

Lessons in Love Weekly Email

I know many of you are feeling exhausted from the pandemic, anxious about the school year and frustrated in general. Even though our children may be experiencing some normal activities, many are also anxious and wondering what the future holds. As each holiday or special event passes and children aren't able to gather together, they are reminded of the difficulty and uncertainty of this unusual time. This week's lesson is about the Israelites in a similar experience. I am hoping that this lesson will give you a different avenue to check in with your children.

We are continuing to make Power Packs through August 10. We are continuing to make sandwiches for Our Daily Bread through July 29.

In this email:

- Godly Play video
- Bible story and questions
- Watermelon Heart Snack
- Nature activity
- Power Packs
- Our Daily Bread Lunches

Godly Play Video

Exile and Return

While the circumstances and setting were very different, the experiences of the Israelites exiled from Jerusalem speak to the waiting and insecurity we are feeling. In this activity, passages from the Book of Isaiah provide a springboard for talking with your children about their feelings as the pandemic continues while also offering opportunities to talk about the hope and comfort we experience when recognizing God is with us through these difficult times.

Begin the time with your children by checking in with them about how they are feeling about continuing to social distance or quarantine. Be sure to tailor your discussion to the particular practices in your household. Ask them what they are finding the most difficult right now as well as what is making them feel safe.

Next, share that we have stories in the Bible about people experiencing challenges because they had to live very differently for an undetermined period of time. Watch the video.

(Source: Presbyterian Outlook Pandemic Sunday School Lessons)

[Click here for the video](#)

Discussion Questions:

1. I wonder what it felt like to be forced to go to a strange land, to live in exile?
2. I wonder if God will show them a new way to live?
3. Will God show us a new way to live?
4. I wonder what the new way will be like?
5. What feelings would the exiled people have had that are similar to what we are feeling right now?
6. What concerns do we both share?

Prayer:

Dear God, thank You for making us and loving us. We pray for our families and friends. Thank You for teaching us how to love one another. Amen.

Read the Bible**Isaiah 40:1-11, 28-31 or Isaiah 43:1-7**

Build on this discussion by noting that the exiled people of God survived the exile and even found hope and comfort during this extended hard time. God chose particular people to speak to the larger population to help them. One of the people God asked to share a message of hope was the prophet Isaiah. Read aloud one of these texts to your children.

After the Scripture reading, ask your children to share what message God offered the exiled people through Isaiah. Be sure to note that God offers hope for the future and a promise to be with the people no matter what happens. Encourage your children to imagine how the Israelites must have felt hearing these words.

Discussion:

1. Talk about words or activities that have helped your children get through the big life changes that have happened during the pandemic.
 2. Create a master list of messages and practices that help your family get through this challenging time. Place the list somewhere in your home where you can easily access it. Include the tried-and-true activities your children identified during your discussion. Also, add a few new ideas that you'd like to try out. Some novel practices you may want to include are:
 - Pick a song that lifts your spirit and helps carry you through.
 - Notice signs of life in the natural world. Commit to spending a period of time each day or two outside looking at plants or animals noticing that they are surviving and thriving.
 - Select or write a short prayer that your family repeats daily. Include a message of hope and of God's steadfast love in that prayer to remind your family God is with you no matter how challenging life gets.
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Heart Snack**Supply List:**

Watermelon
Heart cookie cutter

Instructions:

Cut out watermelon with heart shaped cookie cutters.

Discussion:

God created us and loves us. God will take care of us always.

Nature Observation

Two Trees

Go outside and choose two trees to look at closely.

1. Draw a picture of the trees.
2. What is alike about the trees?
3. What is different about the trees?
4. Where do you see that the trees have changed? Bent, grew a limb, formed a hole?
5. What creatures do you see in the tree?
6. How do the trees and the creatures change with the seasons?
7. How do trees and animals thrive in all seasons?

IPM (Inter Parish Ministry) Power Packs

[Click here to watch a Power Pack Assembly Video](#)

IPM (Inter Parish Ministry) is collecting "Power Packs" in gallon-sized Ziploc bags that are distributed to school-age children. IPM distributes 200 Power Packs each week.

You can sign up to make Power Packs via sign up genius. You are also welcome to drop off completed Power Packs at anytime to volunteer houses listed below.

[Click here to sign up on Sign Up Genius](#)

What makes a good power pack?

1. Look for a **meal** for each bag (microwave mac and cheese, microwave ravioli, soups with pull tab, canned chicken/tuna lunch kits, Hormel shelf stable meals).
2. Add other items such as individual cereals, applesauce, fruit cups, shelf-stable puddings, oatmeal, peanut butter crackers, JIF peanut butter to go cups, raisins, chips, juice box, granola bar, pretzels, microwave popcorn, cheese crackers).
3. Seal items in a gallon Ziploc bag.
4. It is great when the bag is full of items.
5. Feel free to add an encouraging note to the child receiving the Power Pack.

Power Packs can be dropped off anytime at one of three church member houses. These members have volunteered to have a bin at the front porch for power packs.

Church Member Drop off locations:

Michael and Jennifer Taylor's house: 6305 Graves Road, Cincinnati, OH 45243

Walt and Holly Dewees' house: 9310 Old Indian Hill Road, Cincinnati, OH 45243

Phil and Suzanne Beck's house: 9983 Walnutridge Ct., Cincinnati, OH 45242

IPM Drop Off Locations:

Monday and Tuesday 10:00 am-12:00 pm at the Newtown Pantry 3509 Debolt St., Cincinnati, OH 45244

You may also donate items to be assembled into Power Packs by an IPM volunteer.

[Click here to donate items for Power Pack Assembly](#)

"In His name, lending a helping hand to others."

Our Daily Bread

Sandwiches

July 22, July 29

Indian Hill Church is providing sandwiches, fruit and desserts every Wednesday through the end of July. Desserts can be homemade or store bought, but must be individually packaged. Sign up to help by emailing Jennifer Taylor or signing up on [signup genius](#).

[Sign Up Genius Link](#)

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