

# heartfelt Newsletter

December 2009

SCRIPTURE: Jeremiah 33:14-16

THEME: Light for the Journey

family  
'round  
the  
table

EATING TOGETHER



## MENU

Pork Cutlets, Baked  
Sweet Potatoes,  
Cornbread, Diced  
Fresh Apples and  
Pears

Decorations: Create an Advent centerpiece for your table that you can use for each of the four weeks leading to Christmas. For the centerpiece you will need two table runners, one white, and one slightly wider of dark green; four candles, one for each week of Advent and one large candle to serve as the Christ Light.

For the first week you will spread the candles for the four weeks of Advent down the center of the table runner. As the family gathers for the meal explain that during the next four weeks you will be talking about people of the Bible who talked about what God wanted for all of creation. Then light the first candle for the prophet Jeremiah.

Make children part of the meal preparation by allowing them to prepare the cornbread mix for baking. School age children might also cut the fruit for dessert.

## Blessing:

*God, Thank you for this food. Thank you for this time together. Help us to enjoy each other as we share this meal.  
Amen*



## PLAYING TOGETHER

### **Activity One: How Much Light Is Enough?**

**Materials:** lighted candle

1. Talk about different kinds of light; daylight, starlight, neon lights, lamplight, flashlight. Invite family members to choose their favorite kind of light and tell why it is special to them.
2. Quickly turn out all lights in the room, including the candle lighted before the meal.
3. After allowing time for eyes to adjust to the darkness, invite everyone to share about what they can see.
4. Then invite everyone to close their eyes for 30 seconds and then open them again. Can you see more, less, or just the same as before?
5. Relight the candle from the centerpiece. Can you see more, less, or just the same?

### **Activity Two: Carol of Your Choice**

**Materials:** recording of a favorite carol, CD player

1. Choose a family favorite Advent or Christmas carol with several verses and practice the first verse.
2. Explain that over the next several weeks the family will learn a new verse each week.
3. Find other occasions during the week to practice the verse, during a car ride or while preparing other meals.



## STUDYING GOD'S WORD TOGETHER

Introduce the Bible reading by sharing that this reading comes from the part of the Bible that tells about God and God's people who lived before Jesus was born---the Old Testament.

Jeremiah was a prophet who lived when Josiah was King of Judah. For forty years he walked around the city of Jerusalem and the countryside talking about the evil things people were doing to each other and how some people were very poor and beaten down by those in power. He wanted them to remember how God wanted them to live together. Just as important, Jeremiah wanted them to remember God's promises.

Invite a family member to read Jeremiah 33:14-16.

### **Reflections Questions for the Family**

1. From what family does Jeremiah say God's chosen king will come?
2. How does Jeremiah say that this king will rule?
3. This passage says the people in Judah will "live in safety". What do you think that means?
4. If you were in this story, what message would you share with God's people?
5. Has there ever been a time when you think someone treated you unfairly or unkindly? How did you handle it?
6. Has there ever been a time when you were unfair or unkind to someone? What happened? What would you do differently today?



## PRAYING TOGETHER

- Add to your Advent centerpiece an open Bible to create a worship space.
- Sing or speak together verse 3 of “There’s a Wideness in God’s Mercy”.
- Call family members to prayer by reading together Psalm 25:1-10. Invite them to share their concerns for this week, to give thanks for something or someone, and to share one way they will be light to others in the coming week. Close by praying:

*God we thank you for loving us and forgiving us. This week help us to think of you first when things go wrong. Help us to remember the things Jesus taught us about how we are to treat each other and how we are to live with one another. In the coming week, may our lives please you. Amen*

[www.thelogosministry.org/heartfelt.html](http://www.thelogosministry.org/heartfelt.html)