

January 22, 2023

# FOLLOWING THE CALL

Nurturing Faith and Spirituality at Home

In stories of call and teaching that turn our world view upside down, we glimpse a re-imagined realm and, together and apart, we reflect on our call as individuals and as a community.



The Season after the Epiphany begins with words of affirmation, “You are my beloved.” We hear echoes of that blessing in the weeks that follow, in the beginnings of discipleship and the ways that we are invited to see ourselves.

• • • • •

This week, as the disciples are called to be fishers of people, we are invited to wonder what is calling us and leading us to find a place to dwell and grow in unity with others in our community.

## Instant Change

**Read** [Matthew 4:12–23](#) or **listen** to the audio story “[A Day by the Sea](#)” or **gather** around as someone tells the story “[Come, Follow Me](#)” in this week’s Exploring Our Faith.

This story of Peter, Andrew, James, and John says that these men dropped their nets and followed Jesus immediately. They didn’t think twice. They didn’t question but jumped in with both feet.

- **When has something changed in an instant for you?**
- **What looked different from one moment to the next?**
- **Was it hard to adjust to this new reality?**

**Listen** to “[This Little Light of Mine](#)” and sing along with this beloved hymn.

- **What are the other verses that you might have learned from this hymn?**
- **What does it mean to “let your light shine”?**
- **How is shining like following, and how is it different?**

## Play, Experiment, Craft, Draw

**Play** Follow the Leader. Take turns so that everyone who wants to be the leader can be. After playing, you might explore some questions such as: What does it feel like to be silly together? When would it be hard to follow the leader? What is hard about being a leader?

**Experiment** with one of these [instant ice science projects](#) to see how much can change in just a moment.

**Craft** some cardboard fish and a fishing pole for this [fishing game](#).

**Learn and sing** together “[We Will Follow Jesus](#)” in this week’s Exploring Our Faith.

### Activity sheet

**Draw** your dreams, desires, and wants on this week’s [activity sheet](#) in Exploring Our Faith.



## During the Week

### Camp out in a fort in the living room

When everything is happening so fast, sometimes we need to hide out in a safe place and remember that God will always be our shelter and strength. One night this week, build a fort in your living room with blankets and pillows. Add fairy lights and lanterns as you cuddle together to find comfort and strength in being together. Maybe read [Psalm 27:1, 4–9](#) and talk about what scares each of you about changes big and small.

### Following your heart

Simon, Andrew, John, and James just left their jobs and didn't look back. Jesus had something that these fishers wanted so passionately that they were willing to leave everything they knew and follow him. Explore your heart's desires with [these three mindfulness practices](#). Practice learning these practices together and finding ways to use them when it feels like everything is happening so fast.

### A time for joy

Do something this week that brings you joy. Sing. Dance. Paint. Run. Whatever it is, do something just for the sheer joy of it.

### Prayer

O God, surprise us  
with wonder and joy.  
Remind us that you  
are always with us,  
reminding us to shine  
with your light and love. Amen.

**Listen** to the song "Come and Follow Me" (MP3 available [here](#) for purchase and download).  
**Visit** [Lectio Connection](#) for current events that connect with this week's scriptures.

*Photo credit: Unsplash/Diego PH*

