

Family Togetherness Week of Prayer
September 3 - 9, 2023

2023 Resource Book

KEYS TO HEALTHY MINDS

Flourishing Families

Adventist Family Ministries

TUESDAY

CHOOSE

WONDER

Key Verse

There is none like You, O Lord...For You are great, and do wondrous things. Psalm 86: 8, 10 NKJV

Find a photograph of a nature scene with a clear space in the sky. Write the Bible verse on the sky to make a wonder poster.

Exploring Wonder

Wonder is the amazing feeling we experience when we see a rainbow, look at the stars, explore the design details of a flower or a tree, or sit quietly and watch a wild animal. Whenever we look at nature with wonder, it fills us with a warm and joyful glow of delight, and it brings us closer to God. Wonder is a special gift from God that is packed with good things for us! It lowers our stress levels and our heart rate; it interrupts the patterns of worry in our brains; and it can help us to become more resilient in the face of life's challenges. Wonder inspires us to be creative, to strive for excellence, and even to be compassionate, empathic, and generous towards others.

God has filled this world with many wonders to show His love for us. He hopes that we will slow down enough to notice His awesome creations and to explore their tiny details. He knows that when we do so, it will inspire our heartfelt praise, lower our anxieties. and help us to be kinder and more compassionate, as we grow to be more like Him.

Don't Worry!

Try Wonder!

(Matthew 6)

Jesus looked out over the crowd of people. They were tired, worried, stressed, sad and overwhelmed by life. His heart was filled with compassion for them. They were so concerned about the everyday struggles of life that they barely had time to think about God and how much He loved them and cared for them. If only they knew how much they were loved, He thought, and how hard God was working to take care of them...

Jesus had so much to tell them about God and about life. He wanted to give the people something that would always remind them of God's loving care. He looked up and heard the birds twittering in the skies. Delicate wildflowers were growing around His feet...

'See these little birds,' said Jesus. 'Look at them. See how God gives them food and takes care of them. You are much more precious to Him than the little birds.' A sparrow flew down to the

ground and pecked at some grain. 'And look at these flowers!' Jesus pointed to the fragile daisies and poppies. 'Their petals are so delicate and beautiful! And your Father, who clothes them in their gorgeous dresses, will make sure that you always have clothes too. So please don't worry about these things. God loves you very much! You are very precious to Him and He notices all the things you need, every single day!'

Many years earlier, David noticed that the night sky was spectacular. As he sat on the hillside and watched over his sheep, he saw the silvery moon and it made his heart sing. He was filled with wonder at all the stars sparkling overhead, and he remembered how wonderful the sun was during the day. Eventually he wrote a song about his wonder, and you can read it in Psalm 8. He was amazed that the God who created such huge and marvelous things also cared about tiny human beings.

God made all the beautiful things in the world to show us how much He loves and cares for us. Every one of His amazing creations, light, water, flowers, trees, fruit, vegetables, grains, stars, moon, sun, planets, fish, birds, and animals, was made to bring us joy. Each one of them is a gift for you. Whenever you find one of God's wonders, stop and take time to explore it very carefully. Notice the small details you haven't seen before, and how carefully God made the petals on a flower, the leaves on a tree, the butterflies, the birds, and even the vegetables on your plate. Each little detail reminds us that our Father cares about the details of our lives too.

Whenever you are worried about something, imagine you are putting your worry in God's hands, the hands that created all these wonders as love gifts for you. Spend time looking at one of His creations, noticing how wonderfully He cares about it. Then notice how your worries melt into wonder.

Wonder Prayer Activity

- Gather beautiful examples of nature and arrange them on a table. Or go to a park with your family and gather wonderfully created things that have fallen to the ground, so that no plants are damaged.
- Invite each person to choose an item and to find something about their object that fills them with wonder. Praise God together in sentence prayers of wonder, to celebrate His creation.

Experiencing Wonder Activities

Flourish! - Choose well - think well - live well - grow well!

Wonder Tray/Basket

- Gather safe and wonderful objects and make a beautiful arrangement of shells, stones, natural wood, non-poisonous seed pods, feathers, etc. in a basket or tray.
- Explore each of the items carefully. List all their wonders – texture, appearance, design, colors.

- Use the collection to remind you of God’s wonderful creation. Add new things when you find them.

Awesome Hands!

I will praise You, for I am fearfully and wonderfully made; marvelous are Your works. Psalm 139:14 NKJV.

- Your body is amazing and wonderfully made.
- Look at your hand and explore how it moves.
- Think of thirty amazing things your hands can do!
- Praise God for your hands and thank Him for the things you enjoy doing with your hands to bless others.

Wonder Activities

- Every day look for something wonderful that God has made and take a photo or mental picture of it, draw it, or write a sentence about it in your family wonder journal. Look at all the intricate details of its creation and marvel at God’s amazing artistry.
- Talk about your moments of wonder when you eat together. You can even look for wonder in the design of the delicious fruits and vegetables that you’re eating. Smell them, feel them, taste them, and notice how they are made.
- The sky is continually changing, like a massive watercolor canvas. Notice how beautiful it is. Or go outside and look at the night sky together. Be filled with awe at the magnitude of the universe.
- Look at each person you meet with a sense of wonder. Everyone is made in the image of God and that makes every person special!