



Weaving faith into everyday life through the value of...**FUN**

Wonder: Get Curious About FUN

Each of us has our own preferences and ideas about what makes something fun. And that's okay - it means we are all unique. How fun! Spend time getting to know the people you love by wondering together: What activities are the most fun for you? What makes you laugh really hard? Who do you have the most fun with? What makes them so much fun?

Connecting Faith with FUN:

Psalm 148 is filled with praise for God. Have fun as you praise God with it together! Begin by reading the psalm aloud and counting how many times the word "praise" appears. Then make up a sound or an action (or both!) to do each time the word "praise" is read and read it again with those responses. End with each person naming something for which they are praising God today and offering a big round of applause for God.

Faith practice: Look for more opportunities to blend praise with fun this month. Some ideas: Go for a praise walk, naming the praiseworthy things you notice. End the day with a "Yay, God!" cheer. Delight in a special treat or try a new-to-you funny looking fruit or vegetable and thank God for it.



GAME

Laughter Call and Response

Sit in a circle or face-to-face. One person leads, while the rest repeat. Begin with a tiny giggle - light and insignificant. Let the others repeat the giggle exactly. Repeat these steps while increasing the intensity of the laugh. Finally, burst into laughter and see if the others can repeat without spontaneously laughing themselves. Repeat with as many different leaders as you want.

Bedtime Prayer

God of **fun** and God of **laughter**, thank you for today! I am thankful for...(take turns naming something you're grateful for). We know you are with us always. We know you love us always. Help us to love others always. Amen.





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Between---the---Seams

Faith grows strongest when it's woven into everyday life—and that includes fun!

Catherine Price, in her book *The Power of Fun*, says that there are three elements to fun: playfulness, connection, and flow. Playfulness is the ability to take a lighthearted view of the world, to not be weighed down by the cares of everything around you. Connection is about being in tune with those around you – to really notice what is going on with them. And flow is being present, active, and engaged.

This month, you're invited to be intentional about making space for FUN by putting distance between yourself and distractions from cellphones, social media and TV news. Be present. And be attentive to how your children are being present too. Are they engaged in what is going on? Or is there something that is keeping them from joining in on the fun? Setting aside time for fun with your children will be enriching for both of you. And it's faith forming too! Check out the do-able (and fun!) ideas for growing in faith together everyday in the For Families version of this resource.

Prayers

O God of Love and Laughter: Show me how to have fun today. Carry me beyond the tedium of job, chores, and the expectations of others to see the joy in my children's eyes. Help me to see the absurdity of believing I must do everything and the relief of a full-on belly laugh while rolling on the floor. Thank you for giving us a sense of humor and the ability to enjoy your beautiful world. Amen.

Lord, I am not feeling very fun today. In fact, I feel pretty stressed out and if my child asks me for one more thing, I might have to take a time out. How do I tap back into the abundant life—that deep well of joy—that you promised me? Help me hold the reality of my life today; it's overwhelming and you are present. May I see you in the smile on my child's face. May I hear you in my child's laughter. And may I feel you in my breath. Amen.