

FAITH@HOME

October, 2017

For: Individuals, Couples, Families with Children or Teens

St. James United Church of Christ (Havertown, PA)

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3. Close your eyes and imagine soaring like the birds. Once they learn as babies it comes natural to them.
4. What does Isaiah mean when he promises that those who hope in the Lord will soar like eagles?
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6. Write all your worries on a piece of paper, and pray that God will give you the strength to not grow weary in your troubles. Throw the paper away.



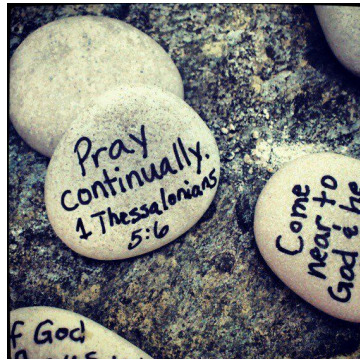
7. End with this prayer:

God of Power, Strength and Comfort,

When we are struggling with burdens, we can wait and hope in you, for you will lift us up on wings like eagles. You have promised to give us strength. Help us to take comfort and be strengthened in our faith in your Son as we remember your promise. Through Jesus we pray. Amen.

Pillow Prayer

1. Find a small rock (bigger is not better in this case) that can be placed on your pillow each morning. Don't forget to wash it, so it is nice and clean when you put it on your pillow.
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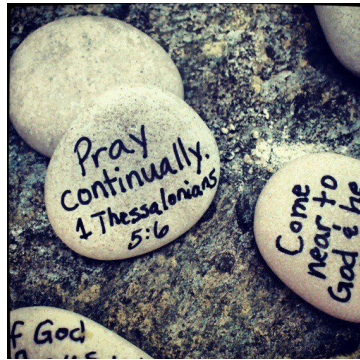
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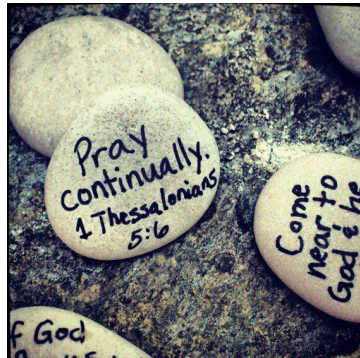
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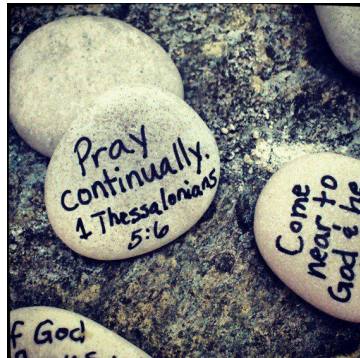
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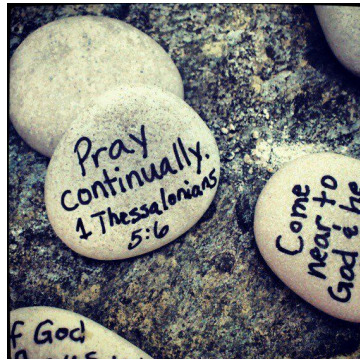
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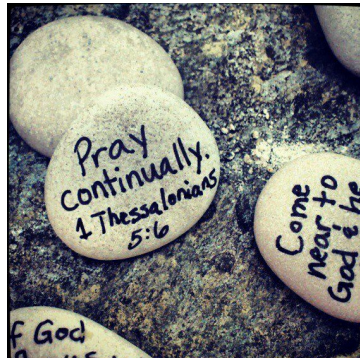
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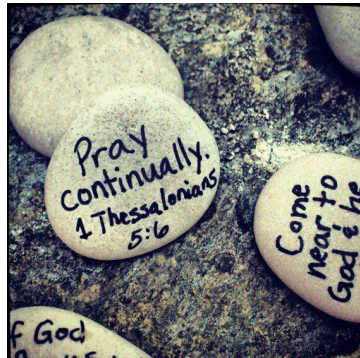
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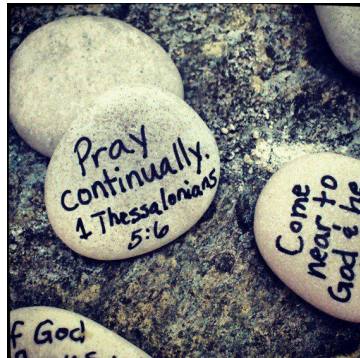
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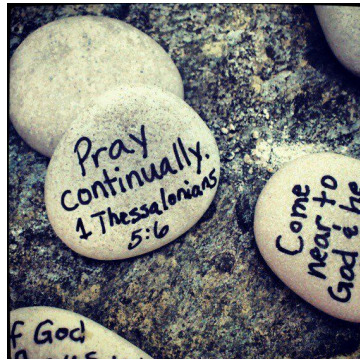
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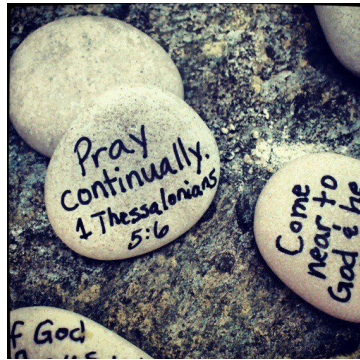
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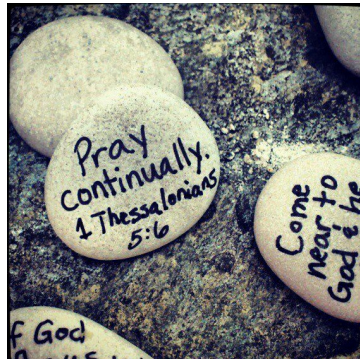
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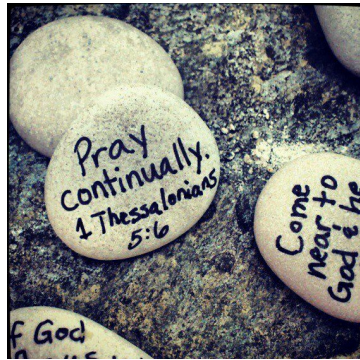
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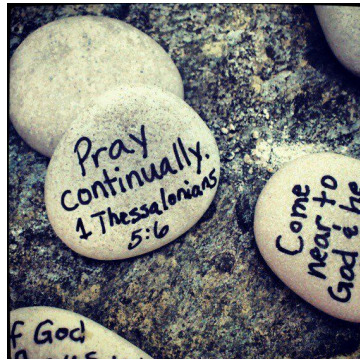
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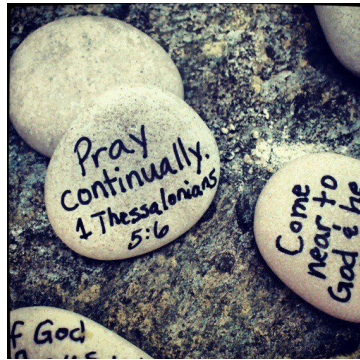
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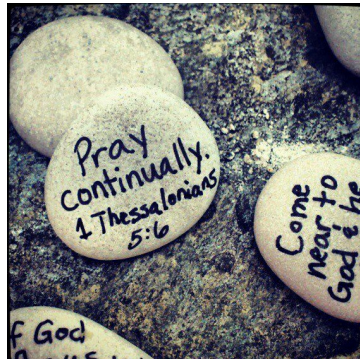
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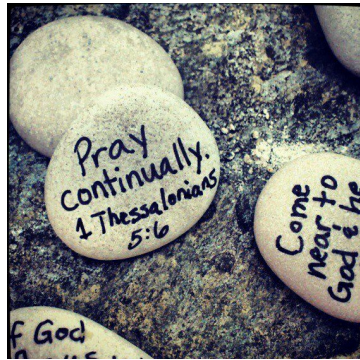
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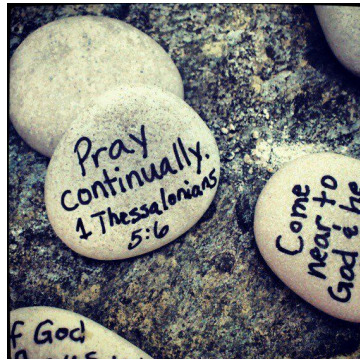
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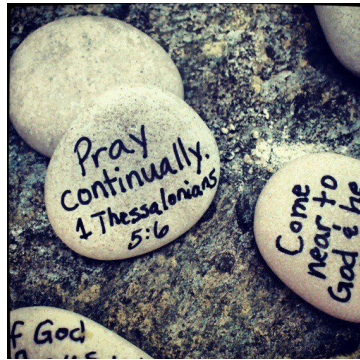
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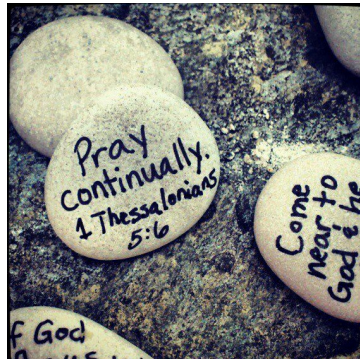
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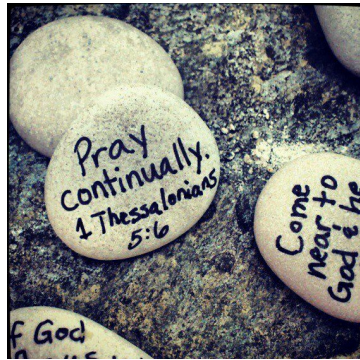
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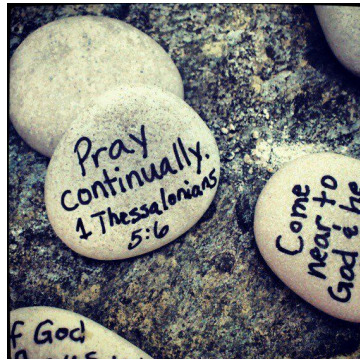
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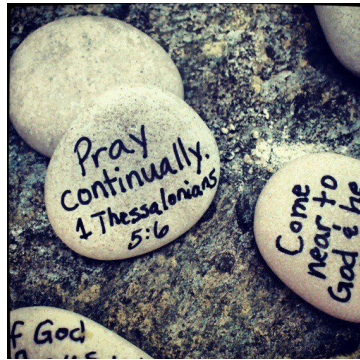
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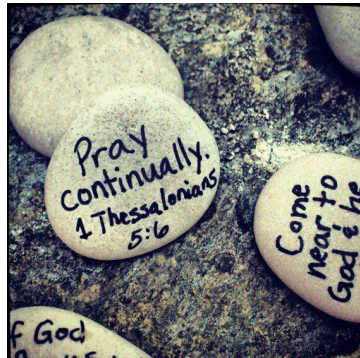
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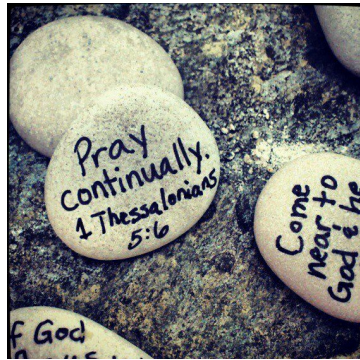
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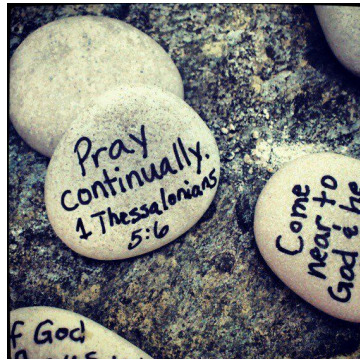
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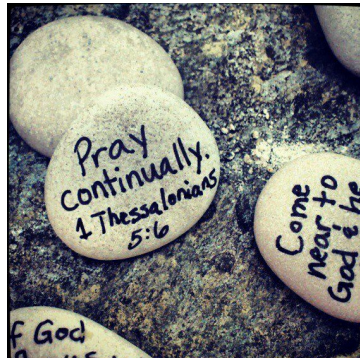
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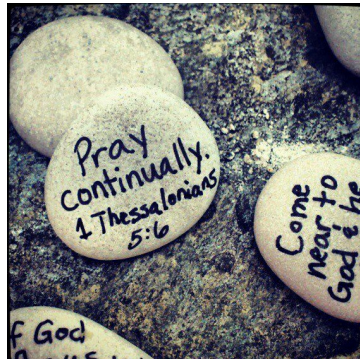
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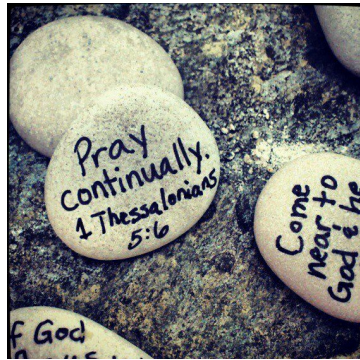
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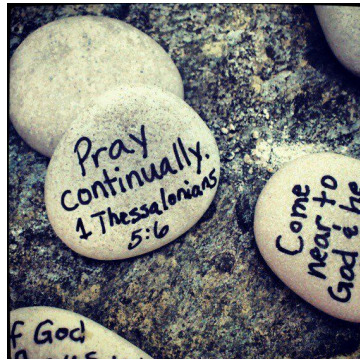
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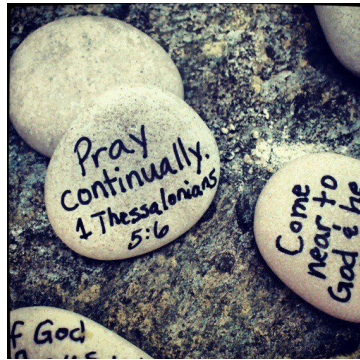
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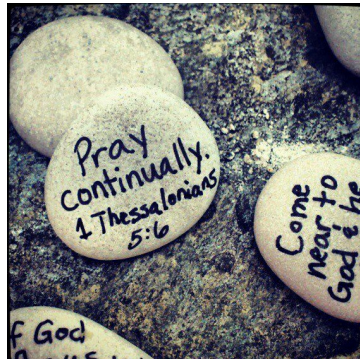
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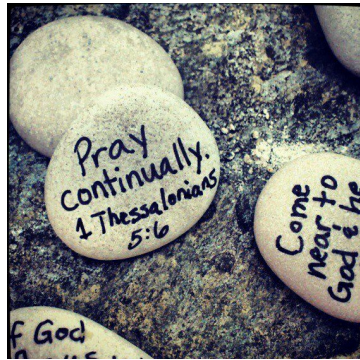
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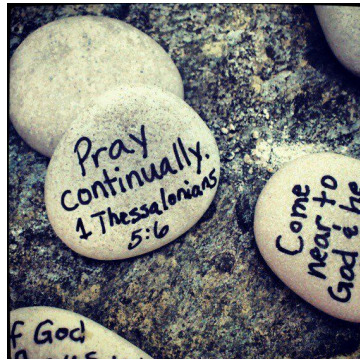
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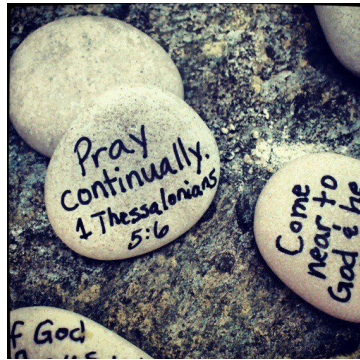
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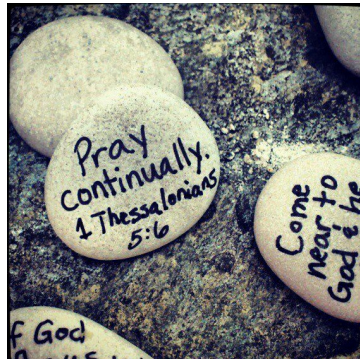
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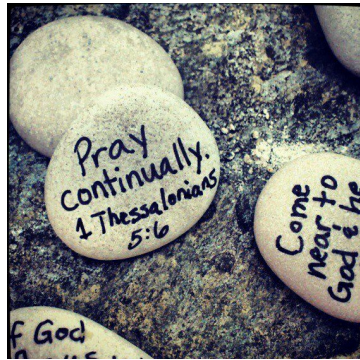
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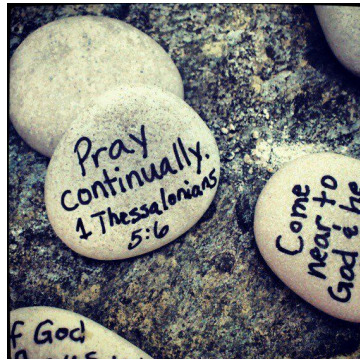
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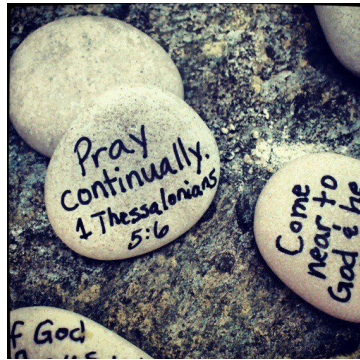
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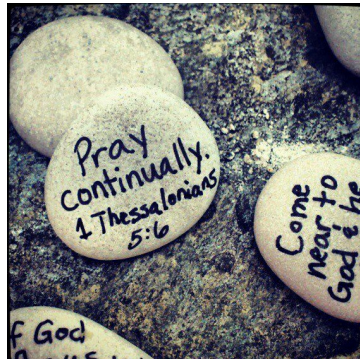
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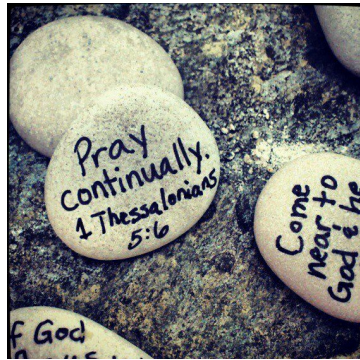
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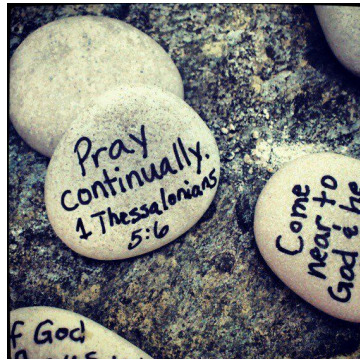
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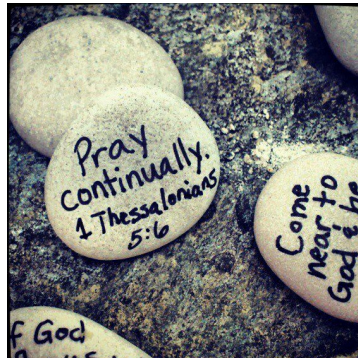
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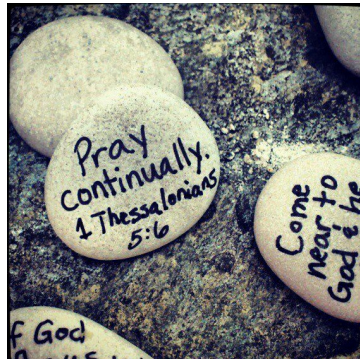
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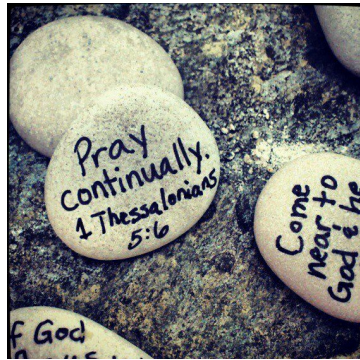
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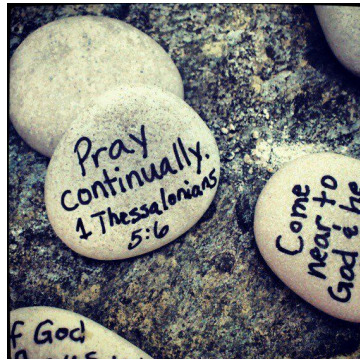
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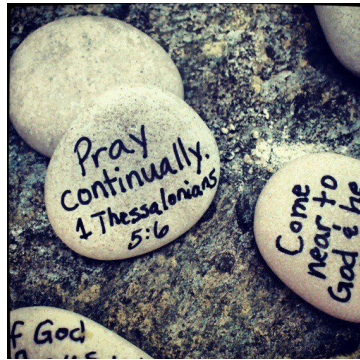
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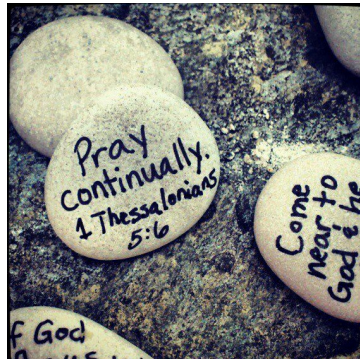
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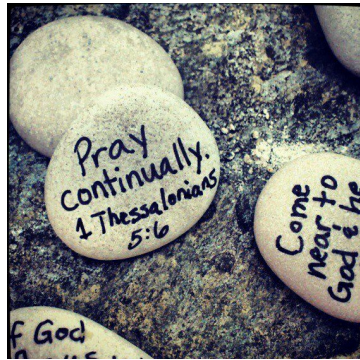
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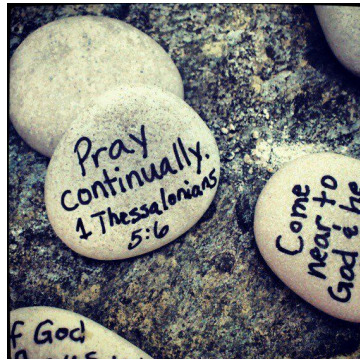
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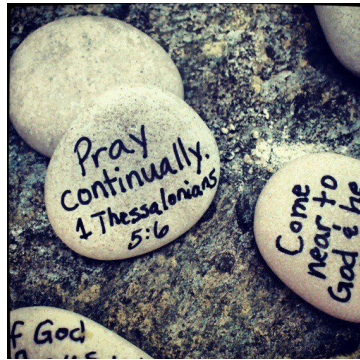
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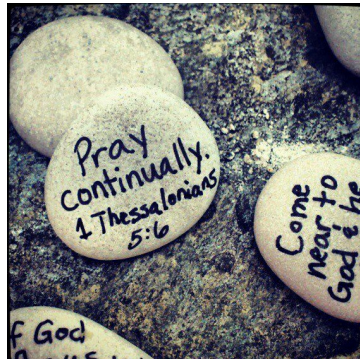
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As a church, we seek to equip and empower individuals, couples and families with children to: talk about their faith, pray in ways that are comfortable and comforting, ritualize important moments, and reach out in service and support of others. Throughout the year, we will provide activity in each of these areas, which you can do at home to grow and strengthen your faith. We hope you will try at least one, maybe even both, during the month.

Wings Like Eagles

1. Read aloud: *"But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not faint."* (Isaiah 40:31)
2. Walk to a spot where flocks of migrating or congregating birds can be easily observed.
3. Close your eyes and imagine soaring like the birds. Once they learn as babies it comes natural to them.
4. What does Isaiah mean when he promises that those who hope in the Lord will soar like eagles?
5. We are often weighed down by problems - a bad grade on a test, problems with friends, a fight with a family member, illness or accidents. What problems do you struggle with in your life? What do you imagine will happen to your problems as you hope in the Lord?
6. Write all your worries on a piece of paper, and pray that God will give you the strength to not grow weary in your troubles. Throw the paper away.



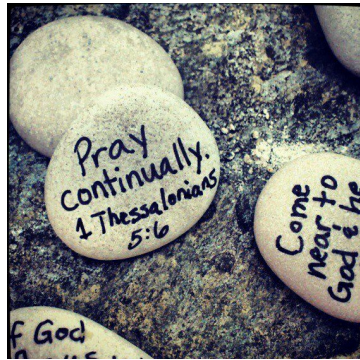
7. End with this prayer:

God of Power, Strength and Comfort,

When we are struggling with burdens, we can wait and hope in you, for you will lift us up on wings like eagles. You have promised to give us strength. Help us to take comfort and be strengthened in our faith in your Son as we remember your promise. Through Jesus we pray. Amen.

Pillow Prayer

1. Find a small rock (bigger is not better in this case) that can be placed on your pillow each morning. Don't forget to wash it, so it is nice and clean when you put it on your pillow.
2. Place the stone on your pillow when you make your bed each morning. When you go to bed at night, the prayer rock awaits you as a reminder of God's constant care and a time to pray.



FAITH@HOME

October, 2017

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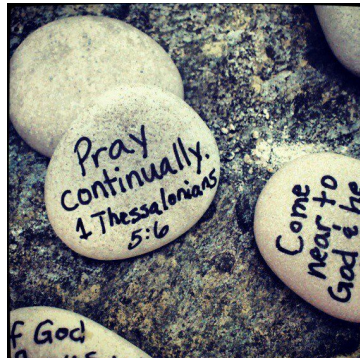
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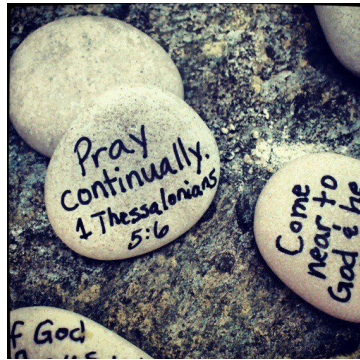
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