

FIGHT FOR THE HEART

GOAL: *To inspire and equip parents to value their relationship with their children.*

Preparation:

- Questions for the game.
- DVD from *The Jesus Storybook Bible* (see 2. below). This can be borrowed from the BCFM library.
- Explanation cards for how to use each of the stations (see *Explain It* section below).
- Hat with questions (see 1. below).
- Paper and pens and statements (see 3. below).
- Biscuits, icing and lollies (see 4. below).
- Music (see 6. below).
- Write John 10:10 on a large card (see 7. below).
- Copies of the 'Fight for the Heart' book chapter for each family (see Extra Resources on the website).

Game: Icebreaker to get to know each other

Set up four corners or areas of your space where people can gather and have a number assigned for each area.

Then ask the following questions and everyone goes to the assigned number related to their preference.

My favourite holiday place is: 1. Beach 2. Forest 3. Lake 4. City

My favourite takeaway meal is: 1. Pizza 2. Fish & chips 3. Chinese 4. Thai

My favourite drink is: 1. Milk shake 2. Water 3. Coffee 4. Tea

More can be added if desired. When the people are in the four groups get them to introduce themselves to others and chat for a few minutes.

We are all different but we do have aspects of life that we can connect on and we can all learn from each other. Developing relationships with others is important especially with our children. We need to value the relationship we have with them and help our children to develop their relationship with Christ.

Explain it: Fight for the heart

Debrief game: We are all different but we do have aspects of life that we can connect on and we can all learn from each other. Developing relationships with others is important especially with our children. We need to value the relationship we have with them and help our children to develop their relationship with Christ.

The aim of this session is to help you listen to their children, find out what they are thinking and feeling rather than telling them things.

Questions to ponder:

- Do we really think our children have their own faith journey?
- If so, do we parent that way?
- Do I know what my child believes?

There are seven activities for you to move around with your children and engage in. Remember as a parent you are listening to what your children have to say to get a picture of what they believe.

1. QUESTION

Inside a fancy hat have open ended questions that people will take out one at a time, such as:

- How do we know God loves us?
- How can we hear God?
- What do you find hard to believe about God?

Each person takes a turn to answer the questions.

2. BIBLE STORY

Set up the Jesus Story Book Bible dvd with the story “The Captain of the Storm”—families watch this story then answer the question together. (If you do not have access to the dvd you could have a copy of the Bible so the story can be read).

Draw yourself in a storm situation that you may be experiencing at the moment and then talk about your picture with your family.

3. FAMILY FAITH STATEMENT

Choose one of these faith statements or come up with one of your own that your family all agree upon. Then with paper and pens provided make a plaque to take home.

The.....family believes.....

e.g. The Bible is God’s word | God loves me | Jesus died and rose again

4. FEELINGS

Question for families:

Share a recent experience that made you feel mad, sad or glad.

Then make icing biscuit faces with lollies to depict this feeling.

5. APPRECIATION

Question for families: Think about what you appreciate about each member of your family.

Write this down on the precut sheets of concertina people—cut or add where necessary. Have one sheet per family.

6. PRAYER

Listen to some music and listen to what God may be wanting to tell you. Share this with your family.

7. BIBLE VERSE

Write out John 10:10 for only the children to see.

Children act out the verse and parents have to guess what it is. Discuss what this means.

Model it: Putting it into practice in your family

Encourage everyone to think about what they found out about each other.

- What do I know about my children that I didn't know before?

Sometimes in our busy world it is hard to find the time to listen to our children and hear what's going on in their world. We need this regular connection time.

Brainstorm suggestions on how this might look.

Take it home:

Hand out the "Fight for the Heart" chapter from *Parenting Beyond your Capacity* by Reggie Joiner (see *Extra Resources* on the website).

Pray a blessing over the families.