

# WORLD CHANGING FAMILIES GOING DEEPER!

Pack **THREE!**



CREATION  
FEST

ON AIR

All Things

New

THIS WEEK'S MEMORY VERSE!

~~~~~  
YOU WERE TAUGHT  
~~~~~  
WITH REGARD TO YOUR  
former way of life  
to put off  
~~~~~  
your old self  
WHICH IS BEING CORRUPTED

~~~~~  
by its deceitful desires  
TO BE MADE NEW  
in the attitude  
~~~~~  
of your minds!  
~~~~~

EPHESIANS 4 V 22-24

NEW HEART!







# Welcome



## to World Changing Families!

Maybe you've put up a tent in the back garden to really get into the Creation Fest mood, or maybe you're enjoying the comfort of the living room?

Either way, come on a journey this summer, from the old to embrace the new!

At Creation Fest we love to see whole families learning to grow in faith, go deeper with God and have fun together.

A group of ordinary families are here to serve you on this All Things New journey. Each week you will be able to download a Family Pack like this, full of **activities** designed to help you to laugh, learn, chat and grow together, inspired by the CreationFest On Air themes. Throughout this pack you will see links to short, all-age friendly **YouTube clips** of our families demonstrating the activities. **Meet the families [here](#).**

See the **introduction** to this week's activities [here](#).

**Each week we will explore the theme with the following activities:**



### Bible Challenge

Fun ways to memorise a part of the Bible together



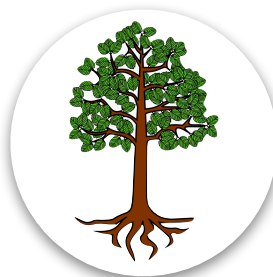
### Creative Prayer

Hands-on ways to talk to God together



### On Your Feet Challenge

Challenges to stretch your mind and your body



### Going Deeper

Inspiration to help you put this week's theme into action



### Craft

Join Clare's Craft Corner and get creative!



### Bag Time

A sensory way to chat and reflect as a family, using objects



## Bible Challenge

Watch the  
Henman  
family take  
the Bible  
challenge at:

[https://  
youtu.be/  
8R9zXJHAiS4](https://youtu.be/8R9zXJHAiS4)

### Catch It!

This week's memory verse is **Ephesians 4:22-24** (see below).

#### You will need:

- A ball
- A big piece of paper (if you have one) and pen (or you can print out the Bible Challenge sheet at the back of this pack, so family members have one each)

- 1) If you have a big piece of paper like the Henmans, you could write this verse out like they did. If you use the print-out, each person would place theirs on the ground in front of them when playing.
- 2) Head outdoors and stand in a circle, with one family member in the middle.
- 3) Someone in the circle starts, by saying the first few words of the verse, and throwing the ball to the centre person.
- 4) The centre person then repeats those words and throws to someone else in the circle.
- 5) That person says the next phrase and throws the ball back, which the centre person repeats, and so on.
- 6) Take it in turns to be the centre person and see who remembers the most after you've all had a turn!

**“You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness.”**

**Ephesians 4:22-24**



# New Heart

## Heart beat

**Step 1:** spend at least one minute doing some exercise that is going to get your heart pumping (running, skipping, star-jumps etc) - you might want to take the time to do a whole workout (it's important to look after your heart and muscles in this way).

**Step 2:** Straight after your exercise, find somewhere comfortable and quiet. Sit still and silent, take time to notice your heart-beat without talking or being distracted. Where can you feel it? (Check out the video for some ideas). Is it faster or slower than you expected? Were you surprised where you could feel it? Have you ever stopped to notice what your heart is doing before?

This can be a great way to slow down and become present, to just be aware of yourself and your physical heart. This can also be a starting place to then begin to explore where your heart is at with God and the new heart that He wants to give us.



## On Your Feet Challenge

Join Jake as he puts you through your paces in today's On Your Feet challenge!

<https://youtu.be/dzktWRBvdeo>



## Craft

Watch Clare show you how to make this woven heart craft:

<https://youtu.be/cv591Y2GQeg>

## Woven Hearts

As God gives us a new heart, he weaves us into Him.

### You will need:

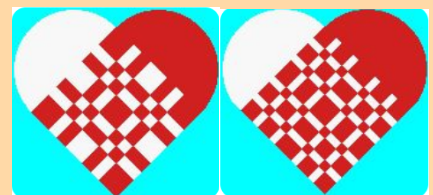
- Coloured card (or plain card and something to decorate it)
- Scissors
- String
- Template (at the back of this pack)

Use two different colours of card and cut them out, using the template at the back of this pack.

Weave the "prongs" to overlap each other

You can play with the prongs to make some great patterns.

Write your name on one half and God on the other to remind yourself that it is He who gives us a new heart.



You can hang it with string, put it on your fridge or use it as a bookmark.

Have fun!





## Prayer Den

If you watch the clip over on the right, you'll see the Henman family reminding us of the story of Saul and David.

David had to run away and hide in caves from Saul, and trust in God's protection.

He wrote in Psalm 27:

"The Lord is my light and my salvation—  
so why should I be afraid?"

The Lord is my fortress, protecting me from danger,  
so why should I tremble?"

David hid in caves, but he knew the Lord was his fortress.

**Let's make a prayer "cave", or den to pray in!**

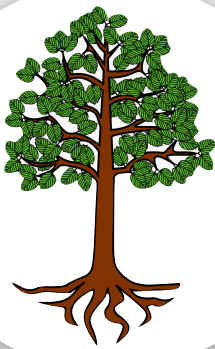
And in it, let's pray for those who are struggling with fear in their hearts at this time.



## Creative Prayer

Watch the Henman family  
bring you David and Saul as  
you've never seen them,  
and build a prayer den  
together!

[https://youtu.be/  
HONBKalZZZY](https://youtu.be/HONBKalZZZY)



## Going Deeper

Join the West family  
as they fill up each  
others' hearts with  
encouragement:

[https://youtu.be/-  
mP\\_iHTLJXI](https://youtu.be/-mP_iHTLJXI)

## Heart Affirmations

Here is an opportunity to encourage and build up each of your family members.

### You will need:

- Card (or paper if you do it on a table, rather than on each other's backs, as in the video)
- Sharpies or felt tips

Cut out large hearts, one for each member of the family.

Write or decorate your name in the middle of your heart (leave plenty of space around it)

Stick your hearts to your backs, or pass them round the table.

Everyone writes affirming things on each heart... keep going till your hearts are full!



## Bag Time

### Reflect and Chat

Here's fun, sensory way to help you reflect and chat together as a family.

If you haven't already, you will need to have a hunt around the house for the objects below. If you don't have one or two of them, choose something else instead! (It helps if they are easy to hold).

Then, gather round as a family and take it in turns to chose an object and share.



#### Highlighter Pen

Talk about your  
**highlight** of the week



#### Stone

Talk about something that  
has been **hard** this week



#### Shell

Do you think you have  
**heard God** speaking to  
you this week?



#### Pom Pom

Talk about something  
that has made you feel  
**warm and fuzzy** this  
week



#### Lego brick

Talk about something  
you have **learned or**  
**discovered** this week



#### Star

**Encourage** someone else  
in your family



#### Tea light

(World Changing Families question of  
the week)

How has your **heart** been open to  
God this week?

Watch the Kennedy family introduce you to "Bag Time":

<https://youtu.be/QYW48MkxbIs>



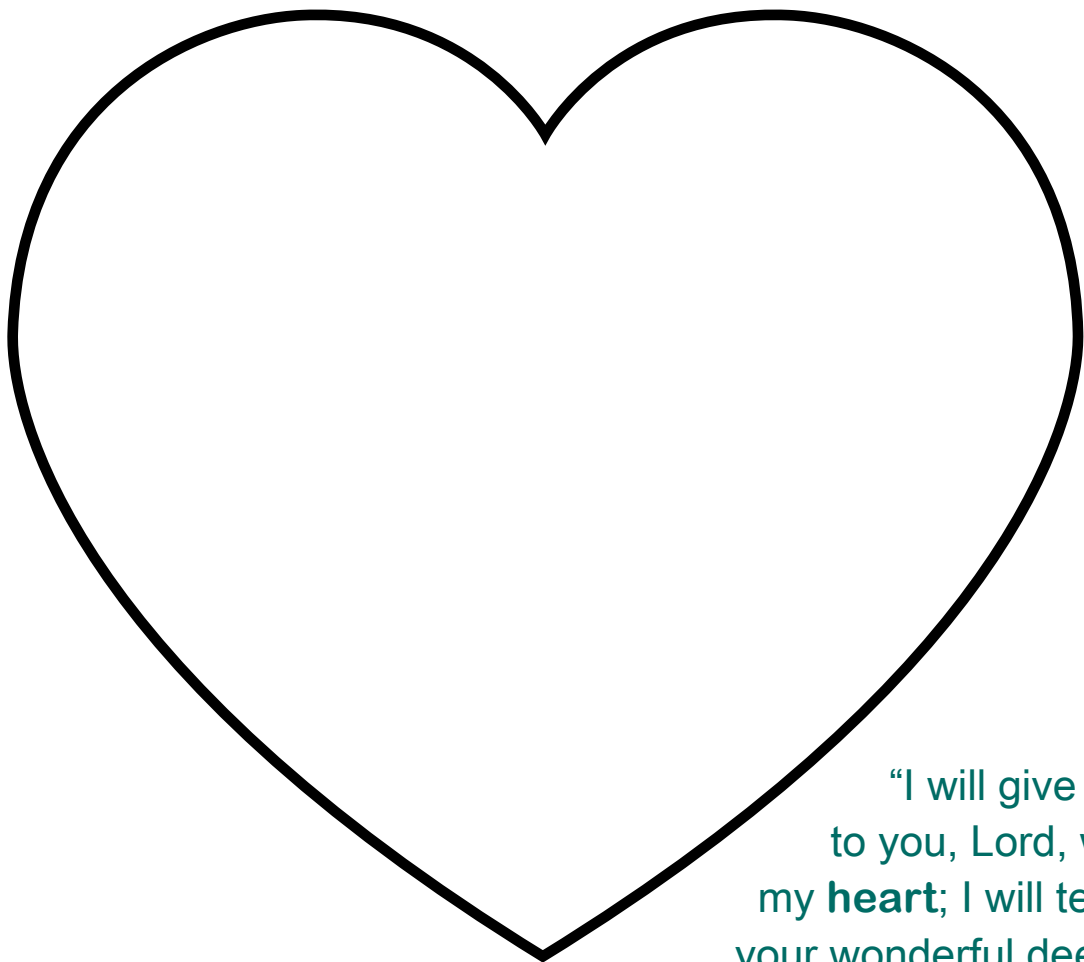


## Just for fun

This week's Tricks for Truth come with a message from the heart.

Prepare to ask "how did he do that?" as Andy shares these illusions and amazing truths that can transform the heart.

<https://youtu.be/loBf7Xe9Y24>



"I will give thanks  
to you, Lord, with all  
my **heart**; I will tell of all  
your wonderful deeds"

(Psalm 9:1)

Write, draw or doodle your thanks to God in and around this heart.  
What wonderful things do you know he has done in your life?

# Extra Goodies

... because we're nice like that

Bible Challenge verses:

**“You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness.”**

Ephesians 4:22-24

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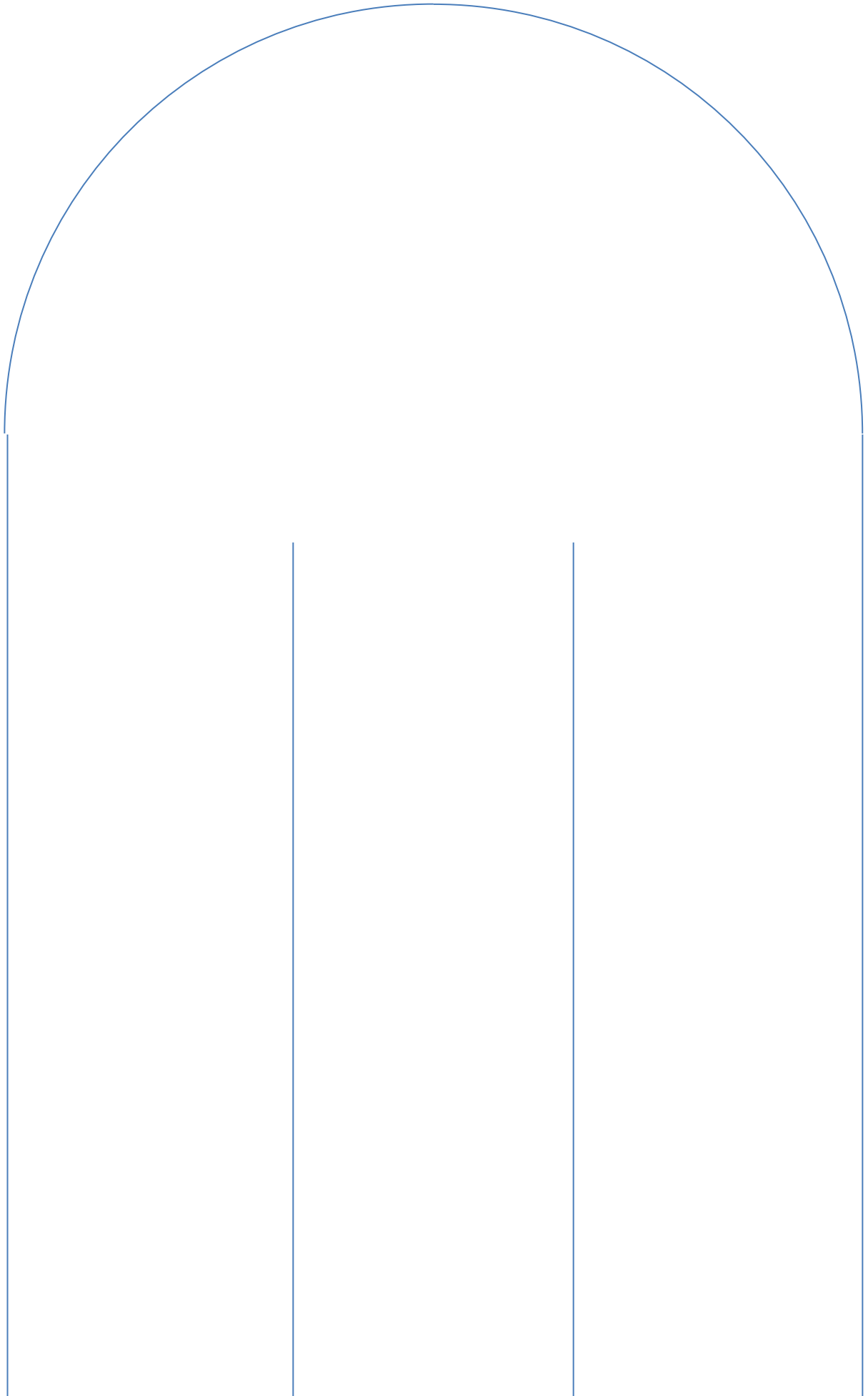
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Ephesians 4:22-24



Craft

## Woven Heart Template



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TO BE MADE NEW  
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EPHESIANS 4 V 22-24



~~~~~  
WORLD

changing  
families  
GOING

deeper

~~~~~  
WORDSEARCH

HEART

taught  
~~~~~

regard  
FORMER

WORLD CHANGING FAMILIES

~~~~~  
Wordsearch

EPHESIANS 4 V 22-24

T A U G H T Z J F B V C R H H  
S E D U T I T A H J A F R G O U  
D S E L F H A H J A F R G O U  
R L V J E A W K N P A V G T U  
D E R A O O U G F E M K K S I  
Y E R O Y Q I E S S I K A A V  
L T T K W N G D M N L K P R W  
D I T P G L R R I A I U O M L  
D U F Z U O H E N I E D T F A  
P E I E W R D M D S S O I M Z  
F N E P R R R S E N B A P Y  
F D Z P A B Z O U H T Q M T R  
F O L L G E N S F C P U N M M F  
Y S F E O H R V L W E N T V G

LIFE

put  
~~~~~  
OFF

old

self  
CORRUPTED

new

attitudes

minds  
~~~~~  
EPHESIANS  
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