

# P A N D E M I C H O P E

---

*A FAMILY DEVOTIONAL FOR LIFE DURING COVID-19*





# HOPE

It's March 16, 2020.

Most of us have been paying attention to the news as information about COVID-19 changes hour-to-hour.

This virus is aggressive.

Our government leaders' strong encouragement to social isolation to feels extreme.

You know what?  
As people of faith, those words also describe our hope.

Hope that this virus will be halted.  
Hope that our sense of community with one another will be restored.  
Hope that God has not left us to fend off this virus alone.

However, we have become focused inward by stockpiling supplies, making lists of all of the tv shows we want to watch and books we want to read, making schedules for our kids so they don't fall behind in their schoolwork, and focusing on how this virus is affecting us, as individuals.

But this virus is affecting us, as a global community.

In the waters of baptism, we are claimed as children of God, as part of God's family, which means we don't live in this world separate from one another.

Let's adjust our new extended spring break schedules and join together in some time of deepening our faith and listening to how God is calling us to love and serve our neighbor.

There are devotional readings & activities prepared for the next 8 weeks for you to do with those you are isolated alongside. If you live alone, call a friend or journal.

We will be using the Faith5 model. (instructions on the next page.)

The readings, activities, and webpages for the activities are grouped by week on the subsequent pages.

Let's remember we are not a people of fear, but of hope.



## SHARE

your highs and lows

What was the best thing that happened to you today? What was the worst thing that happened to you today? You can share more than one good thing or bad thing, but this is about connecting with one another and talking about your day.



## READ

a Bible verse or story

Each day, there will be a few verses or a short Bible story to read for the day. What did you hear in the story? What was your favorite part? How does this story show God's love?



## TALK

about how the Bible reading might relate to your highs and lows

Listen for how God cares for those in the story and how those in the story respond to God and even thank God! How can you respond to God? What are some things you want to say, 'thank you!' to God for entrusting to you?



## PRAY

for one another's highs and lows

Pray with one another and for one another. Pray that each of you learn to listen to God when God is guiding you.



## BLESS

one another

Trace the sign of the cross on one another's foreheads and say, "(Name), you are known and loved by God." Or, "(Name), you are a child of God." Or, you can make up something new each night! What are different ways you can bless one another and remind yourselves that you are protected by God?

---

# W E E K 1

---

## MONDAY

### **READING**

Psalm 46

### **FAITH PRACTICE**

Make Listening Jars

<https://www.firefliesandmudpies.com/how-to-make-glitter-jars/>

## TUESDAY

### **READING**

Psalm 100

### **FAITH PRACTICE**

Learn a new song from the Hymnal Handwashing Hits (included) to sing while you wash your hands

## WEDNESDAY

### **READING**

Genesis 7:1-5, 11-18

### **FAITH PRACTICE**

Tune in to the Cincinnati Zoo facebook page for the live Safari at 3PM & pray for your favorite animals  
<https://www.facebook.com/cincinnati-zoo/>

# THURSDAY

## **READING**

Psalm 23

## **FAITH PRACTICE**

Try Praying in Color!

<https://prayingincolor.com/praying-in-color-praying-in-black-and-white>

# FRIDAY

## **READING**

Matthew 6:5-15

## **FAITH PRACTICE**

Play Prayer Bingo

[An example game board is included at the end of this booklet.]

# SATURDAY

## **READING**

John 1:1-9

## **FAITH PRACTICE**

Make "stained glass" & notice how different it looks when light shines through it

<https://www.adventure-in-a-box.com/stained-glass-heart-suncatcher/>

# SUNDAY

## **READING**

John 9:1-41

## **FAITH PRACTICE**

Make Play-Dough

<https://www.thebestideasforkids.com/playdough-recipe>

---

# W E E K 2

---

## MONDAY

### **READING**

Psalm 118

### **FAITH PRACTICE**

Play-Doh Prayers

<http://flamecreativekids.blogspot.com/2012/01/play-dough-prayers.html>

## TUESDAY

### **READING**

Psalm 27

### **FAITH PRACTICE**

Learn a new song from the Hymnal Handwashing Hits (included) to sing while you wash your hands

## WEDNESDAY

### **READING**

Exodus 3:1-12

### **FAITH PRACTICE**

Make s'mores!

<https://christinevhides.com/2016/04/22/smore-prayer-recipe/>

# THURSDAY

## **READING**

Exodus 3:13-22

## **FAITH PRACTICE**

Make a list of all the names for God you can think of.  
Which one is your favorite & why?

# FRIDAY

## **READING**

Exodus 4:1-17

## **FAITH PRACTICE**

Make Bible Cookies!  
<http://pumpkinseedcrafts.blogspot.com/2012/05/scripture-cookies.html>

# SATURDAY

## **READING**

Exodus 4:18-31

## **FAITH PRACTICE**

If the weather cooperates, go for a walk together. Who can find the biggest (and still carry-able) stick?

# SUNDAY

## **READING**

John 11:1-45

## **FAITH PRACTICE**

Create cards to send to homebound members.  
Contact your church office to get addresses!

---

# W E E K 3

---

## MONDAY

### **READING**

Psalm 121

### **FAITH PRACTICE**

Pray for people who are helping our communities this week. Some ideas to get started: Grocery store staff, hospital staff, first responders, IT staff, custodians & waste disposal staff, gas station attendants. Who else?

## TUESDAY

### **READING**

Psalm 40

### **FAITH PRACTICE**

Learn a new song from the Hymnal Handwashing Hits (included) to sing while you wash your hands

## WEDNESDAY

### **READING**

Exodus 16:4-5, 9-18

### **FAITH PRACTICE**

Plan a happy surprise for a friend or family member.



# THURSDAY

## **READING**

Philippians 1:1-11

## **FAITH PRACTICE**

Write a letter to someone you miss and tell them how much God loves them!

# FRIDAY

## **READING**

Psalms 44

## **FAITH PRACTICE**

Pray for the countries where there are active cases of COVID-19. Look them up on a map or globe!

# SATURDAY

## **READING**

1 Kings 17:7-16

## **FAITH PRACTICE**

Draw a picture of Elijah with the Widow of Zarephath and make a gratitude list on the back of the page.

# SUNDAY

## **READING**

Matthew 26:14 - 27:66

## **FAITH PRACTICE**

Make palm branches!

---

# W E E K 4

---

## MONDAY

### **READING**

Psalm 130

### **FAITH PRACTICE**

Prepare a paper with the word FORGIVEN using invisible ink. Once it's dry, take turns writing our sins in pencil on the paper.

Reveal the word FORGIVEN using a candle

Link to invisible ink recipe:

<https://www.youtube.com/watch?v=Be-OgewR1M>.

## TUESDAY

### **READING**

Luke 1:46-56

### **FAITH PRACTICE**

Learn a new song from the Hymnal Handwashing Hits (included) to sing while you wash your hands

## WEDNESDAY

### **READING**

Hebrews 12:1-3

### **FAITH PRACTICE**

Draw a cloud on a piece of paper. Write the names of people who have helped you grow in your faith. Post this somewhere in your house where you will see it. Add to it when you think of someone else!

# THURSDAY

## **READING**

John 13:1-17, 31b-35

## **FAITH PRACTICE**

Take turns washing each other's feet

# FRIDAY

## **READING**

Psalm 22

## **FAITH PRACTICE**

Explore stations of the cross.  
<https://prayingincolor.com/stations-of-the-cross>

# SATURDAY

## **READING**

Mark 16:1

## **FAITH PRACTICE**

Smell different spices in your spice cabinet (like cinnamon) and discuss what smells make you think of God. (A warm chocolate chip cookie? Fresh baked bread?)

# SUNDAY

## **READING**

Matthew 28:1-10

## **FAITH PRACTICE**

Make Resurrection Rolls  
<https://www.coffeewithus3.com/resurrection-rolls/>

---

# W E E K 5

---

## MONDAY

### **READING**

Psalm 67

### **FAITH PRACTICE**

Make a list of your family and friends, neighbors and teachers, etc. and ask God to bless each one by name.

## TUESDAY

### **READING**

Exodus 15:1b-18

### **FAITH PRACTICE**

Learn a new song from the Hymnal Handwashing Hits (included) to sing while you wash your hands

## WEDNESDAY

### **READING**

Genesis 9:13-16

### **FAITH PRACTICE**

Paint a rainbow and hang it in a window to remind you of God's promise.

# THURSDAY

## **READING**

Isaiah 55:1-11

## **FAITH PRACTICE**

Call a homebound/assisted living member and see how they're doing. Pray for them at the end of the call.

# FRIDAY

## **READING**

Psalms 16

## **FAITH PRACTICE**

Write out some of the good things God has given you and your family.

# SATURDAY

## **READING**

Exodus 10:1-10

## **FAITH PRACTICE**

Name ways that God has protected you and cared for you when you needed help.

# SUNDAY

## **READING**

John 20:19-31

## **FAITH PRACTICE**

Line a bunch of dominos them up in a long row, & make predictions of what might happen if one were to fall over. Start the chain reaction and watch the dominoes topple in a row. How is this a good example of how we share God's love?

---

# W E E K 6

---

## MONDAY

### **READING**

Psalm 80

### **FAITH PRACTICE**

Weather permitting, go for a walk today & take note of the things that are coming back to life after winter.

## TUESDAY

### **READING**

Psalm 95

### **FAITH PRACTICE**

Learn a new song from the Hymnal Handwashing Hits (included) to sing while you wash your hands

## WEDNESDAY

### **READING**

Jonah 2:1-10

### **FAITH PRACTICE**

Make a fort in your home and together pray for those who are far away.

# THURSDAY

## **READING**

Psalm 98

## **FAITH PRACTICE**

Make a band with your family using whatever you can find (a pot for a drum, your hands for cymbals) and make a joyful noise to God!

# FRIDAY

## **READING**

Acts 2:14a, 22-32

## **FAITH PRACTICE**

Write down some places you have seen God while you've been at home & share them with your family. Did any of these surprise you?

# SATURDAY

## **READING**

Acts 2:14a, 36-41

## **FAITH PRACTICE**

Have you ever seen a baptism? That person is your sister or brother in Christ! Pray for your friends from church or your friends who go to other places of worship.

# SUNDAY

## **READING**

Luke 24:13-35

## **FAITH PRACTICE**

Tell the story with colored paper  
<http://flamecreativekids.blogspot.com/search/label/Emmaus>

---

# W E E K 7

---

## MONDAY

### **READING**

Psalm 85

### **FAITH PRACTICE**

Go on a nature walk and hunt for signs of  
Spring together.

Can't go out? Watch this video:  
<https://www.youtube.com/watch?v=1nXmIDejoHk>

## TUESDAY

### **READING**

Psalm 103

### **FAITH PRACTICE**

Learn a new song from the Hymnal  
Handwashing Hits (included) to sing while  
you wash your hands

## WEDNESDAY

### **READING**

ACts 16:12-15, 40

### **FAITH PRACTICE**

Talk about women who have taught you  
about Jesus' love. Give thanks for Lydia  
and other women of faith!



# THURSDAY

## **READING**

Acts 2:1-13

## **FAITH PRACTICE**

Time for a science experiment to show us how the Spirit sends us out to spread the good news of Jesus!

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

# FRIDAY

## **READING**

Galatians 5:22-26

## **FAITH PRACTICE**

Listen to the Fruits of the Spirit Song and share how you practice the Fruits of the Spirit.

<https://www.youtube.com/watch?v=Rezg4jYFoj0>

# SATURDAY

## **READING**

Matthew 7:24-27

## **FAITH PRACTICE**

Use Legos, Duplos, or other building blocks to illustrate the story, then say a prayer

<http://flamecreativekids.blogspot.com/2015/03/lego-or-duplo-prayers.html>

# SUNDAY

## **READING**

John 10:1-10

## **FAITH PRACTICE**

Make sheep using cotton balls or pancakes and talk about Jesus, our shepherd. How does Jesus lead us? How do we hear Jesus' voice?

---

# W E E K 8

---

## MONDAY

### **READING**

Psalm 126

### **FAITH PRACTICE**

Take turns telling your favorite joke and thank God for filling our mouths with laughter.

Need some inspiration?  
<https://parade.com/968634/parade/jokes-for-kids/>

## TUESDAY

### **READING**

Luke 2:29-32

### **FAITH PRACTICE**

Learn a new song from the Hymnal Handwashing Hits (included) to sing while you wash your hands

## WEDNESDAY

### **READING**

Matthew 20:24-28

### **FAITH PRACTICE**

Think of 1 thing you can do to serve everyone else in your household today.

# THURSDAY

## **READING**

Acts 2:42-47

## **FAITH PRACTICE**

Plan an activity that your congregation can do together in celebration for the next time you gather for worship.

# FRIDAY

## **READING**

Revelation 21:1-6

## **FAITH PRACTICE**

Write out the alphabet & add something to pray for that begins with every letter.

# SATURDAY

## **READING**

Psalms 136

## **FAITH PRACTICE**

Listen to Chris Tomlin song "Forever" and be reminded of how God's love endures forever"

[https://www.youtube.com/watch?v=gUH\\_NzfRmbs](https://www.youtube.com/watch?v=gUH_NzfRmbs)

# SUNDAY

## **READING**

John 14:1-14

## **FAITH PRACTICE**

Download a reflective coloring sheet, or try making your own.  
<http://flamecreativekids.blogspot.com/2017/05/reflective-colouring-sheet-john-146-7-i.html>

# Hymnal Handwashing Hits!

## Doxology

Praise God from whom all blessings flow!  
Praise Him, all creatures here below!  
Praise Him above, ye heav'nly host!  
Praise Father, Son, and Holy Ghost!  
Amen!



## This Little Light of Mine

This little light of mine,  
I'm gonna let it shine! (3x)  
Let it shine, let it shine, let it shine!

## How Great Thou Art

Then sings my soul,  
My savior, God, to Thee!  
How great thou art; how great thou art!  
(Repeat)

## Jesus Loves Me

Jesus loves me this I know,  
For the bible tells me so!  
Little ones to him belong;  
they are weak but he is strong!  
Yes, Jesus loves me! (3x)  
The bible tells me so!

## Great is Thy Faithfulness

Great is thy faithfulness! (Repeat)  
Morning by morning new mercies I see.  
All I have needed thy hand hath provided;  
Great is thy faithfulness, Lord, unto me.

## Come Thou Fount of Every Blessing

Come, thou Fount of ev'ry blessing,  
tune my heart to sing thy grace;  
Streams of mercy, never ceasing,  
call for songs of loudest praise.  
While the hope of endless glory  
fills my heart with joy and love,  
Teach me ever to adore thee;  
may I still thy goodness prove.

## In the Garden

And he walks with me & he talks with me,  
And he tells me I am his own,  
And the joy we share as we tarry there  
None other has ever known!.

## Precious Lord, Take My Hand

Precious Lord, take my hand,  
Lead me on, let me stand,  
I am tired, I am weak, I am worn.  
Through the storm, through the night,  
Lead me on to the light.  
Take my hand, precious Lord,  
Lead me home.

## It is Well With My Soul

When peace like a river attendeth my way  
When sorrows like sea billows roll,  
Whatever my lot,  
Thou has taught me to say,  
It is well, it is well with my soul.

## Here I Am, Lord

Here I am, Lord. Is it I, Lord?  
I have heard you calling in the night.  
I will go, Lord, if you lead me.  
I will hold your people in my heart.

## Amazing Grace

Amazing grace, how sweet the sound,  
That saved a wretch like me!  
I once was lost, but now am found,  
Was blind, but now I see!

## Joyful, Joyful We Adore Thee

Joyful, joyful we adore thee,  
God of glory, Lord of Love!  
Hearts unfold like flow'rs before thee,  
praising thee, their sun above.  
Melt the clouds of sin and sadness,  
drive the gloom of doubt away.  
Giver of immortal gladness,  
fill us with the light of day!

## Abide with Me

Abide with me, fast falls the eventide.  
The darkness deepens;  
Lord, with me abide.  
When other helpers fail and comforts flee,  
help of the helpless, oh, abide with me.

## Blessed Assurance

This is my story, this is my song,  
Praising my Savior all the day long.  
(Repeat)

## Holy, Holy, Holy

Holy, holy, holy! Lord God Almighty!  
Early in the morning  
our song shall rise to thee.  
Holy, holy, holy, merciful and mighty!  
God in three persons, blessed Trinity!

## For the Beauty of the Earth

For the beauty of the earth,  
For the beauty of the skies,  
For the love which from our birth  
Over and around us lies:  
Christ, our God, to thee we raise  
This our sacrifice of praise.

## Just As I Am

Just as I am, without one plea  
But that thy blood was shed for me  
And that thou bidd'st me come to thee,  
O Lamb of God, I come! I come!

## I Know that My Redeemer Lives!

I know that my Redeemer lives!  
What comfort this sweet sentence gives!  
He lives, he lives, who once was dead;  
he lives, my ever-living head!

## Guide Me Ever, Great Redeemer

Guide me ever, great Redeemer,  
pilgrim through this barren land.  
I am weak but you are mighty,  
hold me with your pow'rful hand.  
Bread of heaven, bread of heaven,  
feed me now and evermore!  
Feed me now and evermore!

	H	O	P	E	F	U	L
P	Ask God to bless someone from school	Thank God for your friends	Ask God to help those who are sick	Ask God to watch over China	Thank God for your favorite animals	Say, "Sorry," for when you argued	Ask God to watch over Spain
R	Ask God to bless a teacher	Thank God for your family	Ask God to help those who are homeless	Ask God to watch over South Korea	Thank God for your favorite food	Say, "Sorry," for when you were rude	Ask God to watch over France
A	Ask God to bless a friend	Thank God for your school	Ask God to help those who don't have enough food	Ask God to watch over Italy	Thank God for your home	Say, "Sorry," for when you told a lie	Ask God to watch over the United Kingdom
Y	Ask God to bless someone in your family	Thank God for holidays & breaks	Ask God to help those who don't have clean water	Ask God to watch over Iran	Thank God for your clothes	Say, "Sorry," for when you upset someone	Ask God to watch over Germany
E	Ask God to bless someone famous	Thank God for food	Ask God to help those who are jobless	Ask God to watch over the United States	Thank God for your possessions	Say, "Sorry," for when you made fun of someone	Ask God to watch over Switzerland
R	Ask God to bless someone who helps you	Thank God for clothes	Ask God to help those who are upset	Ask God to watch over the Japan	Thank God for your favorite place	Say, "Sorry," for when you wasted something	Ask God to watch over everywhere COVID-19 has spread

### Welcome to Prayer Bingo!

You get to determine the rules for how you will bingo!

Examples: single line in any direction, four corners, full card, only straight lines