

7

**STICKY
FAITH
EVERY
DAY**

Week 7: Lose

Family Ideas

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LOSE

Sticky Faith Every Day Family Ideas

If we want to experience the fullness of life God offers through Jesus every day, we must be willing to lose everything as Jesus did.

This week, experiment with one or more of these ideas as a family to help you process and learn together about what it means to experience loss.

Ideas for Engaging Your Whole Family in LOSE

- **Talk about a recent loss.** Some families participating with this curriculum will have no problem talking about loss. Perhaps you just experienced the loss of a loved one, a broken relationship, or the loss of a job or a house. Talk about it and compare your feeling to how God must have felt when Jesus died or to how Jesus may have felt as he realized everyone had abandoned him. End by reading Psalm 131 together. Here's the whole thing:

My heart is not proud, LORD, my eyes are not haughty;
I do not concern myself with great matters or things too wonderful for me.
But I have calmed myself and quieted my ambitions.
I am like a weaned child with its mother; like a weaned child I am content.
Israel, put your hope in the LORD both now and forevermore.

- **Practice breathing together.** Breathing is a natural pattern of gaining (inhaling) and losing (exhaling). Just as there is no way to gain the joy of Easter Sunday without experiencing the loss of Good Friday, there is no way to fill our lungs without first emptying them. Being aware of our breathing is a way of connecting our everyday lives to the story of crucifixion and resurrection. Choose one person in your family to be the "counter" while everyone else breathes along. [Say something like, "Inhale, 2, 3, 4, 5, 6; Exhale, 2, 3, 4, 5, 6."] After a few minutes, talk about what you noticed. How does your pace of breathing reflect your normal pace of life? What do you wish were different? You might want to incorporate a prayer practice from the DAILY GUIDE involving pacing our breathing alongside scripture in prayer.
- **Parents, talk about losses in your life.** Some kids haven't experienced much loss in their lifetime. This would be a good week to take time for parents to share their experiences of loss, suffering and pain with their kids.

- **Read the four accounts of Jesus' death.** As you read, notice how they are different from each other and discuss why each author may have wanted to emphasize different parts of their experience.
- **Encourage each other.** Loss is a part of life and of following Jesus, but it's not the end of the story. Maybe your family can repeat this phrase (or one like it) to each other all week to remind each other that even though life can be hard, we can still have hope:

"It's Friday, but Sunday's coming."

IF YOU'RE DOING THIS SERIES DURING LENT...

- **Go to a Thursday Passover/Last Supper service as a family** or create your own reminder at home on this evening when Jesus shared his last meal with friends and talked about how his loss would usher in the new Kingdom. John 13-17 gives the most extensive account of the Last Supper and final words of Jesus to his friends, but you could read any Gospel account together.
- **Go to a Good Friday service as a family.** Add something to your experience like riding to and from the service in complete silence, fasting until after the service, or journaling and sharing your experience of the service.