants us to lay our hands on the sick too and to bless others by praying for them. We can use our hands like Jesus did.

ACTIVITY 2

WATERING PLANTS

I ask your Spirit to come.

Ask your children to help you water the plants in the garden or around your house. Explain that without water, our plants can dry out and start to wilt. Chat with them as they pour water into the soil about how they are bringing life to the plants. Talk about how prayer can be like the water. We can all get tired and feel like we are wilting, but when we get prayer, the Holy Spirit comes and refreshes us. We can ask the Holy Spirit to come when we pray for others and we can ask people to pray for us.

ACTIVITY 3

FOLLOW THE LEADER

I'm watching waiting and listening. Can't wait to see what you've done.

Tell your children that whatever you do, they must copy, e.g. pat your head, clap your hands, pull a funny face, yawn, smile, pretend to cry. Take turns to be the leader. Chat about how we had to watch the leader carefully in this game. When we are praying for someone we need to watch carefully too. We can watch what people are doing when we pray for them. When we ask the Holy Spirit to come, we need to wait and watch carefully as he begins to move. Talk about some of the things we can sometimes see when the Holy Spirit starts to move.

ACTIVITY 4

BUBBLE WRAP PRAYERS

I pray for those who are hurting. I ask your Spirit to move.

Get a long sheet of bubble wrap. Place it on the ground and have a competition to see who can walk along it with the least number of bubbles popping. Talk about how the bubbles pop when the air is released. Chat about how we can sometimes feel under pressure or in pain. God wants us to release our worries to him. He knows just what we need, even before we talk to him.

Ask everyone to name one thing that causes them pressure or worry or pain. You can each take a turn to give your cares to God and then pop a bubble as a sign you are releasing that thing to Him. Give your children a piece of bubble wrap to keep in their room to use when they are praying this week.



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.

Luke 4:38-41 (NIRV)

³⁸ Jesus left the synagogue and went to the home of Simon. At that time, Simon's mother-in-law was suffering from a high fever. So they asked Jesus to help her. ³⁹ He bent over her and commanded the fever to leave, and it left her. She got up right away and began to serve them.

⁴⁰ At sunset, people brought to Jesus all who were sick. He placed his hands on each one and healed them. ⁴¹ Also, demons came out of many people. The demons shouted, "You are the Son of God!" But he commanded them to be quiet. He would not allow them to speak, because they knew he was the Messiah.

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...

As a family, all share some of the things that you would like prayer for. Pray for each person in turn, asking the Holy Spirit to fall. Teach your children to wait and watch to see what God is doing. Afterwards take a few minutes for each of you to share what you felt God was doing when it was your turn for prayer.

NOW LET'S WORSHIP...

Finish by playing the worship song 'Pray' by Victoria Bush and Nigel Hemming. 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 people in your life who need prayer. Take some time each night to lay hands on your children and invite the Holy Spirit to come and bless them.

PRAY

Victoria Bush & Nigel Hemming

I lay my hand on a shoulder
I ask your Spirit to come
I'm watching waiting and listening
Can't wait to see what you've done

And I pray every day
As I wait for you
So I pray every day
As I wait for you
To come

I pray for those who are hurting
I ask your Spirit to move
I'm watching waiting and listening
Can't wait to see what you do

You're the maker of the heavens and the earth
You're with me every single day
You know what I need before I even ask
You can take the pain away
There's no need to be afraid
Come and fill me up again



ONE OF A KIND.

Matthew 6:5-8

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

JUMP FOR JOY!

Gotta jump coz I feel excited.

Get a measuring tape and see who in your family can jump the highest and the farthest. Ask your children if they have heard of the expression to 'jump for joy'? Talk about how it means that sometimes we have so much joy inside of us we literally feel like jumping in the air!

ACTIVITY 2

POPCORN EXPLOSION!

Gotta shout, got to let it out or I will explode.

Talk about how exciting it is waiting for the corn to go pop and jump in the air as it explodes. As the corn starts to heat up, each time you hear a popping sound, jump up and shout out a word of praise to Jesus.

ACTIVITY 3

PAPER SPRINGS!

I'm bouncing up so high that I'm shaking the ground.

Cut a A4 sheets of coloured paper into long thin strips, about 2cm wide. Glue or tape the paper strips together at one end to form a right angle. Fold the lower strip of paper over the top one. Then fold the other paper strip, which is now the lower one over so it is then on top. Continue with this pattern of folding until all the paper has been completely folded into a square. The paper will expand out to make a concertina spring. Secure the open end with a paperclip or make a funny face on circle of card to stick on top. Play some music and make your 'spring' creations jump around and dance.

ACTIVITY 4

FUNNY FACES!

Got this feeling in my bones. From my head down to my toes.

Give each person a pear (or other soft fruit, e.g. mango). Give them cocktail sticks, pickles, raisins, and other bits and pieces. Explain that everyone must make the most joyful face on their fruit that they can! You can eat the results for a snack. As you make your fruit faces, chat about the things that bring joy in your life. What does joy feel like? Sometimes it just bubbles up inside of us and we can't help but smile or laugh or even dance.

ACTIVITY 5

SMILES!

You're so good I lose control. Now I've got to let is show.

Take turns trying to make each other smile. The rules are simple. You can smile, make funny faces, or even tell a joke, but no tickling allowed. Chat with your children about how joy is infectious. It just rubs off on other people. And more than that... Did you know that God loves to see you having lots of fun?

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.

2 Samuel 6: 14-16 and 20-22 (NIRV)

¹⁴ David was wearing a sacred linen apron. He danced in front of the Lord with all his might.

¹⁵ He did it while he was bringing up the ark of the Lord. The whole community of Israel helped him bring it up. They shouted. They blew trumpets. ¹⁶ The ark of the Lord was brought into the City of David. Saul's daughter Michal was watching from a window. She saw King David leaping and dancing in front of the Lord. That made her hate him in her heart.

²⁰ David returned home to bless his family. Saul's daughter Michal came out to meet him. She said, "You are the king of Israel. You have really brought honor to yourself today, haven't you? You have gone around half-naked right in front of the female slaves of your officials. You acted like a fool!"

²¹ David said to Michal, "I did it to honor the Lord. He chose me instead of your father or anyone else in Saul's family. The Lord appointed me ruler over his people Israel. I will celebrate to honor the Lord. ²² And that's not

all. I will bring even less honor to myself. I will bring even more shame on myself. But those female slaves you spoke about will honor me."

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...

Go outside and blow bubbles. Declare that the bubbles you blow are a prophetic sign of the supernatural joy that God has for your family. Then lay hands on one another and pray that God would fill each of you with that supernatural joy that overflows.

NOW LET'S WORSHIP...

Finish by playing the worship song 'One of a Kind' by Dan Turner. 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 how awesome God is and about all the things you see him do that blow your mind! Take some time each to jump and dance as you worship God as a family.

ONE OF A KIND

Dan Turner

Gotta jump coz I feel excited
Gotta dance, got to let it show
Gotta shout, got to let it out or
I will explode

Can't stop my feet from moving
I'm spinning round and round
I'm bouncing up so high that
I'm shaking the ground

Oh, oh, oh, oh
You blow my mind
There is no one like you
God you're one of a kind

Got this feeling in my bones
From my head down to my toes
You're so good I lose control
Now I've got to let it show

You, there's no-one like you



SING FROM THE ROOFTOPS.

Matthew 7:24-27

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

STORM THE BATTLES

Your love is bigger than my fear. You hold me close when the storm appears.

Keep some clear plastic bottles for this activity. Help your children fill their bottles with water and then add some bits and pieces to the water, like glitter, buttons and even some tiny stones or beads. Close the lid ask them to shake their bottles to make a storm. Set the bottles on the table and watch the storm inside settle and the water turn clear again. Chat with your children about storms. What happens in a storm? Talk about how sometimes when things around us are difficult, life can feel very stormy. In those times we need to cling to Father.

ACTIVITY 2

HOUSE ON THE ROCK

You're the rock beneath my feet.

Collect some large stones when you are out for a walk. Work with your children to build play dough/ plasticine houses on their rocks. Ask your children what would happen if they tried to build their house on top of a sandcastle? If you have sand, you could even give it a go and make comparisons. Talk about how the rock is solid and keeps the house steady.

ACTIVITY 3

FORT BUILDING

You're the fortress that I run to.

Build a fort using blankets and cushions and things you already have at home. Alternatively use Lego or building blocks. Tell your children that in olden days, people used to run to the fortress for protection from the enemy. Talk with your children about how the Bible says that God is like a fortress. When we are in trouble or anxious, we can run to him for protection.

ACTIVITY 4

WOBBLY WALLS

And I will not be shaken. I will not be moved.

Get a packet of marshmallows to build walls. Have a selection of things to hold the 'bricks' together, e.g..... cocktail sticks, icing, water, toothpaste, jam. Challenge your family to work together to build walls using the different material to hold the mallow bricks together. Now for the wobble test! Shake the trays with the marshmallow walls and see which structures stand and which wobble most or fall over. Talk to your children about how when your house was being built, the builder made sure it was being built with strong material to that it wouldn't be shaken in the wind. Sometimes hard things in life can make us wobble. But God is with us and we can cling to Him, so we won't be shaken.

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.

Matthew 7: 24-27 (NIRV)

²⁴ “So then, everyone who hears my words and puts them into practice is like a wise man. He builds his house on the rock. ²⁵ The rain comes down. The water rises. The winds blow and beat against that house. But it does not fall. It is built on the rock. ²⁶ But everyone who hears my words and does not put them into practice is like a foolish man. He builds his house on sand. ²⁷ The rain comes down. The water rises. The winds blow and beat against that house. And it falls with a loud crash.”

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...

Pray for each member of your family in turn. Lay hands on the feet of the person who is receiving prayer. Declare that their feet are on solid rock and that they stand firm in Jesus. Pray that they would have feet that would run to Jesus all the days of their life. Afterwards, you could put a little sticker on the inside of each child's shoes that says “I can run to Jesus.” That way they will remember every time they put their shoes on.

NOW LET'S WORSHIP...

Finish by playing the worship song ‘Sing from the rooftops’ by Tre Sheppard, Kat Brown & Helen Hicks. 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 how we can run to God when life gets hard because he is our fortress and the strong rock beneath our feet.

SING FROM THE ROOFTOPS

Written by Tre Sheppard, Kat Brown & Helen Hicks

Your love is bigger than my fear
You hold me close when the storm appears
You are with me to the end
Your strength will rise in me again

You awaken this song
You are faithful all night long

So I sing from the rooftops
That you always fight for me
You're the rock beneath my feet
And I will not be shaken You're the fortress that
I run to

I will not be moved
When all around is changing
I will trust in you

You're the one who gives me hope
When I feel lost and all alone
So let the winds rage all around
I know the truth is solid ground

You awaken this song
You are faithful all night long

So I sing from the rooftops
That you always fight for me
You're the fortress that I run to
You're the rock beneath my feet
And I will not be shaken
I will not be moved
When all around is changing
I will trust in you

Ever faithful I will trust you
You're the promise I hold on to
I'm holding on to you



Written by **Katie Wilson**
VCUKI Kids taskforce leader

