

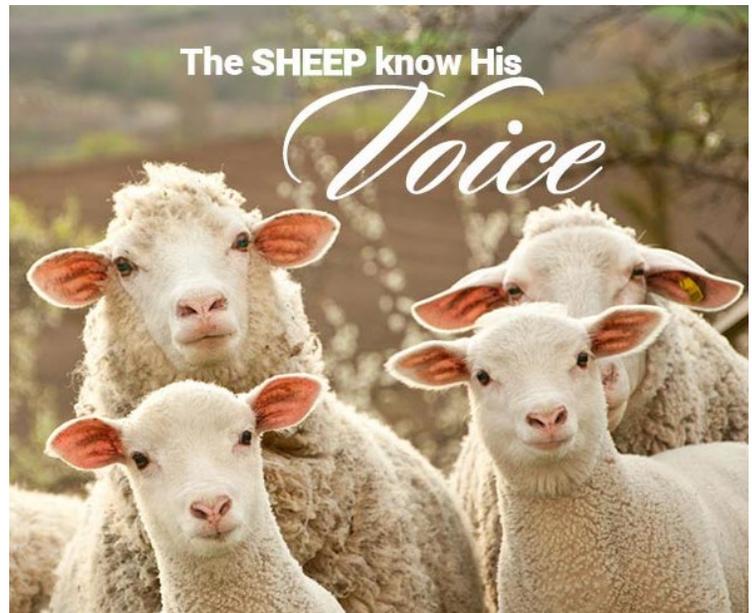


Family Sunday School

Lesson 6 - Called By Name

Introduction:

“Listen! Listen, God is calling!” Our faith involves all of our senses - we taste the bread and wine, we touch the cool waters of the baptismal font, we see glimpses of God’s activity around us, we smell the seasons change from Christmas evergreens to Easter lilies, and over and over again in the Bible stories, we are called to listen! As we near the end of our “Good Shepherd” series, we will focus on how God calls us each by name and how we can learn to listen to the voice of our “Good Shepherd.”



Start the Fun!

Are You Listening?

Do sheep really respond to their shepherd’s voice? Watch this video and find out!

<https://www.youtube.com/watch?v=e45dVgWgV64>



Read together

John 10:2-5, NIV

The one who enters by the gate is the shepherd of the sheep. 3 The gatekeeper opens the gate for him, and the sheep listen to his voice. He calls his own sheep by name and leads them out. 4 When he has brought out all his own, he goes on ahead of them, and his sheep follow him because they know his voice. 5 But they will never follow a stranger; in fact, they will run away from him because they do not recognize a stranger's voice.

John 10:27 NIV

27 My sheep listen to my voice; I know them, and they follow me.

Discuss

Ask: When the shepherd calls the sheep in these verses, what do the sheep do? What does that mean for us?

Discussion points: The sheep "listen to his voice" and "his sheep follow him because they know his voice." This means that we need to listen to Jesus and follow his directions.

Ask: Most of us will not hear God's voice (like Samuel did) or see visions from God (like Saint Francis). How can we listen to Jesus?

I Kings 19: 11-12 NKJV

After Elijah defeated the prophets of Baal, he sought rest and truth from the Lord:

11 Then He said, "Go out, and stand on the mountain before the Lord." And behold, the Lord passed by, and a great and strong wind tore into the mountains and broke the rocks in pieces before the Lord, but the Lord was not in the wind; and after the wind an earthquake, but the Lord was not in the earthquake; 12 and after the earthquake a fire, but the Lord was not in the fire; and after the fire a still small voice.

Discuss

Discussion points: The voice of God is called a still small voice. To hear it, we may need to set aside a moment of quiet time. If we can silence the loud voices of the world, those meant to distract us and steer us off course, to confuse us or fill us with anxiety and worry, we may find the peace that only comes from Jesus. If we can take a deep breath, close our eyes and listen, we might hear his gentle whisper. It could sound like a thought in our mind, an urging to do something, or as a feeling of belonging and peace.

Ask: Are there other ways God might speak to us?

Discussion points: Pastor Elizabeth Cottrell gave these suggestions at Emmanuel Episcopal Church in Woodstock, Virginia (edited for length):

“I’d like to suggest a few ways God might be speaking to us.

God speaks through Scripture. The Bible gives a great deal of guidance on the things we encounter in life, so familiarity with its teaching can result in the right verse and message coming to mind just when we need it.

God speaks through our intuition. This is a combination of our thoughts and our gut feelings. It can be thoughts and feelings that come to us during prayer, or they can come out of the blue.

God speaks through others. Sometimes this is the hardest to recognize. We should be careful not to pre-judge who God might use to deliver a message we need to hear!

God speaks through books, letters, movies, or music. I find this happens most often when I am intentionally praying about a situation or asking for an answer to a question. Uncannily (or so it seems at the time), I’ll get a letter, read an article, watch a video, or be sent some other resource that speaks very specifically to what I’ve asked God about.

God speaks through circumstances in our lives. Sometimes the guidance from God comes in the form of a slamming door. At other times it comes in the form of an opportunity. We should be open to the possibility that either might be a message from God.”

Pray

Usually when we pray we are the only one doing the talking. Today, pray by sitting quietly and listening. Breathe slowly, let God know you are in God’s presence, wait patiently, relax.

Participate

“Do You Know My Voice?” A Game

Materials:

For this game, you need a chair and a few people.

To play:

Have one person sit in a chair facing away from the rest of the group. The leader should secretly choose one person which may be themselves. That person walks quietly behind the seated person and says, “Do you know my voice?” They may disguise their voice any way they like, but they must say it loud enough to be heard. Then they should return to the group. Once they have returned, the leader should tell the person in the chair to turn around and guess who it was. Right or wrong, their turn is over and someone else gets a turn in the chair.

Wrap Up

You are a sheep of God’s own fold, a lamb of God’s own flock, forgiven of all your sins, cherished, protected and guided by the Good Shepherd.

Take a Moment to Breathe

Finger Tip Meditation

Finger Tip Meditation Start with one or both of your palms open. As you inhale, touch your thumb to your pointer-finger, then your middle-finger, your ring-finger, and then your pinky. Pause at the top of your inhale. As you exhale, touch your thumb to your pinky, then our ring-finger, middle-finger, and then pointer-finger (the reverse order of your inhale). Pause at the bottom of your exhale. As you inhale and exhale, you can choose a mantra to say to yourself. Choose one that is four syllables so that you say one syllable for each finger. Repeat this 4-5 times, listening to each word of your phrase and feeling each touch of your finger. Here are some sample phrases that you can try!

I can do this.

I am en-ough

I am O-K

I am help-ful

I am be-loved