

REST IN JESUS BINGO

ACTIVITIES TO RESTORE YOUR MIND, BODY, & SOUL

Name:

Phone #:

<p>DIGITAL DETOX Go screen free for a weekend or evening</p>	<p>REST IN JESUS Take a photo of where you Rest In Jesus and send your photo to amys@flcfremont.org to be shared during worship.</p>	<p>GIVE BACK Donate to a church ministry: Mobile Banquet VBS Month Ministry Partner</p>	<p>ENJOY NATURE Take a walk/hike as a family enjoying God's nature. <i>(can you find something of every color in the rainbow?)</i></p>	<p>FRIENDLY INVITATION Invite a friend to worship with you.</p>
<p>CHALK IT UP Select your favorite scripture and write it in sidewalk chalk for others to enjoy.</p>	<p>FAITHFUL EARS Listen to a faith-based podcast.</p>	<p>BAKE WITH LOVE Bake your favorite dessert and share with a neighbor.</p>	<p>A THOUGHTFUL NOTE Write a letter and/or draw a picture and send it to someone you haven't seen in awhile.</p>	<p>CALM WATERS Spend time by water: a pool, lake, river, or even the bathtub!</p>
<p>REST & REFLECT Start a gratitude journal. Write down one thing you are thankful for each day.</p>	<p>A NOURISHED HEART Learn a new mealtime prayer. <i>(Need ideas? Contact ginad@flcfremont.org)</i></p>	<p>GRACE SPACE <i>(because grace is always free)</i></p>	<p>A VERSED FAMILY Choose a Bible verse for your family to memorize. Find creative ways to remember it. <i>(through song, art, motions, acting, etc.)</i></p>	<p>GROUNDING Walk barefoot in the grass, grounding yourself and remembering God is always with you.</p>
<p>SPARKS & SPIRIT Enjoy a picnic or campfire with family or a friend from church.</p>	<p>NATURE NAP Take a nap in the fresh air.</p>	<p>A SACRED BREATH Use a breath prayer to relax. Inhale saying, "Lord fill me with..." Exhale saying, "Take this ___ from me."</p>	<p>FAITH ON THE FLY While traveling, attend a worship service somewhere other than FLC. Email ginad@flcfremont.org with what you learned.</p>	<p>SEASON SHARING Spend time with someone in a different "life stage" than you. Share God moments with each other.</p>
<p>FAMILY FIRSTS Learn something new as a family: a game, hobby, or sport.</p>	<p>FRUIT OF THE SPIRIT As a family, choose 1 fruit of the spirit you want to grow in this summer. Dive head first into it: read books about it, make lists to practice it, & point it out when you see it in each other. <i>(Galatians 5:22-23)</i></p>	<p>SOAKED & SOULFUL Dance in the rain!</p>	<p>THE SHARED AMEN Pick a time that works for everyone in your household and pray together as a family.</p>	<p>A JOYFUL NOISE Listen to Christian music and sing out loud!</p>

Complete a BINGO line (*vertical, horizontal, or diagonal*) and turn your card into the Church Office by **Monday, August 31** to be entered into a prize drawing!