

# FAMILY DEVOTIONAL

Take this home with you and do it with your family during the week!

**Play:** Head, Shoulders, Knees, and Toes- Tailor this to the age of your group. For older kids, have them make up their own variation and/or see how fast they can go.All the parts of the body are important, but have you ever stopped to think about how crucial your head really is? What are some important functions it contains? Did you know that the Bible proclaimed Jesus the head of the church? Let’s find out why?

**Read:** Colossians 1:15-20

This passage says, “For in him all things were created...all things have been created through him and for him. He is before all things, and in him all things hold together. And he is the head of the body, the church”

Before, we were talking about how important the head is for the physical body. If Christ is the head, who makes up the body? If the church is the body, who makes up the church?

1 Corinthians 12:27 says, “All of you together are Christ’s body, and each of you is a part of it.” So, when we say,the church, we aren’t just talking about the people that come to First Presbyterian on a Sunday morning, but everyone that acknowledges Christ as Lord of their life.

So, if Christ is the head of the church, then we get to be His hands, feet, arms, toes and elbows: active and doing things in the world. But how do all the parts of our body know how to work together to be effective?

Think back to our game. We used so many parts of our body to do even that simple activity. How many messages did our brain have to send for us to move and touch all those different parts of our body? And you did it so fast!! Your brain is an amazing thing. When everything is functioning the way it should, then our body and brain work together so well that often we don’t even notice the amazing things it does. (Think about breathing, heart pumping, blinking, digestion etc.)

But what would happen if the foot decided it didn’t want to listen to the brain and did its own thing instead? Chaos! Before Christ died on the cross, we were like a person that is paralyzed, unable to move. The brain was disconnected from the parts of the body, but when He rose again, He created a way for us to be reconciled to Him. Reconciled, means for things to be repaired and set right.

Christ has done everything that is needed for His body to function the way it is designed, but we, as the many parts, we must choose if we are going to recognize His leadership and reign in our life, and follow the messages He sends us!

**Remember:** Work together as a family to memorize/meditate on Colossians 1:17-18a this week.

“Jesus is before all things, and in him all things hold together. And He is the head of the body, the church”

Ideas: Write this passage down and hang it on the refrigerator. Say it together as a family during meal time each day. Write it on a chalk or white board and erase a couple of words each day until you can say it by memory.

**Respond:** “Dear Jesus, thank you for reconciling us to yourself. Help us listen to you, and recognize your supremacy and Lordship so all the parts of your body can function together the way you designed.....Amen!”

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# The Apostle's Creed

I believe in God the Father Almighty, maker of heaven and earth.

And in Jesus Christ, His only son, our Lord. Who was conceived by the Holy Ghost, born of the Virgin Mary; suffered under Pontius Pilate, was crucified, dead and buried. He descended into hell; the third day He rose from the dead; He ascended into heaven, and sitteth on the right hand of God the Father Almighty; from thence He shall come to judge the quick and the dead.

I believe in the Holy Ghost; the Holy catholic church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.

# The Lord's Prayer

Our Father who art in heaven,  
\_\_\_\_\_ be thy name.  
Thy kingdom come.  
Thy will be done  
on earth as it is in \_\_\_\_\_.  
Give us this day our daily bread,  
and forgive us our debts,  
as we \_\_\_\_\_ our debtors,  
and lead us not into temptation,  
but \_\_\_\_\_ us from evil.  
For thine is the kingdom,  
and the \_\_\_\_\_,  
and the glory, for ever.  
Amen.



You can find the answers on page 16 of the hymnal.

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