

# FAMILY PRAYER ACTIVITY



## BIBLE READING

Ephesians 5:1 (NIV)

Follow God's example, therefore, as dearly loved children.

## PRAYER

Dear Lord,

Help us to be a good example of a disciple to our friends, family and people we meet. Someone who follows you. Help us to show we love you by what we say and what we do. Helps us to be like a mirror and show your ways and your love to others.

Amen.

## ACTIVITY

Mirror, Mirror

Find a partner (you can change partners too). One person moves and makes up different actions and the other person is the mirror and they copy the actions doing exactly the same, as if the person was looking in a mirror.

How hard it is to be good all the time? The Lord knows we are not perfect, he knows when we follow him we want to try our best. This is the same for all of us no matter what age we are. We don't always get it right but we do want to try our hardest to be a good example.