



Family Devotions
Thursday, March 26, 2020
“We Are All a Part of the Body of Christ”

The Setting:

- Gather in a circle...for today it will be best to be around a table.
- Limit distractions...turn off phones, put away devices, turn off the TV, and focus on each other
- You can light a candle and put it in the middle of your circle to represent that Jesus is in your midst.

It may take a few times for everyone to take this seriously. Don't give up. Don't get frustrated with each other. Remember, we often laugh or make jokes when we are uncomfortable, and chances are this will be uncomfortable the first few times you do it!

Open in Prayer

Dear God,

As we come together as a family we ask you to join us. Through the power of the Holy Spirit, please help us be open to each other, honest in what we say, and willing to listen to each other. Help this time to be holy. In Jesus' Name, AMEN.

Opening Activities

You can do both, or just one.

Teamwork Tower:

- For this activity you will need spaghetti noodles and Cheerios
- Break into pairs...if you have an odd number of people, you can have a group of 3
- Each person can use one hand only...and it needs to be their non-dominant hand (so if you are right-handed, you need to use only your left hand).
- Each pair, with each person using only one hand, stack Cheerios up onto a raw spaghetti noodle, making a standing tower.
- See which pair can do it the fastest

Puzzle Race:

- You will need a couple of fairly simple puzzles to put together.
- Have everyone pair up (or you can be in 3s), and assign each a puzzle
- Each person in each pair should use only one body part to put the puzzle together. For example:
 - Person 1 can only use their hands but has to have their eyes closed, while the person 2 can only speak instructions.
 - or**
 - Each person can only use one hand, and neither can speak (you have use other means of communication)
 - or**
 - One person can use both hands, but cannot speak, and the other person can only speak but not use their hands

Opening Questions

Ask the following questions, one at a time, and let each person answer. You can go around the circle or you can just let each person answer as they feel led.

1. Which of your 5 senses do you like the most...eyes, ears, nose, mouth, or hands? Why? Which of your 5 senses, if you had to, could you live without? Why?
2. What is one thing you are really good at? What is something you are not very good at?
3. What is something you are good at? How does what you are good at help your family in some way?
4. Since you are having to stay at home together, and we know that it can be tough; what are some things you can do to take care of each other and make this time at home a little easier.

The Scripture Lesson

Read the following verses:

- 1 Corinthians 12: 12
- 1 Corinthians 12: 14 – 23
- 1 Corinthians 12: 27

1. In these passages, Paul, the person who wrote this, is telling us that we are all a part of the Church...we are all part of what is called the Body of Christ. This means that each and every one of us has an important part to play in Church and in the world.
2. Think about this: How loudly can you clap with only one hand? How well can you write without using a thumb? Even parts of our body that seem insignificant or not as critical can actually be quite important. "If your pinkie toe hurts, it's hard to think about other things because you're focused on the pain." Sometimes in a church or on a team of any sort, people want to leave if they are not seen as the most important part. But all of us work together to achieve something. Or think of a music band. If everyone played the same line of music and the same instrument, it would sound pretty boring.
3. At McFarlin, our mission is to ***Change Lives That Change the World***. Think again about something you are really good at. How can you use what you are good at to make a difference in the world?
4. Think now as a family...what can your family do together to make the world a better place and to share Jesus with others?

Closing Prayer

Dear God,

Help us, as a family and as individuals to use the gifts and talents you have given to use to help make the world a better place and to tell others about Jesus. Thank you, God, for making each of us different and for loving us just as we are. In Jesus' Name, AMEN!