

The Church of England is currently setting daily readings and prayers for Christians to share which include a family challenge. Here are some of the challenges which you might like to share with your family.

When Jesus said, "I am the Bread of Life", he wasn't talking about food to help us grow as humans. He was talking about the things we need to help us grow as Christians. On a paper plate, write or draw the things that help us grow as Christians. Put a tick by the things you could do together as a family.

Find a piece of paper. Write H O L Y down the side, one letter on each line. Shout out a word or description of God that begins with each letter and ask someone to write it on the paper. How many ways of describing God did you find? Use them to complete this prayer, "Holy God, you are ... "

Families come in all shapes and sizes. Sometimes they live in the same place, sometimes they live apart. The family of God can be found all over the world - and often gathers together in churches. At the moment Christians cannot gather with God's family in church. Send an email, phone or video call someone from your family or from your local church that you haven't seen for a while.

At times it can be hard to find the words to pray. So, create an emoji prayer board for your family. Draw some emotion emojis, cut them out and put them safely in an envelope. On the top of a sheet of paper write, "Lord Jesus, today you know I am feeling". At the bottom of the sheet write "Please be with me today. Amen." Each day choose an emoji to go in the centre of the paper as your prayer.

Which is your favourite meal of the day, why it is your favourite? Many Christians say Grace as a prayer of thanks before they eat their meals. Learn a Grace which you can use as a family. It can be as simple as "Thank you, God, for the food we need today." Or you could look online and chose one to say (or sing!) at each meal.

When Jesus' disciples asked him how to pray, he gave them the prayer that begins "Our Father in heaven". We call it The Lord's Prayer. Over the next few days, try to learn this prayer by heart. If you already know it, look online. Can you learn the Lord's Prayer in another language or in British Sign Language?