



**Daily Schedule:**

**11am – FB Live Devotional**

**Personal Devotions & Daily Activity Challenge**

**7pm – Zoom Meeting with game/activity**

**9pm – Late Night Activity Wed/Friday Only**

# Monday, July 13

## Day 1: Compassion and Empathy

Tune in to FB Live at 11am for an intro to today's topic

Compassion empowers us to release anger and judgement we hold toward others, ourselves and the world for not being what we want. Compassion inspires us to see, forgive, and welcome others.

Example – yawning. When you see someone else yawn you need to yawn! When you see someone laugh or cry you also want to laugh or cry because you know what it is to feel those emotions.

**Empathy is when you see someone else's hurt, you hurt with them, and you want to help ease that hurt.**

### On your own read: Luke 15:11-32

When we listen to stories we can learn so much from the feelings of the people. This is one way we learn compassion. We see, listen, and recognize what people are feeling, and this helps us to feel their joy and their hurt with them. Sometimes it requires a bit of imagination on our part because the story might not tell us directly what people are feeling. For example, we might focus on the younger brother and father, but the older brother has something to show us, too. Compassion helps us to see how every human being is important and loved by God.

What did the father see? Did you see what the father saw?

How about the younger brother? What about the older brother?

What feelings did you feel when you heard the story?

Who shows compassion? Who receives compassion?

### Today's Activity Challenge

If you stopped by the church last night you received a wooden circle – this works as a lid to a tool bucket for Ignite students who attend mission trips. The lid turns the tool bucket into a seat for lunch, a stool for reaching higher, and a way to identify the buckets. Use the paints provided (or add your own colors if you have more paint at home) to turn this plain lid into an inspiration! Paint a rainbow, a sunset, a cross, a tree, flowers, or anything that inspires you! Perhaps you want to add an inspirational quote or bible verse. We will be collecting the bucket lids at church Friday between 4-5pm (and if you have one at home already please return that one – just the lid NOT the tool bucket) to be re-distributed each year – maybe you will end up using this very lid someday!

### 7pm – Zoom meeting: Scavenger Hunt

*Zoom Link will be sent out each night at 6:45pm via e-mail & SnapChat*

## Tuesday, July 14

### Day 2: Compassion and Bravery

Tune in to FB Live at 11am for an intro to today's topic

To be brave is letting God help us see and reach out to our neighbor. When we reach out to our neighbor we experience the miracle of God's power to restore and make our community whole. Sometimes we have to take risks in order to ease someone's hurt or suffering. We need to be brave to jump-in, share, protect and speak up for others.

### On your own read: Mark 2:1-12

This story involves some heavy lifting, a massive hole, and some neighbors who took a risk to help a friend who lost the ability to use his legs. Listen for surprising moments where compassion helps people be brave. Remember that the healing stories in the gospels are concerned not only with the cure of physical conditions but the restoration of persons to their communities.

What do you think it means to be brave? What does it feel like?

Who was brave to you in this story?

What do you think the friend who was paralyzed felt when he was healed?

How do you think he felt when he was able to be in his community again?

Can you imagine what the friends feel for their friend who was paralyzed? How about the crowd? The disciples?

### Today's Activity Challenge

Today you are challenged to do a random act of kindness – the bigger the better. Maybe you know of a chore someone in your family has been meaning to do but hasn't had time. Perhaps an elderly or sick neighbor would be surprised that you weeded their garden, mowed their lawn or made them dinner. Be creative and really look for how you can help someone today. I'm challenging you to BE BRAVE and work outside of your comfort zone (but staying socially distant and safe of course!)

### 7pm – Zoom meeting: Art Hub – bring paper, markers or pens and a smile!

*Zoom Link will be sent out each night at 6:45pm via e-mail & SnapChat*

## Wednesday, July 15

### Day 3: Compassion and loving ourselves

Tune in to FB Live at 11am for an intro to today's topic

To love ourselves means showing gentleness and kindness to ourselves in heart, soul, mind and strength. When we pay attention to and honor our own selves, we experience how God sees and loves us. Loving ourselves is an essential form of compassion. When we care for our own needs we are ready to care for others' needs too.

### On your own read: Deuteronomy 6 and Mark 12:28-31

Sometimes we are given the message that caring for ourselves is selfish. Or we worry that others might think we don't care enough for them. But it is important to have love and compassion for ourselves – so important that God even included it as one of the greatest rules to live by. He commands us to love God, love our neighbors, and love ourselves.

What does it mean to love ourselves?

How does having love for ourselves help us to love others? To love God?

What are some ways you can show love to yourself?

### Today's Activity Challenge

Today you are challenged to do something special for yourself. Spend some time thinking about what that is – what do you really enjoy? Make slime, paint, make a cake, plant a flower, write a poem, hang up a hammock and take a nap! Then, cut some paper into long strips to make a paper chain – just like you did when you were a little kid counting down the days until Christmas. Write something on each strip that you like about yourself, or that makes you happy. Ask some family members to fill some out for you also and make a chain to hang in your bedroom to remind you of all the things that are special about you.

### 7pm – Zoom meeting: Get Zen with Yoga

*Zoom Link will be sent out each night at 6:45pm via e-mail & SnapChat*

### 9pm - Late Night - Fortnite competition

*Details will be posted on FB & Instagram*

## Thursday, July 16

**Day 4: Compassion and being present with each other**

**Tune in to FB Live at 11am for an intro to today's topic**

When we follow God's Spirit and are open to the people we encounter along the way, they can experience God's Spirit through our care. Compassion involves deep trust, an open mind, and a soft heart. Being present with each other asks us to let go of our expectations, be flexible, and trust the Spirit as we seek to lead compassionate lives.

### **On your own read: Ruth 1**

Today's story feels hard and sad. But it shows us what being open and present to the people along the way of our lives can look like. When our compassion is strong, we are alive to the feelings of others around us, open to feeling what they feel and how we can be with and support them in those feelings. Sometimes it's hard to know what direction to take. But if we are present to the experiences of those around us, we can trust God's Spirit to show us the compassionate way.

What do you think it means to be with people in their hurt?

How can you be with someone while they are hurting? How can you let someone be with you when you hurt?

What do you think Naomi felt when Ruth kept saying "I'm going with you?"

### **Today's Activity Challenge**

Today I challenge you make a batch of cookies! Have you ever thought about how hard truck drivers work? Especially this summer with the extra challenges of COVID 19, truck drivers are more important than ever, and they work long lonely hours to get items where they need to be for all of us. When you are making cookies today, say a prayer that the person who eats them will feel the compassion you have for them and be uplifted! When they are cool package them into sandwich baggies with 4-6 cookies per bag and add a note of encouragement. You can bring these to the church on Friday at drop off (4-5pm) to be taken to the Truck stop ministry for distribution.

### **7pm – Zoom meeting: Truth or Dare – Ignite Style**

*Zoom Link will be sent out each night at 6:45pm via e-mail & SnapChat*

## Friday, July 17

**Day 5: Compassion and fresh starts!**

**Tune in to FB Live at 11am for an intro to today's topic**

Sometimes we are overwhelmed with good feelings, and other times we feel overwhelmed by our circumstances and negative thoughts and feelings. When have you felt overwhelmed? Sometimes we need to start over, to have a fresh start and try all over again. When we are giving a fresh start, we see, feel and trust how God's abundance is meant for all people and creation. As you read the story today think about what it's like to have a fresh start.

**On your own read: Leviticus 25**

What do you imagine when you hear the word justice? Do you imagine courthouses and jail? Do you imagine what happens when someone hurts you and they are punished? Or do you imagine equal treatment – everyone gets the same amount? God's ideas are different than ours. God's idea of justice looks more like all the ways we've talked about compassion. Seeing and welcoming. Being brave and honest. Loving ourselves. Being present with each other. It means we see God's abundance – enough for everyone. We can do the work with God to care for all creation.

What were some of the things God wanted the Israelites to do? Why?

What does it feel like to rest?

Why do you think it's important to have a fresh start?

**Today's Activity Challenge**

Today your challenge is to help send some love and caring to nursing home residents. During this time of social distancing those who live in nursing homes have not been able to have any visitors. Not being able to see loved ones for such a long time can cause loneliness. Be creative! Make cards, drawings, word searches, crossword puzzles, or a joke book. You can bring all of your creations to our materials drop off from 4-5pm at the church tonight.

**7pm – Zoom meeting: Bingo**

*Zoom Link will be sent out each night at 6:45pm via e-mail & SnapChat*

**9pm Late Night – MuckBang and TikTok dance-off – bring something to eat!**

*Zoom Link will be sent out each night at 6:45pm via e-mail, SnapChat*