



FAITH AT HOME

Aldersgate Church ~ St. Louis Park, MN

Week of February 19, 2023: Matthew 16:24-17:8

Memory Verse

Matthew 17:2: And he was transfigured before them, and his face shone like the sun, and his clothes became dazzling white.

Lent Begins

Lent begins this week! It is among the holiest of seasons in Christendom. It is a time for us to slow down, reflect on our lives, and return to God, whose grace welcomes us with open arms.

To help kids reflect on their lives consider having a conversation at dinner at least once/week where you each person shares about the following questions:

- What was the best of part of your day or week?
- What part of your day or week made you sad, angry, or anxious?

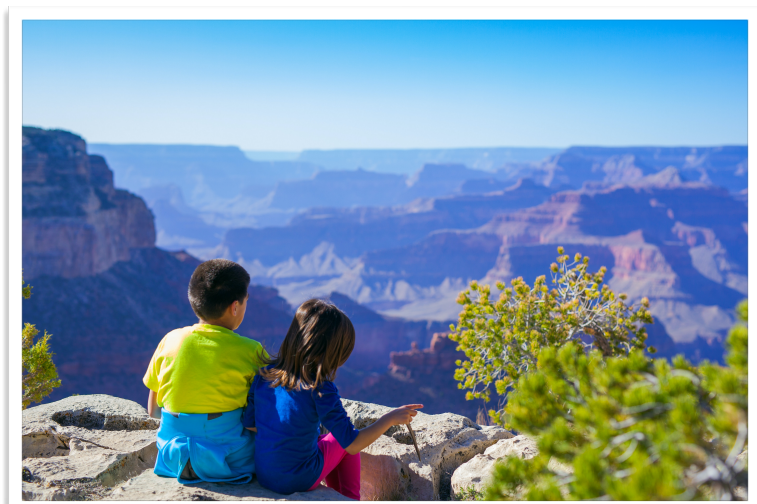
Then close in prayer, thanking God for the blessings and releasing the stresses to God and seeking God's peace.

The Story

On Top of the Mountain

This is a story about three of Jesus' disciples - Peter, James, and John- and the day they had an amazing adventure. Jesus took them for a long walk up a mountain. They got hot and tired on the long climb.

The first amazing thing happened at the top of the mountain. All of a sudden, Jesus' face and clothes looked completely different! It was if the sunshine came from inside of him and was making him glow and shine from the inside out. Peter knew it wasn't sunlight. James and John knew it too. They all knew that Jesus was shining with the brightness of God.



Then a second amazing thing happened at the top of the mountain: Two important people from long ago appeared beside Jesus and started talking to him. One of them was Moses, and the other was Elijah. The disciples wondered if it was a dream. Peter asked if he should pitch three tents for them so they could

Activity:**Asleep/Awake
(Red Light/Green Light)**

Play a version of Red Light/Green Light but call it Asleep/Awake. While the disciples were waiting for Jesus, they started to get drowsy. Have your child pretend like they are climbing a mountain or running in place when you say "Awake" but then the child has to freeze when you say "Asleep."

Tents

Peter asked Jesus if he should make three tents - one for Jesus, Moses, and Elijah. Make a tent out of chairs and blankets with your child. Or make one under a table. Encourage your child to use their imagination.

Craft:**Clouds Descending**

You will need: paper, crayons, markers, etc. and cotton balls, glue
Instruct your child to draw the people from the story. Pull the cotton ball larger and glue over the picture as if a cloud has descended over Jesus and the disciples.

have shelter from the sun.

Just as Peter was asking, a third amazing thing happened at the top of the mountain: A shining cloud appeared in the sky and came down. The cloud hid everything from sight and covered them.

That was when the fourth amazing thing happened at the top of the mountain: A voice spoke. It wasn't Peter this time. It wasn't Jesus or Moses or Elijah. It was God! Peter, James, and John fell down and hid their faces. They were very scared.

The voice had something amazing to say, something important about Jesus. God said, "This is my son. I love him and am proud of him. Listen to him."

Peter, James, and John were glad they were able to witness what happened on the top of the mountain. From then on, they knew they should always listen to Jesus and do what Jesus said.

Family discussion: What things are transformed? For example, a caterpillar turns into a butterfly. A tadpole turns into a frog. Can you think of other things? For all children, ask how do we figure out what God wants us to do? We can go to church, read the Bible, pray. For older children - how can we hear God? Does God speak to you?

Family Prayer: Dear God, Thank you for sending us your son, Jesus. Help us to listen when we are told about Jesus. Give us wisdom to understand and strength to believe. Amen.

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