

Equip: Households of Glory

Super Soaking

Soaking is a term used to describe resting in the presence of God. This resource is full of different activities for you to be to engage in this together as a household of all ages.



SOAKING?! What?!

One way to describe soaking to kids before is by: *"It's like when we are in a **bath** - we are totally covered and surrounded in water. Soaking is when we make time to be totally covered and surrounded by God and all that He is!"*

You may prefer to use the term '**quiet time**' instead. If so that can be explained like: *"sometimes our heads and bodies get so busy and noisy. It is good to help them be quiet. We can invite God to spend quiet time with us, and He always says YES!"*

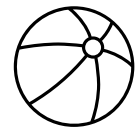
Setting the space!

"Enter His courts with praise and thanksgiving"

Soaking itself is **worship** – but using worship **music** can help hearts realign into a place of adoration that echoes the sounds from heaven. You could use:

- A song with a certain truth that God wants to embed and rest upon them
- *Instrumental worship* to not be distracted by the words.
 - *Bethel Music* – 'Without Words' albums
 - *William Augusto* and his albums.

These can be found on our Soaking Playlist on Spotify.



Imagination is powerful.

And God speaks to us through it.

Imagination opens our mind up and therefore God can step in. Quite often, in **play**, we see God living out in the kids – it's our job to then be looking for it, acknowledging it and then celebrating it. God shows up - sometimes in weird and wacky ways! - but each of them are good and the right thing for that child at that time.

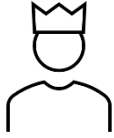


Father, what do you REALLY love about me

Father what gift from heaven do you want to give



Father please show me how big your love is!



Father God what does my heavenly crown look like?*

**also could use shield, sword, room, garden*

Chatting with God

To help kids focus and engaged in His presence, you can give them a **question** to ask Father God. This can range from being super broad or quite specific.

Here are some examples:

Father, what do you want to tell the world today?

Father, what are the angels doing today?

Father lets go on an adventure! - where shall we go?



Activities

Or you could include something a little active for them to respond with/to.



Swaddled by God's Love - Wrap up in a blanket - imagine this is God wrapping you all up in his love

What does it feel like? is he saying or showing you anything?

Pray-dough - Using playdough, ask God to give you an idea of something to make.

What do you want to tell me about that I have made?

Fly High- Lie on the floor & stretch your arms out wide, like flying.

Where are we flying to today Jesus?

Heaven's Waterfall - Standing/lying and imagine that there is waterfall from heaven falling onto them - of love, courage, peace

How are you feeling inside and out?

Best Hug - Find your favourite toy, lie down and give it a big hug.

God is giving you a big hug too! - what does it feel like?

Feeling Heaven - When we say to the kids to put your hands out in prayer, we say, "*put your hands out, ready to feel heaven come*" -

What does heaven feel like?

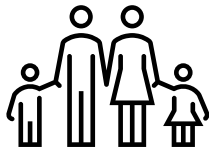
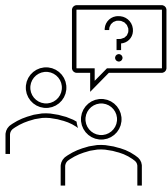
Chats with Jesus - Get two cushions on the floor. One for them, and one for Jesus. *Imagine Jesus is sitting right next to him.*

What would you say? What does He say?



Asking Questions

Asking **questions** opens the opportunity to answer them together. You will be amazed with their replies!! There is never a wrong answer. It is a great opportunity to affirm and encourage their encounters with God. They will then be more likely to continue to do so.



Sharing Soaking

Soak together as a whole household and share with them what God said to you.

Sharing this time with one another is so important as it opens your faith and friendship with God to them.

They will learn from your journey with God and including God more and more in conversations everyday will keep their engagement and awareness of His presence alive!!

New Habits

Here are some other resources based on meditative prayer rhythms for you to engage with as a household.

- **Lectio 365 App** – a daily devotional written by 24/7 prayer. It is inspired by *Lectio Divina*, a way of mediating on the Bible that has been used by Christians for centuries.
- **The Examen** – a method of reviewing your day and acknowledging where God is in your everyday life following 5 main steps:
 1. *Ask for God's eyes,*
 2. *Give thanks,*
 3. *Review the day,*
 4. *Face your shortcomings,*
 5. *Look toward the day to come.*

We would love to hear any stories of what God is saying during your soaking time together. Please do send these, and/or any questions you have to Holly and Nick by emailing: kids@chanctonbury.org.uk