

Sonshine @Home



Children's Activities & Family Reflections
to support Faith Formation
during Social Distancing

A ministry of
First Presbyterian Church
Sterling, CO

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HOPE!



We are Easter people
and Alleluia is our song.

St. John Paul II

In a recent e-mail, Rev. Michelle said this: *“Sometimes people describe Christians as “Easter people.” If Easter reminds us that there is life after death, hope in the face of despair, and fresh starts, then to say that we are Easter people means that we are **resilient**.* “ Being “resilient” means that we can have **HOPE** even when things are hard!

As Christians we want to share **hope** with all of our friends and family and even to strangers! How can we share **hope**?

Every year farmer’s plant seeds with the **hope** of harvest in a few months time. Your parents take care of you when you are small in **hopes** that you will grow into a healthy, strong, good adult! Your teachers teach you to read and to write and then **hope** that you will learn and grow and share your knowledge with others! Your Sunday School teachers teach you about Jesus and **hope** that you will grow in your faith.

Activity: If your family eats eggs, save the shells and carefully wash them out. Put them back into the egg carton and fill them with a small amount of potting soil (dirt). Sprinkle some seeds (grass seed works great!) on top and pat the seeds into the dirt. Water very gently and place in a sunny location. In a few days you will begin to see sprouts and soon those sprouts will grow into plants. When it warms up plant the egg shell in the ground and watch and **HOPE** as your plants grow!

When we trust God, we are putting out **hope** in something greater than ourselves! We are an “Easter people” because we have **hope**!

Gods word, the Bible, is filled with messages of **hope**. Pick a verse and memorize it this week:

“Be joyful in **hope**, patient in affliction, faithful in prayer” Romans 12:12

“May the God of **hope** fill you with all joy and peace as you trust in Him” Romans 15:13

“For I know the plans I have for you, says the Lord....plans to give you **hope** and a future” Jeremiah 29:11

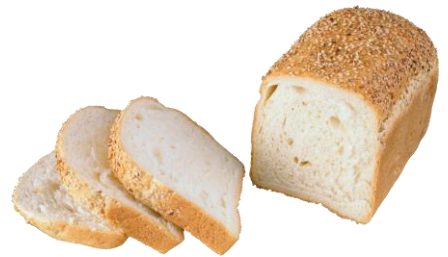
God shows us **HOPE** in many ways! Match these signs of hope
- fill in the blank and draw a line to connect them:



A caterpillar has **HOPE** to someday become a



Following a dark
thunderstorm, we have **HOPE** of seeing a



When wheat is
planted, we can **HOPE** it
grows and provides us with

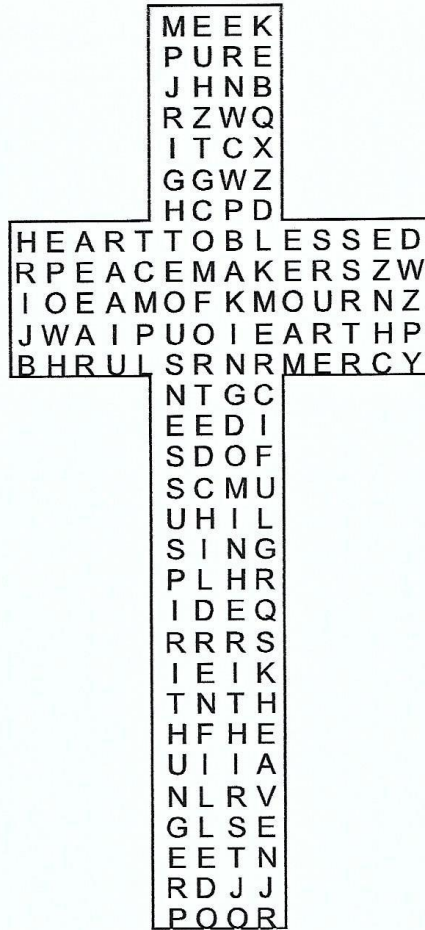


A tiny acorn has **HOPE** to
someday become a giant



The Beatitudes

~Matthew 5:3-10



1. _____ are the merciful:
2. Blessed are the peacemakers: for they shall be called the _____ of God.
3. Blessed are they that mourn: for they shall be _____.
4. Blessed are the meek: for they shall inherit the _____.
5. Blessed are they which do hunger and thirst after righteousness: for they shall be _____.
6. Blessed are the pure in _____: for they shall see God.
7. Blessed are they which are persecuted for righteousness' sake: for theirs is the kingdom of _____.
8. Blessed are they which do _____ and thirst after righteousness: for they shall be filled.
9. Blessed are the meek: for they shall _____ the earth.
10. Blessed are they which are persecuted for righteousness' sake: for theirs is the _____ of heaven.
11. Blessed are the _____: for they shall inherit the earth.
12. Blessed are the _____: for they shall obtain mercy.
13. Blessed are the merciful: for they shall obtain _____.
14. Blessed are they that _____: for they shall be comforted.
15. Blessed are the _____: for they shall be called the children of God.
16. Blessed are the _____ in spirit: for theirs is the kingdom of heaven.
17. Blessed are the _____ in heart: for they shall see God.
18. Blessed are they which do hunger and thirst after _____: for they shall be filled.
19. Blessed are the poor in _____: for theirs is the kingdom of heaven.
20. Blessed are they which do hunger and _____ after righteousness: for they shall be filled.