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***HELLO HURRICANE  
FAMILY ACTIVITIES***

HIGHLAND PARK UNITED METHODIST CHURCH  
& MUNGER PLACE CHURCH

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# WEEK 1

## WHAT'S MY FOUNDATION?

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### LET'S BUILD A HOUSE!

#### **SUPPLIES:**

Bible, legos or blocks, bag of sugar, bag of frozen vegetables, cotton balls

#### **READ ALOUD:**

*"Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock." (Matthew 7:24-28)*

#### **SAY:**

*Let's pretend we are building a house together. Let's make a list of all the things you want to make sure to include in our house. (windows, door, roof, bedrooms, kitchen, etc.) Before we add all of these things, we need to start with the foundation. What is a foundation? The foundation is the groundwork from which a house is built. If we want our house to last through wind, rain, or storms that may come our way, what kind of foundation do we need?*

#### **DO:**

Place each of the items out and have the child/ren decide if it would make a good foundation. Ask why each item would or would not be a solid foundation.

#### **SAY:**

*Just like our house needs a firm foundation to stand on, we need a firm foundation to build our lives on. In our scripture, Jesus is telling us that when we hear God's word and put it into action, we are like a wise man who built his house on a strong foundation – a rock. Jesus is our rock! What are some practical ways that we can help build a strong foundation in Christ?*

#### **PRAY:**

*Heavenly Father, we seek to build our lives on a firm foundation of faith just like a house built on solid ground. Let us spend time growing in wisdom and knowledge of you, Lord, so that we may be strengthened in our faith and lead a life that is pleasing to you. Let our lives reflect your love and grace in this world. Amen.*

## WEEK 2

### WHO WAS DAVID?

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#### WALK BY FAITH!

##### **SUPPLIES:**

bandana or cloth to use as blindfold

##### **READ ALOUD:**

*“O LORD, I give my life to you. I trust in you, my God!” (Psalm 25:1-2)*

##### **SAY:**

*David is listed as the author of over half of the Psalms. Some reveal his heart in both his highs and lows, but through it all, he puts his faith and his hope in the Lord. No matter the circumstance, David chooses to rejoice in the Lord and trust. Do you think it is easy to trust someone? Is it easy to trust when times are good? What about when times are not so good? Can you think of a time when it was easy or hard to trust God?*

##### **DO:**

Have each family member take a turn at being blind-folded. Have another family member be their guide providing instruction by voice only on how to navigate an area (yard, living room, etc.) Have each person take a turn at being the guide and being the follower.

##### **SAY:**

*Was it easy or hard to trust your guide? Did you want to see exactly where you were about to step? Sometimes in life, we can't see the full picture of where we are going. But just like David, we can put our faith and our trust in God knowing that he is with us and He is worthy of being followed. When we walk by faith and not by sight, we are saying to God that we trust that his ways are better than our ways. We know that He loves us deeply and is watching over us always.*

##### **PRAY:**

*God, we thank you that you are a faithful God. When we cannot see all that lies ahead, Lord, we know that you do. We trust you with our lives, because we know how much you love us. Let us walk by faith each and every day. Amen.*

## WEEK 3

### HOW TO PREPARE FOR THE STORM

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#### IN CASE OF EMERGENCY!

**SUPPLIES:**

Bible, Cell Phone, bag, flashlight, batteries, non-perishable food items, bottled water, blanket, books, toothbrush, toothpaste, printout of FEMA checklist

**READ ALOUD:**

*“My sheep listen to my voice; I know them, and they follow me. I give them eternal life, and they shall never perish; no one will snatch them out of my hand. My Father, who has given them to me, is greater than all; no one can snatch them out of my Father’s hand. I and the Father are one.” (John 10:27-30)*

**SAY:**

*If we wanted to be prepared for a storm, what are some things that we would want to make sure we had handy in case of emergency? (flashlights, candles, a designated shelter location, food, water, batteries, etc.) If a storm is headed our way, we want to be as prepared as possible, right? Would we do some practice drills in case of emergency to make sure we are as prepared as possible? Why do you think it’s a good idea to do drills like this? Let’s put an emergency bag together, and prepare for a storm! What should we put in our bag?*

**DO:**

Make an emergency kit for your family that includes items from this FEMA checklist.

**SAY:**

In the same way that we need to be prepared for a storm before it comes, we also need to be prepared for the storms of life. What kinds of storms of life can you think of? *(Parents: share a story from your own life of an unexpected storm you have faced.)* Storms of life can come in many forms, maybe it is changing schools, a friend moves away, or a family pet dies. Can you think of a storm that you have faced? How did you handle that storm? *In our scripture reading, Jesus is telling us that his sheep (us) know him and listen to his voice, and they follow him. What can we do to make sure that we are preparing to hear his voice particularly when a storm comes? Let’s make a list, just like our emergency kit, of things we can do today to make sure we are ready to hear Jesus in the midst of a storm.*

**DO:**

Create a list of practical things that you can do individually and as a family to spend time with God and know his word.

**PRAY:**

*Lord, let us prepare our hearts and practice obedience. Let us meditate on your Holy word planting seeds of truth in our hearts that will carry us through any storm. We love you, Lord. Amen.*

## WEEK 4

### HOW TO WEATHER THE STORM

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#### KEEP YOUR EYE ON THE BALL!

**SUPPLIES:**

ball, bat or racket

**READ ALOUD:**

*“Let us keep looking to Jesus. Our faith comes from him and he is the one who makes it perfect. He did not give up when he had to suffer shame and die on a cross. He knew of the joy that would be his later. Now he is sitting at the right side of God.” (Hebrews 12:2)*

**SAY:**

*Have you ever played baseball, tennis, or other ball sport? In baseball, we can learn how to stand, how to hold the bat, how to swing, right? We can be prepared knowing these skills, but what do you think is the most important part of being able to make contact with that ball? Let's try something fun!*

**DO:**

Have your child try to hit the ball with a racket or bat while looking in various directions. You can even try a blind-fold to mix it up. Now, direct them to keep their eyes on the ball and prepare to swing. Continue until they have an opportunity to make contact with the ball.

**SAY:**

*What happened when you were looking in different directions? Were you distracted by other things around you? Were you able to hit the ball? What happened when you fixed your eyes on the ball and followed it all the way to the bat or racket? You hit the ball!!*

*Our scripture from Hebrews 12:2 tells us to keep looking to Jesus no matter what. In baseball we must keep our eyes on the ball. In life, we must keep our eyes on Jesus so that we can know where he is leading and guiding us. There are many things going on around us that will try to distract us, but when we stay focused on Jesus in the midst of everything, he will show us the way.*

**PRAY:**

*Loving Father, help us to seek you first in all circumstances. Help us to not be distracted by the world around us but to focus all of our attention on you, our faithful provider. Amen.*

## WEEK 5

### HOW TO RECOVER FROM THE STORM

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BE STILL AND KNOW.

**SUPPLIES:**

phone, CD player, radio, or other device for playing music, distracting loud music OR drum or plastic container to hit with spoon

**READ ALOUD:**

*“Be still, and know that I am God! I will be honored by every nation. I will be honored throughout the world.”  
(Psalm 46:10)*

**DO:**

Turn up loud music or make noise with drum or container and ask the following questions:

**SAY:**

1. *Do you like noise in the background of your day?*
2. *Do you ever try to get away from noise during the day?*
3. *How would you feel if you were trying to talk to someone, but they couldn't hear you because of the noise?  
(turn off music or noise)*
4. *Would that be frustrating? Why?*
5. *Do you think that God wants us to listen to him?*
6. *Is it easier to listen to God when it is quiet or when it is loud?*

*Jesus was a busy guy and often found himself surrounded by people. He enjoyed serving people and taking care of their needs, but sometimes he needed to have quiet moments to recharge, too. One time after feeding five thousand people, he sent the disciples away and found a quiet place to pray. (John 14:22-23)*

*We, too, can follow Jesus's example by spending time with God in prayer. God is often speaking to us, but we need to be able to listen. How will we hear him if we are distracted by the noise and distraction of this world? If we do not set aside time for him regularly? What are some ways that we as a family can find time with God? How can we do this individually? Let's write down our ideas so that we may incorporate them into our daily life.*

**PRAY:**

*God, you know how busy our days have become. You know the lists of things that we want and need to do. Let us be mindful that you have called us to rest in your love. Let us make time to be still and block out all of the noise of life so that we may hear from you. Let us be recharged by the power of your Holy Spirit so that we may go out and serve in your holy and precious name. Amen.*

## PSALMS 23

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<sup>1</sup> The Lord is my shepherd, I shall not want.

<sup>2</sup> He makes me lie down in green pastures; he leads me beside still waters;

<sup>3</sup> he restores my soul. He leads me in right paths for his name's sake.

<sup>4</sup> Even though I walk through the darkest valley, I fear no evil; for you are with me; your rod and your staff—they comfort me.

<sup>5</sup> You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows.

<sup>6</sup> Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the Lord my whole life long.