



## Intergenerational Guide

This guide is for churches as they strive to bring all generations together in meaningful worship and study. This guide is meant to be the bridge between all the [Age-Level Group Guides](#).

People learn and grow when they can witness, hear, and learn from persons with different and diverse experiences and gifts. Recognizing that persons learn and grow in community, this guide offers activities for all generations to reflect on the material presented in each session while sharing their own experiences and learnings.

We encourage churches and families to consider how they can build intergenerational community during this churchwide series—learning and growing together.

Churches might choose to:

- **host a “kick-off” to the study**, introducing everyone to the theme and focus of the race that lies ahead.
- **serve a meal before each session**. Activities in this guide offer questions for conversation around the table as persons of all ages reflect on what they learned in the previous session and how they experienced God as they practiced the designated spiritual discipline for that session.
- **carve out time for a weekly intergenerational gathering** (20-30 minutes before or after each session or at another time during the week) where persons of all ages can play, participate in holy work, and reflect on God’s presence in their lives together.
- **invite families to set time aside each day or each week** to reflect on their learnings in this study, share their experiences, and live out their faith together.

Remember, families come in all different shapes and sizes. As you begin this study, encourage all households to set aside time to read scripture, reflect on God’s word, and consider how the wisdom in this study impacts their life together. Through these activities persons of all ages are invited to share their experiences, their stories, their wonderings, and their learnings, as they listen to the wisdom of others. This creates space for the body of Christ to be strengthened in their relationships with God and with one another, encouraged in their work, held up in love as they participate in to which God calls them—together.

As churches and communities plan to participate in *Take the Flag*, those leading the study are encouraged to ask:

- How do we bring this to life for persons of all ages?
- How do we invite everyone into the stories, the wonderings, and the discoveries?
- How can we create an intergenerational community where persons of all ages share, learn, and grow in their faith together?

Take time to set the stage for the study. Decorate the church with flags and symbols that everyone can see—this will help all ages feel connected to the study and the focus for these 7 sessions. The Children’s Group Guide has great suggestions on how to do this under Leader Preparation on page 4 and 5. Think about and ask yourselves: How can we do this in other areas of the church so that all persons feel connected to the excitement and the story?

We are not in this race alone. We have persons of all ages to support, encourage, help, and guide us on the track as we seek to reach the finish line together. How will your church join together in this holy work?

Let the race begin! May you be blessed by the presence, wisdom, and experiences of those who go with you toward the checkered flag.

## Setting the stage (Introductory Session)

### Option #1: Field Trip

Invite your community to go on a field trip together to an auto race or auto show. (If possible, arrange in advance for a mechanic to explain how race cars work and to share one or two personal stories.)

Divide participants into intergenerational groups. (You can choose to keep families together or send them to different groups, asking two persons from each family to join persons in other families or from different generations. For example, you might choose to pair a mom and a dad with an older retired couple or two young adults and a youth.) You can decide on how much input you would like participants to have regarding their assignments. When you create groups, be sure to follow your congregations [Safe Sanctuaries policy](#). If a child or youth is traveling with unrelated adults, those adults must have completed a background check.

Invite small groups to explore the cars together. As they explore, you can ask them to take pictures with their smartphones and post them on Instagram with #taketheflagur, give them Poloroid cameras to document what they see as they explore, or invite them to take pictures and upload them to a secured folder (Dropbox, Onedrive, etc.) that is monitored by your church administrator for use throughout your church's participation in this resource.

Along the way, find a car mechanic and ask for an explanation of how the car works. Invite the mechanic to share stories and experiences as a car mechanic.

Invite the small groups to consider these questions as they travel:

#### I wonder...

- Where the wheels are located on the car(s)?
- Which design do you like best?
- Which car you would want to drive?
- What it would feel like driving in the car?
- Who takes care of the car?

At the end of the trip, ask participants to discuss these questions:

#### I wonder...

- What surprised you today?
- What did you learned today?
- How you experienced God today?

**Read together:** [2 Timothy 4:1-8](#)

**Say: We are in the drivers' seat. I wonder...**

- What is the author of Second Timothy calling us to do?
- How will you respond?

**Pray together:**

Lord, as we begin our study, we know that you are in charge. Help us listen and follow you in all that we say and do. Thank you for this time together. Help us continue to journey together as we learn more about you through this study. Amen.

**Alternative Activity:**

Invite participants and their families to go online, to look at different cars, here are two videos:

- How NASCAR car bodies are made: <https://www.youtube.com/watch?v=S622ggKfJCY>
- Looking at the interior of a NASCAR race car: <https://www.youtube.com/watch?v=g33VkuE2fjs>

Use the “I wonder questions” and scripture reading above to guide your conversation.

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**Option #2:**

Divide participants into small groups. Invite them to work together to build a pinewood derby car. At the end of the study host a race and invite all participants to attend. Offer various awards:

- Best paint
- Fastest car
- Most colorful
- Funniest car
- Most realistic
- Church choice (entire group picks)

This is an opportunity to work together and celebrate what can be accomplished when multiple generations join together. Ask participants to reflect on their favorite scripture and/or learning from this study in their car’s design. Have persons guess and share how they see the biblical learnings in each model/design. You might offer time each week during this study for groups to gather and work on their cars.

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**Option #3: Faith at Home**

In each session there is a Faith at Home option for activities to do at home. To prepare for these consider hosting a “get your engines ready” event for all participants and their families. Invite households to come and prepare for the study together. Remember: households might consist of a single person, a married couple without children, one or two parents with children, or older adults without children in the home.

Activities may include:

- Making flags to display in their homes. Ask households to include a place for each session’s scripture, spiritual discipline, and prayer practice (see pages 6, 47-51 of the Children’s Group Guide). They can add these each week in the reflection time together.
- Making conversation cards to put on their dinner table for conversation at night (See wonder questions for each session.)
- Decorating a notebook that will become their family faith scrapbook for this study.
- Inviting families to identify a time/place where they will reflect on God’s word, wonder, pray, and respond together each week. Have them write and sign a covenant to join together in this holy work.

## Session 1: The Green Flag Let the Race Begin

### **Mid-week Activity: Community Meal**

**Instructions:** Invite participants of all ages to gather for a weekly meal during the *Take the Flag* study. Encourage individuals to sit with people they do not know from different generations. You might choose to create intergenerational small groups for this weekly activity, inviting the same group of people to sit together each week.

As participants eat, invite them to discuss the following questions together:

- When do you talk to God during the week?
- When do you listen to God during the week?
- How will you make time to read and reflect on scripture this week?

### **Activity before weekly session**

**Instructions:** Each week gather participants together before the session begins. Divide into small intergenerational groups for these activities. If you are hosting the weekly meal, these small groups can remain the same in order to continue to build community. Every week you will: 1.) Make a group flag and 2.) Play a game or engage in an activity that will encourage participants of all ages to share, listen, and discover together.

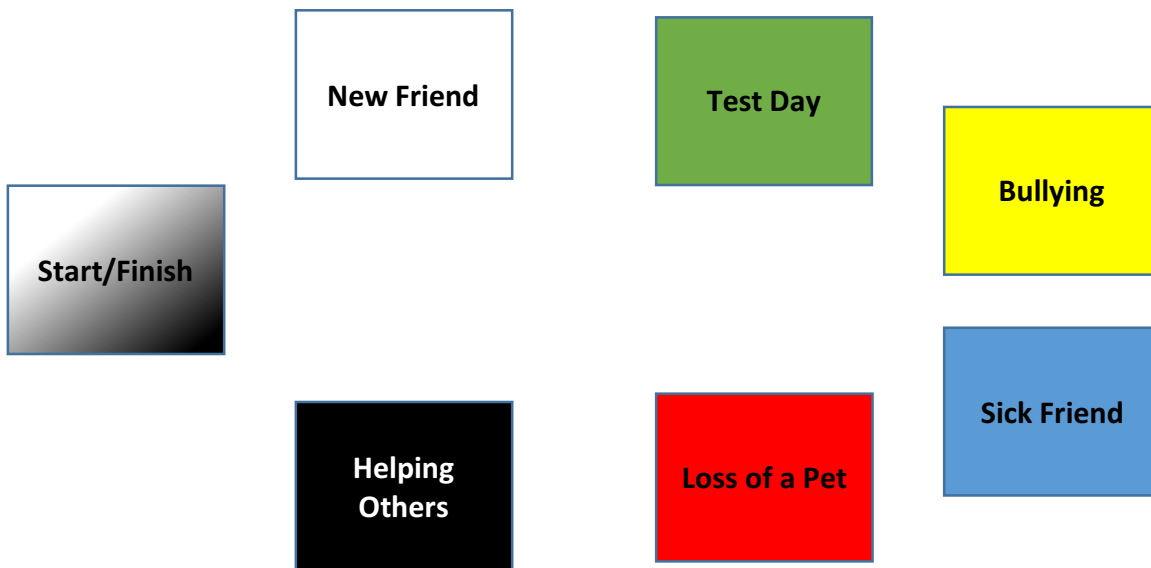
### **Flags:**

**Instructions:** Ask each small group to create a flag together. Provide material or paper and drawing supplies for this week's flag color. Include these items on the flag: the session's scripture, spiritual discipline, and prayer practice (see pages 6, 47-51 of the *Children's Group Guide*). Invite participants to display their flag as a symbol for their new community and as a reminder that they are growing in their faith together.

**Play:** Create a life-size racetrack board game. Use *cardstock paper or large index cards* to make the track, and place 7 cards in a circle on the floor in the gathering space. Each card represents a different life event/situation. See the illustration for the label to print on each card.

Invite participants to use *dice or a spinner* to determine how many spaces to move ahead on the game board. When it is the player's turn, the player rolls the dice or uses the spinner—the number that is revealed is shows how many spaces the player must physically move. Once the player reaches their designated card, invite them to read the text and answer the question.

**NOTE:** There are no wrong answers. This game gives players an opportunity to share their life experiences and thoughts. After a player answers the question, it is the next player's turn. Players need to make 5 laps around the racetrack in order to win. When players complete a lap, give them a paper bracelet or another marker indicating one lap completed. The game ends when one person has 5 bracelets/markers. See the racetrack and text/questions listed on the next page.



**New Friend:** A new person just started at your school or workplace. What does your faith in God encourage you to do?

**Test Day:** You have a big test or presentation at school/work today. You have studied and feel prepared. How will you trust God and have faith as you take the test/give the presentation?

**Bullying:** You see someone at school/work being bullied. Someone is not being nice or respectful to another person. How do you trust God and respond faithfully?

**Sick Friend:** You just found out your friend is sick. You are worried and scared and wonder: *Will they be ok?* How do you trust God and keep your faith during this time?

**Loss of a Pet:** Your dog/cat/other animal just died. It is really hard to say good-bye. How do you lean on and trust in God during this difficult time?

**Helping Others:** You are running late to school/work. You see someone who needs your help. What does your faith in God help you to do?

### Faith at Home

**Instructions:** Practice your faith at home together. Identify a day/time when your family will be able to read scripture, wonder, and respond together. Each week gives you an opportunity to practice the spiritual discipline listed in the **Youth Group Guide (pages 11, 17, 22, 27, 32, 37, 44)**.

**Read:** [Romans 10:8-13](#) (You might choose to read one verse a day.)

### Wonder together:

- How did you show faith today?
- When was it hard to trust God?
- How can you practice faith tomorrow/this week?
- Faith is trusting God. How can we grow in our faith together?

**Respond:**

Invite each family member to write about/draw their faith story every week—how they experienced God and practiced their faith. You might choose to share these stories at mealtime, bedtime, after school, or at another appropriate time during the day. Keep the stories to include in your family faith scrapbook you are creating during this study.

**Pray together** (see the Children’s Group Guide page 6 and in full color on pages 47-51)

Pray these prayers at bedtime, after school, at mealtime, or at another designated time each day. Set aside time each day to pray and talk to God.

**Gratitude Prayer**

Dear God, I am grateful for these three things:

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

Thank you for filling my life with blessings. Amen.

**Family Prayer**

Dear God,  
Help us race to share your kindness.  
Help us race to share your mercy.  
Help us race to share your justice.  
Help us race to share your love.  
Amen.

## **Session 2: The Yellow Flag** **Heeding the Cautions**

### **Mid-week Activity: Community Meal**

See instructions on page 5 of this guide.

As participants eat, invite them to discuss the following questions:

- When did you spend time practicing devotion (reading and reflecting on God’s word) this week?
- What did you discover about God in scripture ([Romans 10:8-13](#))?
- What did you learn about yourself in scripture ([Romans 10:8-13](#))?
- How did you show faith this week?
- When will you take time to practice meditating (listening and talking to God) this week?

### **Activity before weekly session**

See instructions on page 5 of this guide.

### **Flags:**

See instructions on page 5 of this guide.

**Play:** Set up an obstacle course in your gathering area—use chairs, tables, or other items you have on hand. Invite small groups to move through the obstacle course together. Blindfold one person and have them try to get through the obstacle course on their own. Invite another person to go through the obstacle blindfolded with one silent person as their guide. Have another person go through the obstacle blindfolded with one vocal person as their guide. Have a final person go alone, blindfolded, through the obstacle course, with a member of the group placed at each obstacle to help (in whatever way possible) caution and guide the person through the obstacle course. Ask each person to reflect on their experience:

- What made going through the obstacle course hard?
- What made going through the obstacle course easy?
- Who acts as a guide in your life as you try to find your way?
- How does God help us move through the obstacles of life?

### **Faith at Home:**

See instructions on page 6 of this guide.

**Read:** [Matthew 4:1-10](#) (You might choose to read a couple of verses a day)

### **Wonder together:**

- Who helps you see caution signs, slow down, and make good decisions?
- When did you see a warning sign that made you slow down?
- When was it hard to listen to God?
- When did you listen to God and others and make a good decision?



**Respond:**

Invite each family member to write about/draw their faith story: When did they see a caution sign and slow down? When did they have to make a decision? When did they make a wrong decision? What did they do? When did they make a good decision? Who helped them?

Share your stories at bedtime, after school, at mealtime, or at another designated time each day. Keep the stories to include in your family faith scrapbook you are creating during this study.

**Pray together** (see the Children's Group Guide page 6 and in full color on pages 47-51)

Pray these prayers at bedtime, after school, at mealtime, or at another designated time each day. Set aside time each day to pray and talk to God.

**Breath Prayer**

Take a few deep breaths. As you breath in, say, "God is with me."

As you breathe out, say, "All the time."

(Repeat as many times as you want.)

**NOTE:** *The breath prayer is a good prayer to practice when someone is upset and needs help calming down.*

**Family Prayer**

Dear God,

Help us race to share your kindness.

Help us race to share your mercy.

Help us race to share your justice.

Help us race to share your love.

Amen.

### **Session 3: The Blue Flag** **Moving to the Outside Lane**

#### **Mid-week Activity: Community Meal**

See instructions on page 5 of this guide.

As participants eat, invite them to discuss the following questions together:

- When did you spend time practicing meditation (listening and talking to God) this week?
- What did you discover about God in scripture ([Matthew 4:1-10](#))?
- What did you learn about yourself in scripture ([Matthew 4:1-10](#))?
- What signs of caution did you receive this week?
- When did you slow down this week?
- When will you take time to serve God by showing love to a neighbor?

#### **Activity before weekly session**

See instructions on page 5 of this guide.

#### **Flags:**

See instructions on page 5 of this guide.

**Work:** Invite small groups to work alongside one another to help someone. You might have them work on a project in your community, or plan to put together relief supply kits for UMCOR, <http://www.umcor.org/UMCOR/Relief-Supplies>, or invite them to help with another churchwide project. After they complete their work, ask them to respond to these wondering questions in their group:

#### **I wonder...**

- What was your favorite part of this work?
- What made this work difficult?
- What made this work easier?
- How does helping someone else make you feel?
- How you experience God in and through this work?

#### **Faith at Home:**

See instructions on page 6 of this guide.

**Read:** [Matthew 20:29-34](#) (You might choose to read one verse a day.)

#### **Wonder together:**

- When has someone helped you? How did it feel?
- When have you seen someone who needed help, but you did not stop or know how to help? How did this make you feel?
- When have you helped someone else? How did it feel?
- Who needs our help?
- How can we help and share God's love with them?

**Respond:**

Use the wondering time to discern who your family is being called to help and how you can reach out in Christian love and service. Work as a family to respond to this call—helping your neighbor and sharing Christ’s love.

Invite each family member to write about/draw their experience with service:

- How did it feel to help someone?
- How did they experience God in this work?
- What is God asking them to do next?

Share your stories at bedtime, after school, at mealtime, or at another designated time each day. Keep the stories to include in your family faith scrapbook you are creating during this study.

**Pray together** (see the Children’s Group Guide page 6 and in full color on pages 47-51)

Pray these prayers at bedtime, after school, at mealtime, or at another designated time each day. Set aside time each day to pray and talk to God.

**Intercessory Prayer**

Dear God,  
Today I pray for people who won *and* people who lost.  
I pray for people who need help *and* people who help.  
I pray for my team *and* I pray for the other team.  
May people feel your love in bad times *and* good times.  
Amen.

**Family Prayer**

Dear God,  
Help us race to share your kindness.  
Help us race to share your mercy.  
Help us race to share your justice.  
Help us race to share your love.  
Amen.

## Session 4: The Red Flag The importance of the delay

### **Mid-week Activity: Community Meal**

See instructions on page 5 of this guide.

As participants eat, invite them to discuss the following questions together:

- When did you spend time serving others (sharing Christ's love) this week?
- What did you discover about God in scripture ([Matthew 20:29-34](#))?
- What did you learn about yourself in scripture ([Matthew 20:29-34](#))?
- When did you see blue flags this week—people in need of help?
- When will you take time to rest and spend time with God (practice sabbath) this week?

### **Activity before weekly session**

See instructions on page 5 of this guide.

### **Flags:**

See instructions on page 5 of this guide.

### **Play:**

Invite small groups to play the game “Red light, Green light” together. Identify one person in each group as the game leader. All other members of the small group line up several feet in front of the leader. The leader then calls out (and waves the matching colored flag): “Green light”—go, “Red light”—stop, or “Yellow light”—slow down. The first person to reach the leader wins and gets to be the leader. Continuing playing until everyone reaches the finish line.

After the game, have small groups wonder together:

### **I wonder...**

- What your favorite part of this game?
- What made this game difficult?
- What made this game easy?
- How did it feel to race toward the finish line?
- How did it feel to slow down, or stop?
- How you experience God in this game?

### **Faith at Home:**

**Read:** [Luke 5:12-16](#) (You might choose to read one verse a day.)

### **Wonder together:**

- When have you had to stop in the middle of an activity? How did it make you feel?
- When do you take time to stop and talk to and listen to God? How does this make you feel?
- Why is it important to stop and rest?
- When can our family stop and spend time with God and each other during the week?

**Respond:**

Use the wondering time to discern when and how your family can practice sabbath together. Write a covenant together identifying the time and place when you all will practice the sabbath together. What will this look like for your family?

Invite each family member to write about/draw their experience with sabbath:

- How did it feel to stop and spend time with each other and with God?
- How did they experience God in this practice?
- What is God asking them to do next?

Share your stories at bedtime, after school, at mealtime, or at another designated time each day. Keep the stories to include in your family faith scrapbook you are creating during this study.

**Pray together** (see the Children's Group Guide page 6 and in full color on pages 47-51)

Pray these prayers at bedtime, after school, at mealtime, or at another designated time each day. Set aside time each day to pray and talk to God.

**Prayer of Examen**

As I think over my day,

\_\_\_\_\_ made me sad.

\_\_\_\_\_ made me glad.

\_\_\_\_\_ made me sorry

Tomorrow, I pray I will \_\_\_\_\_.

Amen.

**Family Prayer**

Dear God,

Help us race to share your kindness.

Help us race to share your mercy.

Help us race to share your justice.

Help us race to share your love.

Amen.

## Session 5: The Black Flag When it is time to leave the race

### **Mid-week Activity: Community Meal**

See instructions on page 5 of this guide.

As participants eat, invite them to discuss the following questions together:

- When did you take a break, rest, and spend time with God and your family (practice sabbath) this week?
- What did you discover about God in scripture ([Luke 5:12-16](#))?
- What did you learn about yourself in scripture ([Luke 5:12-16](#))?
- When did you see red flags this week—reminders to stop and take a break?
- When will you take time to talk to God—sharing the times when you made mistakes and asked for forgiveness (practice confession) this week?

### **Activity before weekly session**

See instructions on page 5 of this guide.

### **Flags:**

See instructions on page 5 of this guide.

### **Play:**

Invite small groups to play the game “Two Truths and a Lie” together. Tell everyone to silently think of two things about themselves that are true. Then ask them to think of one thing that is not true. Go around the circle with each person sharing their three statements. The group has to guess which statement is the lie.

After the game, have small groups wonder together:

### **I wonder...**

- What was your favorite part of this game?
- What made this game difficult?
- What made this game easy?
- How did it feel to lie?
- How did it feel to share your true statements?
- How you experienced God through this game?

**Say:** Sometimes it feels easy to do the right thing; sometimes it is hard. The same can be true about doing the wrong thing. When we are making decisions in life, we need to listen to God and to other persons that we can trust to help us make the right decision. The black flags in our lives help us stop and confess, or apologize when we have done something wrong and hurtful to another person.

### **Faith at Home:**

**Read:** [Mark 9:50](#) (the Children’s Group Guide uses only verse 50, [verses 43-50](#) are hard passages to teach to young children). This week, read the verse together. Talk about what it means for us to use our bodies to do good things—to be salt—helping and loving others.)

**Wonder together:**

- When have you made a mistake? How did it feel?
- When did you do something good? How did it feel?
- When have you apologized or made peace with another person? How did it feel?
- What it means to be salt?
- What God wants us to do?

**Respond:**

Use the wondering time to reflect on what it means to be salt, to share God's love with others, and to live in peace with other persons. Talk about why it is important to confess and apologize when we do something wrong; explore together the gift of God's grace and forgiveness. Give thanks to God for loving us and forgiving us no matter what choices we make.

Invite each family member to write about/draw their experience with confession:

- How did it feel to stop and talk to God—sharing when we made mistakes and asking God for forgiveness?
- How did they experience God in this practice?
- What is God asking them to do next?

Share your stories at bedtime, after school, at mealtime, or at another designated time each day. Keep the stories to include in your family faith scrapbook you are creating during this study.

**Pray together** (see the Children's Group Guide page 6 and in full color on pages 47-51)

Pray these prayers at bedtime, after school, at mealtime, or at another designated time each day. Set aside time each day to pray and talk to God.

**Prayer of Confession**

Dear Jesus,  
I'm so sorry I did \_\_\_\_\_.  
Help me to not do it again.  
Amen.

**Family Prayer**

Dear God,  
Help us race to share your kindness.  
Help us race to share your mercy.  
Help us race to share your justice.  
Help us race to share your love.  
Amen.

## Session 6: The White Flag Getting in Position for the Final Stretch

### **Mid-week Activity: Community Meal**

See instructions on page 5 of this guide.

As participants eat, invite them to discuss the following questions together:

#### **I wonder...**

- When did you see black flags this week, reminding you to stop and confess?
- How did it feel to receive God’s forgiveness?
- What did you discover about God in scripture ([Mark 9:50](#))?
- What did you learn about yourself in scripture ([Mark 9:50](#))?
- When will you take time to talk to God this week, letting go of all the things that are bothering you (practicing surrender)?

### **Activity before weekly session**

See instructions on page 5 of this guide.

#### **Flags:**

See instructions on page 5 of this guide.

#### **Play:**

Invite small groups to play the game “I Surrender together. Have each person silently think about 1-5 things that are bothering them, that they are worried about, and/or that they are afraid of. Invite participants to write/draw these things on a piece of paper.

Invite participants to wad their pieces of paper into a ball. Have group members line up and take turns throwing their worries into a trash can (note: depending on the person’s age you might choose to move the basket closer or further away—the point is to get it into the basket. There are no winners or losers in the game, so set up each person for success. As persons throw away their worries, have them say: “I surrender all!”

After the game, have small groups wonder together:

#### **I wonder...**

- What was your favorite part of this game?
- What made this game difficult?
- What made this game easy?
- How did it feel to throw away your worries?
- How does it feel to know we can talk to God when we are worried or scared?
- How you experience God through this game?

**Closing:** Invite or teach the group how the Taizé song “[Jesus, Remember Me](#)”

#### **Faith at Home:**

**The Children’s Group Guide p. 28 substitutes this verse for the one in the book.**

[Luke 23:42-43](#) (Each day read the verses together. Then take time to wonder and reflect together).



This passage is from the book *Take the Flag* p. 87

[Luke 22:39-46](#)

### Wonder together:

- When have you been worried or afraid?
- If there is something you are worried about or afraid of today?
- What did Jesus do when he was scared?
- How does it feel to talk to God when we are worried or afraid?
- What do you want to let go of/surrender?

### Respond:

Use the wondering time to reflect on what it means to surrender or give God our worries and fears. Talk about why it is important to share these worries with God and a person that we trust. You might choose to invite members of your family to write down or draw the things they are afraid of—and then destroy and/or throw them away as they say: “I surrender all to Jesus.” Give thanks to God for being with us, especially when we are worried or afraid.

Invite each family member to write about/draw their experience with surrender. Then discuss these questions:

- How does it feel to surrender our worries and fears to God?
- How did they experience God in this activity?
- What is God asking them to do next?

Share your stories at bedtime, after school, at mealtime, or at another designated time each day. Keep the stories to include in your family faith scrapbook you are creating during this study.

**Pray together** (see the Children’s Group Guide page 6 and in full color on pages 47-51)

Pray these prayers at bedtime, after school, at mealtime, or at another designated time each day. Set aside time each day to pray and talk to God.

### The Lord’s Prayer

Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as in heaven. Give us today our daily bread. Forgive us our sins as we forgive those who sin against us. Save us from the time of trial, and deliver us from evil. For the kingdom, the power, and the glory are yours now and for ever. Amen.

### Family Prayer

Dear God,  
Help us race to share your kindness.  
Help us race to share your mercy.  
Help us race to share your justice.  
Help us race to share your love.  
Amen.

## Session 7: The Checkered Flag Getting in Position for the Final Stretch

### **Mid-week Activity: Community Meal**

See instructions on page 5 of this guide.

As participants eat, invite them to discuss the following questions together:

#### **I wonder...**

- When did you see white flags this week, reminding you to stop and surrender?
- How did it feel to let go and give God your worries and fears?
- What did you discover about God in scripture ([Luke 23:42-43](#) , [Luke 22:39-46](#))?
- What did you learn about yourself in scripture ([Luke 23:42-43](#) , [Luke 22:39-46](#))?
- How you will practice the spiritual discipline of holiness this week? Choose one action to try that will help you to love God and love neighbor.

### **Activity before weekly session**

See instructions on page 5 of this guide.

#### **Flags:**

See instructions on page 5 of this guide.

#### **Play:**

Invite small groups to play the game “I Love My Neighbor” together.

*Set Up:* Position chairs/cones to form a circle. Make sure there is one less cone/chair than the number of players.

#### *How to Play:*

- The person standing in the center of the circle begins the game by saying “I love my neighbor, especially my neighbor who...”
- The player completes the sentence with a statement that is true for him/her:
  - Example: “I love my neighbor, especially my neighbor who was born outside our state/country, loves to play basketball, has a pet, is an only child,” etc.).
- As soon as the player finishes the statement, everyone (including the person in the center) this statement applies to moves from their cone/chair to an empty cone or chair that is not right next to them.
- The person who remains in the middle begins a second round of the game. Continue playing until everyone in the group has taken a turn.

**After the game,** have small groups wonder together:

#### **I wonder...**

- What was your favorite part of this game?
- What made this game difficult?
- What made this game easy?
- What did you learn about the members of your small group?
- How did you experience God through this game?

**Say:** Today we will talk about what it means to finish the race—sharing God’s hope and love with others. This is what it means to practice the spiritual discipline of holiness—loving God and loving neighbor. This is how God calls us to live.

**Faith at Home**

**Read:** [Luke 24:1-12](#) (You might choose to read a couple of verses everyday.)

**Wonder together:**

- What is your favorite part of the story?
- How did you experience God in the story?
- Where you are in the story?
- What does it means to say and believe that Jesus is risen?
- What is God calling us to do next?

**Respond:**

Use the wondering time to reflect on what it means to claim that Jesus is risen and how our faith guides us in how we live every day. Talk about the Greatest commandment—to love God and love neighbor. Decide as a family: how will you practice holiness this week? Again create a covenant with one another. Gather within a week to reflect on your actions and to see how each of your family members lived into the covenant as they practiced the spiritual discipline of holiness.

Invite each family member to write about/draw their experience of practicing holiness:

- How does it feel to love God and love neighbor?
- How did you experience God in this practice?
- What is God asking us to do next?

Share your stories at bedtime, after school, at mealtime, or at another designated time each day. Keep the stories to include in your family faith scrapbook you are creating during this study.

**Pray together** (see the Children’s Group Guide page 6 and in full color on pages 47-51)

Pray these prayers at bedtime, after school, at mealtime, or at another designated time each day. Set aside time each day to pray and talk to God.

**Prayer of Thanksgiving**

Loving God, I am so thankful for:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Thank you.

With Jesus I will continue to race to share your kindness, your mercy, your justice, and your love.  
Amen.

**Family Prayer**

Dear God,  
Help us race to share your kindness.  
Help us race to share your mercy.  
Help us race to share your justice.

Help us race to share your love.  
Amen.

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She has 19 years of experience as a Christian Educator and minister to children and families in the local church and 2 years as the director of children and intergenerational ministries at Discipleship Ministries, an agency of the United Methodist Church.

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Tanya enjoys spending time with her husband, Ryan, and her Portuguese water dog, Bela Esperança (beautiful hope). She believes that God is actively present in the lives of all people and enjoys discovering God in every life moment.