

April 2014

Dear SONrise Church Family,

Welcome to Family Focus!! The purpose of Family Focus is to help train and equip parents to teach their children the Word of God. The Bible teaches through Deuteronomy 6:6-7; Psalm 78:4 and Proverbs 22:6 that parents are to be the primary spiritual leaders and teachers of their children. Therefore, instead of the "traditional" Sunday School model, we, at SONrise Church, have made the intentional shift in the way we minister to children, by equipping parents to be the primary spiritual leaders of their families. Family Focus is a Bible teaching model that helps families learn spiritual truths together. Our desire at SONrise is to see each family unit spend one hour each week in the Bible together. To help you with this adventure, we have provided materials for you. The materials will be available on the website or you can pick up a new packet each month at SONrise.

To start out 2014 we are going to be working our way through the book of Proverbs. The book of Proverbs could be called a "Handbook to Life", it addresses money, friends, parenting, dating, marriage, and so much more. As we go through the book of Proverbs we will be making a list of each of the main points we have learned so that you can return to it again and again. On the back of this sheet you will find the list of topics and supplies needed for this month.

When you go through the Family Focus material, you are going to REAP - read, explore, apply and pray.

**Read** - In this section, you will read a short explanation about the passage of scripture we are reading and read the passage.

**Explore** - In this section you will be digging into the passage and exploring the meaning of the passage. This section includes questions and ideas for discussion.

**Apply** - This is where you will find activities to help your kids to make the passage real. Every week there is a different activity, there are games, snacks, movies and art activities.

**Pray** - It can be hard to take the time to pray as a family, but it is worth it and important to take ample time to pray together and for each other.

Our prayer for you is that as you REAP together you will reap a great harvest in your family.

We love you!

Cristine Braddy for the SONrise staff

# Looking Ahead

This is a brief description of the lessons for this month. It includes a list of supplies and topics, as well as additional resources to help you prepare for each week. Hopefully, this will help you be better prepared. Please know that the staff is praying for you as you endeavor to disciple your children and teens.

## **Week 1 - The Cure - There is Hope!**

Supplies:

- Small Terra Cotta flower pot
- Terra Cotta flower pot drain
- Potting soil
- Rock
- Twigs
- Grass Seed

## **Week 2 - The Cure - It All Happened Over Dinner!**

This week we are going to be learning about the Lord's Supper. This would be a great opportunity to sit down to a special meal as a family, but even just sitting down together and doing this will be meaningful, even if it's just PB&J. We are still going to REAP, its just going to be mixed up a little bit. Don't worry, it is scripted for you, so just follow along and it should fall into place.

Supplies:

- Basin to wash feet
- Bread or Crackers
- Grape Juice

## **Week 3 - The Cure - Jesus Our Sacrifice**

Supplies:

- Grapevine wreath
- Biscuits
- Butter, Cinnamon
- Marshmallows

## **Week 4 - The Cure - Two Gifts**

Supplies:

- Cell phone

# The Cure

## Week 1

### Read

\*\*\* Included in this packet is a devotional for the month of April to take you through the whole story of the Bible leading up to Easter. There is a short reading for each day, it is something that you could easily read as a family before dinner or at bedtime or you could have each family member read it individually.

There is hope! We spent a month talking about the things that cause heart trouble, we could spend a lifetime listing our sin, our shortfalls and our weaknesses. The problem with that is no matter how detailed and comprehensive our lists are, we won't feel better and our hearts won't be cured of the trouble that overwhelms them. None of us are good, none of us are righteous, all of us fail, and all of us sin. We need something that only God can offer. He has made a way for us to be made right and to have a clean heart. This month we are going to take the time to prepare our hearts for Easter. God, the Father, had a plan to restore our relationship with Him. Without Christ none of us has a good heart, we might think our motives were good, but without Christ none of us are good. I am so thankful that He chose to die and give His goodness to me. **Read Romans 3:21-26** about God's plan to cure our hearts.

### Explore

(answers are in gray italics and come from the NLT version of the Bible, you can use any version, the wording will just be a little different)

Who showed us a way to be made right? (preK - 12th)

*God*

This way didn't require us to follow the law, instead what makes us right? (vs. 22)

*Placing our faith in Jesus*

Who is this true for? (vs. 22)

*Anyone who believes in Jesus*

Who has sinned? Who has fallen short of God's standard? (vs 23)

*Everyone!*

Even though we have sinned what does God, with his undeserved kindness, declare us as? (vs 24)

*Righteous*

Who did he do this through? (vs 24)

*Jesus*

How did he do this? (vs25)

*By presenting Jesus as a sacrifice for our sin.*

When we believe that Jesus shed his blood for our sins, what does God declare us? (vs 26)

*right in his sight*

Is there anything we can boast in? (vs 26)

*No!*

Why is there nothing that we can boast in? (vs 26)

*It has nothing to do with us following the law and just has everything to do with us having faith.*

Have you believed that Jesus shed His blood for your sins to make you right with God? If not there is no better time than this moment.

## Apply

### Plant an Easter Garden:

Our application activities for this month take a little more planning ahead, but they have the potential of being very meaning as we head into the Easter season. This week's activity is taken from this blog post <http://thefrugalthomemaker.com/2012/04/06/friday-fun-frugal-finds-an-easter-garden-tutorial/>. She has some great pictures that will probably help you with the process.



Plant an Easter Garden! Using potting soil, a tiny buried flower pot for the tomb, shade grass seed, & crosses made from twigs. Sprinkle grass seed generously on top of dirt, keep moistened using a spray water bottle. Spritz it several times a day. Set it in a warm sunny location. Sprouts in 7-10 days so plan ahead. The tomb is EMPTY! He is Risen! He is Risen indeed!

Add our **Key Verse** to your verse pack:

For everyone has sinned; we all fall short of God's glorious standard. Yet God, with undeserved kindness, declares that we are righteous. He did this through Christ Jesus when he freed us from the penalty for our sins.

Romans 3:23-24

## Pray

Take some time to thank God for the gift of His son.

If you have started a prayer journal as a family pull that out and look at your specific requests, take time to record the ways that God has answered those requests. If you haven't started, you can start to record your family's requests on the prayer journal pages. Take some time to pray for each other.

# The Cure - It All Happened Over Dinner!

## Week 2

### Read 1

Jesus gathered his disciples to sit down for a very special meal. Jesus and His disciples were sitting down to the Passover meal. This was a meal of remembrance that God had asked the Israelites to celebrate clear back in Exodus. Moses had asked Pharaoh to free the Israelites. Each time that Pharaoh refused, the LORD sent a plague. There were nine plagues, until finally the LORD said he would kill the firstborn sons of all the Egyptians. He gave the Israelites a set of very specific instructions to complete so that the angel of death would pass over their homes and not kill their firstborn children. The Israelites were to choose an unblemished lamb or young goat for sacrifice and to be eaten that night. The Israelites were to slaughter the lamb at twilight. They were to take the blood and smear it on the sides and tops of the doorframes. Then they would roast the meat and eat it with bitter salad greens and unleavened bread. Then the LORD said, "On that night I will pass through the Land of Egypt and strike down every firstborn son and firstborn male animal in the land of Egypt. I will execute judgment against all the gods of Egypt, for I am the LORD! But the blood on your doorposts will serve as a sign, marking the houses where you are staying. When I see the blood, I will pass over you. This plague of death will not touch you when I strike the land of Egypt. This is a day to remember, Each year, from generation to generation, you must celebrate it as a special festival to the LORD. This is a law for all time." (Exodus 12:12-14) Jesus and his disciples would be sitting down to this time of great remembrance when the following events took place. **Read John 13:1-17.**

### Apply 1

After reading the passages, parents wash kids feet. While washing feet, discuss the questions in the Explore section.

### Explore 1

(answers are in gray italics and come from the NLT version of the Bible, you can use any version, the wording will just be a little different)

How did Jesus serve his disciples in an unexpected way? (preK -12th)

*washing their feet*

How did Peter respond to this? (preK -12th)

*He said that he wouldn't let Jesus wash his feet.*

How would you respond to Jesus washing your feet? (K -12th)

Jesus says that we should serve because he served. What are some ways that you can serve in unexpected ways? (K -12th)

### Read 2

The Book of Matthew also gives us an account of this Passover meal. Let's pick up the story in Matthew and see what happens. **Read Matthew 26:20-30.**

## Apply 2

### Communion -

Serve communion to your family.

- Pass out the bread. As you hand your family members the bread, look them in the eye and say, "This is Jesus body broken for you."
- Pass out the juice. As you hand your family members the juice, look them in the eye and say, "This is Jesus blood shed for you."

## Pray

Go around the table and have each person thank Jesus for what he did for you.

## Explore 2

Have dinner and enjoy a discussion about the scripture we have read and the activities that just took place.

Who is our blameless passover lamb? (preK - 12th)

*Jesus*

What kind of picture do you think that God is painting by sending Jesus to the cross at the same time as the passover feast? (6th -12th)

*This is the ultimate passover, Jesus is our unblemished sacrifice and those who know Jesus are permanently covered by his blood.*

Add our **Key Verse** to your verse pack:

For everyone has sinned; we all fall short of God's glorious standard. Yet God, with undeserved kindness, declares that we are righteous. He did this through Christ Jesus when he freed us from the penalty for our sins.

Romans 3:23-24

## Pray

At the end of your meal, do as Jesus and his disciples did, "Then they sang a hymn and went out to the Mount of Olives." Matt 26:30. You can play your favorite worship song or go to <http://torringtonsonrisechurch.com/#/family-focus/materials> and click on the link "Jesus Messiah" or "10,000 Reasons".

# The Cure - Jesus Our Sacrifice

## Week 3

### Read

Last week we read about the passover meal that the disciples shared. In Matthew 26:30, it said that the disciples ended with singing and going to the Mount of Olives. On their way to the Mount of Olives, Jesus begins to prepare the disciples for what's coming next and warns them that they will all desert him before the night is over. Because they love Jesus, they can't imagine this. Peter leads the charge in declaring that he will never desert Jesus. The other disciples agree with him. They arrive at Gethsemane, an olive grove, to pray. The disciples fall asleep while Jesus pours his heart out to God the Father. In John 17, we get a glimpse of what Jesus prayed to the Father. After Jesus has prayed for the second time, he wakes the disciples and tells them that his betrayer, Judas, has arrived to betray him. Jesus is arrested and questioned by Pilate. **Read Matthew 27:32-65, 28:1-10** to finish the story.

### Explore

Last we talked about how the Israelites in Egypt needed a passover lamb and their doors had to be covered in the lamb's blood for their firstborns to escape death. We also need a blameless sacrificial lamb's blood to cover us so that we can escape death. Whose blood covers us so that we can escape eternal death? (preK-12th)

*Jesus, his life was sinless and perfect*

Why was it necessary for Jesus to die on the cross? (preK-12th)

*for the forgiveness of sins, (God is holy and just and sin has to be punished)*

**Read Leviticus 17:14 and Hebrews 9:22.** What does there need to be for the forgiveness of sin?

*the shedding of blood*

**Read I Corinthians 15:14-20.** Why was the resurrection necessary? (4th-12th)

*Jesus conquered sin and death and this means that Jesus really is God*

**Read Philippians 3:10.** What did Paul want to know? Do you want to experience this as well? How do you think that you can experience this?

*the power that raised Christ from the dead lives in us!*

### Apply

#### Crown of Thorns



You will need:

a small grapevine wreath

a box of toothpicks

Each time you need to repent this week, place a toothpick in the wreath. Let this be a literal reminder of your sins going to the cross with Jesus.

taken from <http://www.aholyexperience.com/2013/03/christian-easter-activity-family-holy-week/>

# EMPTY TOMB ROLLS

(Resurrection Rolls from [pleasegivepeasachance.blogspot.com](http://pleasegivepeasachance.blogspot.com))

*If you declare with your mouth, "Jesus is Lord," and believe in your heart that God raised him from the dead, you will be saved. Romans 10:9*



3 Ingredients. 3 days.  
3 nights. Biscuits= linens  
Butter and cinnamon= oil  
and spices.



Flatten out a biscuit.  
This represents the linens  
Jesus was wrapped in.  
Mark 15:46.



White marshmallows represent  
our sinless Savior. The butter  
represents the oil Jesus was  
anointed with.  
Luke 23:55-56



Roll the marshmallow in  
spices. Jesus was wrapped  
in linen and spices.  
John 19:38-40



Wrap the linen strips and  
pinch each one to seal.



Roll in butter to prevent  
sticking. Place seam side  
down in a muffin tin.



Bake.  
Read Matt.12:40, Luke 24:1-8.  
Jesus was in the tomb for 3  
days and 3 nights.



Let cool for 5-7 minutes.  
Tear open, the tomb is  
**EMPTY!**  
Romans 10:9

Review our **Key Verse** :

For everyone has sinned; we  
all fall short of God's  
glorious standard. Yet God,  
with undeserved kindness,  
declares that we are  
righteous. He did this  
through Christ Jesus when  
he freed us from the penalty  
for our sins.

Romans 3:23-24

## Pray

Take some time to pray together.

What are some things that you need  
to pray for as a family?

What are some concerns that you  
have?

What can you thank God for?

# The Cure - Two Gifts

## Week 4

### Read

Jesus has dinner with his friends, prays, dies on the cross and rises from the dead. Is that the end of the story? Rising from the dead is a pretty cool way to end a story, but it gets better. Jesus rising from the dead was only the beginning for us and our story. I love the account in Luke about Jesus, because it continues straight from Luke to Acts. Luke wrote Acts and didn't miss a beat between the books, we get to see the whole picture. We find out what happened next and we find out that Jesus left this earth to return to God the Father in Heaven but he didn't leave us alone. He left us with a couple of gifts to help us. We are going to look at those gifts and the ways that they help us. **Read Luke 24:49-53.**

### Explore

(answers are in gray italics and come from the NLT version of the Bible, you can use any version, the wording will just be a little different)

Who did Jesus promise to send?

*The Holy Spirit*

The believers received the Holy Spirit after Jesus ascended to heaven, you can read about this at the beginning of Acts 2. How do we receive the Holy Spirit? **Read Acts 2:38-39.**

*We receive the Holy Spirit upon salvation, when we repent and accept Jesus' gift of forgiveness*

Read these passages and notice some different character traits of the Holy Spirit and the ways that he helps us.

- John 14:16-17 - Counselor
- John 16:13 - Teacher/ Guiding
- I Corinthians 6:11 - Makes us Holy
- Romans 8:26 - Takes Our Prayers to God the Father
- I Corinthians 3:16 - Lives inside us
- Galatians 4:6 - Makes us a son and gives us the rights of sons
- John 14:26 - Counselor, Advocate, Helper
- John 16:8 - Convicts us of sin

If you want to know more about the Holy Spirit, [gotquestions.org](http://gotquestions.org) has some great articles.

Jesus left us with a pretty sweet gift. The disciples had Jesus walking next to them, but if we choose to believe in Jesus we have the Holy Spirit living inside of us. That is pretty cool!

This is not the only gift Jesus left us. He knew that we need something tangible, something that we could touch and see and hear, so he left us with the gift of the church. **Read Acts 2:41-47.** This is the first description of the church given in the New Testament. I love this description of the church, they are a brand new group, they are growing in numbers and they love being together. Because the church is made up of real people, they eventually grow tired of each other and don't treat each other very well. Much of the New Testament is made up of letters written to the church helping them learn how to get along and live the way that God would want them to live. This is a pretty special gift from Jesus because in **Ephesians 5:25** we read that Jesus loved the church so much that he died for the church.

How would you describe SONrise church?

How would you describe your relationship with SONrise church?

Do you love the church and being a part of the church?

One of the ways you can show your love to Jesus is by loving and serving His church. How are you serving His church?

## Apply

### Scavenger Hunt -

Item Needed: cell phone

Instructions for a scavenger hunt

1) Write out tasks for a simple scavenger hunt.

Ideas:

- Go to the gas station and find out the price of gas.
- Go to the store, buy a candy bar, and give it to the clerk.
- Stop at the park and run around the swing set.
- Go to a neighbor's house and tell them how nice their yard looks.
- Sing a song while sitting in the closet.
- End with: Go to the ice cream store/McDonald's and enjoy a cone.

2) Arrange for someone (a neighbor or friend) to call or text you on your cell phone and read you the next task to complete. (Estimate about how much time each task will take so they will know when to call. You may have to wait a few minutes for the next task, but that's okay.)

3) Gather the family together and wait for the first call to tell you what to do. Complete each task and end up at a fun place—the ice cream store.

Talk about it:

**What did you like about this?**

**What did we need to do to complete each task?** (Wait until we were told what to do, wait and listen for the instructions, etc.)

**What would have happened if we chose NOT to listen to the instructions?** (We wouldn't be able to complete all the tasks, we would have missed out on the treat at the ice cream store, etc.) God gives us the Holy Spirit to live inside us and guide us.

**What can we do to find out His instructions?** (Read the Bible, wait until we know what is right and do it, listen and obey when He speaks to us, etc.)

The early church followed the Holy Spirit's instructions and chose Paul and Barnabas to do a special work for God. The Holy Spirit was at work in the church calling men to tell others the truth about Jesus and to help people believe

Review our **Key Verse**:

For everyone has sinned; we all fall short of God's glorious standard. Yet God, with undeserved kindness, declares that we are righteous. He did this through Christ Jesus when he freed us from the penalty for our sins.

Romans 3:23-24

## Pray

If you have started a prayer journal as a family pull that out and look at your specific requests, take time to record the ways that God has answered those requests. If you haven't started, you can start to record your family's requests on the prayer journal pages. Take some time to pray for each other.