Take it Home

I was born to fly like an Eagle!
This booklet is a gift for you!

We have put it together as a fun way for you to engage together. It follows the same topic we are focusing on, on Sundays.

I encourage you to get creative with this and to create times for your families to do this together. Consider ways to involve many generations e.g. grandma, granddad, teenagers, aunty, uncle, cousins, other families and friends.

Don’t feel pressured! These are just ideas, do whatever suits you best. The main thing is that you make time to be together and enjoy this experience as a family and community.

We are looking at the life of the eagle; the way they live, hunt and relate to each other. In doing this we will discover how God wants us to live and to be with each other.

We would love to hear back from you. Did your family do one of these activities in a different way? What was your experience? Any photos? Share them with us by emailing them or posting them on Facebook (Passion Kids at Grace) or bring them with you on Sunday.

Most of all, HAVE FUN!!
But those who trust the Lord will find new strength. They will be strong like eagles soaring upward on wings; they will walk and run without getting tired.

Isaiah 40:31 (CEV)
Week 1: Being an Eagle Christian

Read this together and discuss:

We are learning lots of things about eagles. God even says that we are to be like eagles. A lion is often called the king of the animals. You may have seen this on the film ‘Lion King’. In the same way as the lion is the king of the animals, the eagle is said to be the king of the birds.

What facts do you already know about eagles? Take a few moments to find out what you already know.

Some people think eagles are the most magnificent creatures on earth. The eagle is almost one metre (90 cm) tall and reaches over 2 metres from one wing tip to the other. Work out how big that is. You may even want to get some large paper to draw it.

The eagle builds their nest on cliffs or in high trees. Sometimes it is so large that a person can sleep in it! It can weigh 700 kg and is also comfortable.

All eagles are powerful birds with strong wings and some eagles can live up to 100 years. The golden eagle can fly 5 km in just 10 minutes.

God considers the eagle to be a most important bird. There are 33 verses about eagles in the Bible. The Bible says

- God is like an eagle
- God’s people are like eagles
- The Word of God is like an eagle

Job (in the Bible) said he could see the majesty of God in the eagle. John, one of Jesus’ closest disciples, was called the winged eagle. The eagle is used to describe the Word of God. That is why some old churches have a golden or wooden eagle on which they put the Bible that is read out during the services.
Week 1: Activity Ideas

There are so many interesting things to find out about eagles. No wonder God uses them to illustrate the way he wants us to be and who he is.

How many people are in your family or group? Divide up these activities and give one to each member to find out about. You may want to use the internet or books to help you. Make a time to come back together and share what you have found out. It might be fun to do this around a “special” meal or favourite dessert!!

**Option 1:**
Find out the names of at least 5 countries that have the eagle as a symbol on their coat of arms. Choose one or more of the symbols and show your family.

**Option 2:**
What does an eagle do when a storm is approaching? Find out, then act it out and explain it to the rest of your family.

**Option 3:**
Find out about how an eagle flies. How high and fast can they go? Explain what is special about the eagle’s feathers? See if you can find a feather this week while you are out and about and glue it here.

Glue your feather here

There are more options on the next page
Option 4:
Find 3 different types of eagles. Show your family pictures of each of those eagles, then tell them what their name is and what country they are found.

Option 5:
Look up Psalm 103:5 and make it into a poster felts, paints, pastels, or whatever you like using. Read it to the rest of your family. Talk together about what it means.

Option 6:
The eagle uses perseverance and determination to get out of it’s shell. Find out how a baby eagle gets out of its shell. What happens if somebody helps it? Explain to your family. Here is a link to a video clip which shows a baby eagle hatching: http://www.youtube.com/watch?v=2j1tL5yTLM4&feature=related
Week 2: Learning to Fly

Read this together and discuss:
An eagle flying is one of the most breath-taking sights. The eagles fly higher than most other birds. One eagle can fly as high as 25,000 feet, (8 kms) above the earth. They can reach 12,000 feet in three minutes.

They fly at 70 to 80 kph but they can achieve even greater speeds of up to 180 kph. Eagles have been spotted flying between New York and England. They can do this because of the way God designed them. They also have a dual set of feathers in their wings – one eagle was found to have over 1250 feathers in one wing.

The eagle sits on the rock and reads the wind and when the time is perfect she takes off and soars upward with her great wings. There is a special up going wind where the eagle rides the wind and circles higher and higher toward the sky, without effort by simply spreading her wings.

She doesn’t even move when she flies except for an occasional flip of the wing tips to counter wind currents.
I was born to fly like an Eagle!

These are all characteristics of an eagle. Look at these qualities together and then talk about which 3 qualities you like the most and why. Which quality would you like to have more of? Which qualities do you see in each other?

Pride
Strength
Speed
Courage
Power

Tenderness
Great daring
Faithfulness
Majesty
Dependability
Week 2: Activity Ideas

Here are some things to do together this week.

Make a Kite
Kite flying is fun and is also an example of finding the same wind currents that the eagle uses to fly. We cannot see the wind but we can at times feel it.

We cannot see the Holy Spirit but we can at times feel him. We know that he will always carry us supernaturally through any suffering or trial that we may have to endure.

Make a kite together, then go and try flying it somewhere! Maybe you could create a challenge with another family, meet at the park and fly your kites together. See who’s kite flies the highest!!
You can find instructions on the internet, design your own or get a book out from the library. Post the photos of your family and friends flying your kite on the Passion Kids Facebook page. You can also bring your kite to Passion Kids next week to show the rest of us.

Is anyone in your family dealing with a problem at the moment? Sometimes things happen during the week that bring us down very quickly. Pray together and ask that the Holy Spirit would help you fly above any problems this week. Pray that you would run to God for strength instead of just trying to face problems on your own.
Memory Verse
Have you put the memory verse on your wall somewhere?

This week in Passion Kids we made up some actions to the memory verse. Make up some actions as a family and practice it together.

“But those who trust the Lord will find new strength. They will be strong like eagles soaring upward on wings; they will walk and run without getting tired.”

Isaiah 40:31 (CEV)

Scripture
Read and discuss Deuteronomy 32:11

Talents
You have all the potential that God has given you to do great things. It is like you have been born with wings. Maybe your gift is in music, or teaching, or helping. Maybe God has given you a brain to learn how to think up new things like an inventor or a computer technician. You already have those wings, but we need to develop them just like a baby eagle learning to fly.

That is why God puts people around you to encourage you and show you how to learn new things at get better at what you’re already good at. There comes the time when it feels like you’re “pushed out of the nest”. Like when you have to make a speech in school, a piano recital, or do something that involves taking a risk. You feel nervous and frightened, but when you start to do it, you will realise that God has already given you the ability. And if you do fall, God will pick you up so you can try again and again.

Discuss and write down what you think one another’s strengths are. Think of one encouraging thing you can do or say for someone this week.
Week 3: Being Victorious

Read this story together and then talk about how it teaches us what the memory verse is saying.

When storms – hard times come to you – you can fly above them just like the eagle flies above the storm. Storms and hard times do come but remember this. God has made you to fly above them. When children at school give you a hard time because of what you believe is right, you remember that they are just birds but you are an eagle. When a storm comes, they will fall but you will rise above it.

One day there was a storm. Thunder roared, lightening flashed. Children rushed indoors and huddled under their blankets. It was the scariest thing. Another flash of lightening struck the earth and then large drops of rain began to fall. The wind came up too and great trees began to topple some causing great destruction as they fell on houses and cars. Cats and dogs and other animals ran for shelter. Birds flew around trying to save themselves and protect their young from the fury of the storm. But then high in the sky flew an eagle. He was not frightened by the storm. In fact he spread his powerful wings and allowed the wind currents to push him higher into the sky, until he was above the storm.

Did you know that an eagle knows when a storm is approaching long before it breaks? The eagle will fly to some high spot and wait for the winds to come. While smaller birds struggle against the storm, the eagle appears to be totally fearless. Other creatures are confused and frightened; the eagle gets a thrill out of riding the wind’s currents, sailing above them with grace and control.

This is how God wants you to live. Though the storms of life will come, you can learn to fly above them. You can fly on the air currents of the Holy Spirit. God has given us wings of faith. We stretch these wings using prayer and praise. When we stretch our faith using prayer and praise we will come into a place of great peace.

Practice the memory verse together.
Week 3: Activity Ideas

Victory

Discuss:...
The Eagle teaches us how to be victorious. At Passion Kids we learned several ways to deal with our problems. Can you remember what they are?

- Drop our problems into Jesus like the eagle drops his enemies onto the rock. Jesus is the strongest ROCK.
- Speak the Word of God with our mouth to defeat Satan. That’s why it’s great to learn memory verses together so that when problems come our way we already know what God’s Word says and we can speak into our situation.
- When hard times come, fly above the storm like the eagle.

Rock Activities

One of the ways an eagle handles his enemy shows us how we can handle problems that are too big for us. The bird grabs the animal and with several beats of his wings, flies high. Once it gains sufficient height, he looks for a sharp rock. The eagle then drops the animal onto the sharp rock where it is killed.

Read 1 Peter 5:7. When we have problems that are too big for us, we simply drop them onto the rock, which is Jesus.

Choose one of the following “rock” activities

- Each person find a rock to write an encouraging verse on. Put them in the middle of the table and get each person to read theirs out and explain why they chose it.
- Choose a rock and paint an eagle on it to remind you to ‘drop’ your problems onto Jesus our rock.
- Choose a giant rock for the whole family. Write down any problems your family might be having on the rock and pray about them each day this week.
Week 4: Waiting on God

Read this together and discuss:

God tells us to love each other and the eagle can show us how.

The eagle has a beautiful partnership. The female bird is an ideal mother and the male is a great partner and father. Once the male and female come together, they stay together for life.

The male eagle even helps with much of the housework. He hunts for food, feeds and cares for the young.

They look after each other and help one another when danger threatens. They hunt together and fly together. They are friends, happy to be with each other.

They can be seen perched together. Often while the female sits on the nest, the male will quietly and gently groom her feathers. Sometimes the male will even babysit the eggs. If something happens to the female, the male will raise the young alone.

Almost every day, the male eagle will leave the nest in search of a green twig off a branch. Sometimes this means flying for a long way to find a suitable bush or tree. Once he has found it, he will select a sprig and bring it back and present it to his mate.

Why does he do this? We do not really know. Maybe it is to decorate the nest. Maybe it is a sign of new life? Maybe it is a sign of affection. Like a husband bringing his wife flowers. It is all part of building a strong relationship that will last for life.

The male eagle’s first concern is for his family. If necessary, he will give up his/her own life to save his/her mate. The eagles are so close to each other that often long before the male can be seen, the female is aware that he is approaching. She will sometimes rise to meet him in the air, anticipating his arrival.

When is the last time you did something unselfish to someone you love and care for? True love is more than a feeling, it is an action. It is totally unselfish and puts the well-being of others above us. It is by the way that we love each other that we can show the rest of the world Jesus love for them.
Week 4: Activity Ideas

This week, have a go at making a bird feeder. You may like to make one together, or let each person choose which one they’d like to make. There are lots of ideas on the internet and you’ll see some in the pictures and links below.

When you watch the birds feeding from the feeder, let that remind you how we need to go to God to give us what we need for each day.

Pine Cone Bird Feeder

Plastic Bottle Bird Feeder
http://familyfun.go.com/crafts/backyard-bird-feeder-672532/

Toilet Roll Bird Feeder
http://montessoristory.blogspot.co.nz/2012/02/

Teacup Bird Feeder

Apple Bird Feeder
http://rachelcallaghanlandscapearchitect.blogspot.co.nz/2011/07/bird-
God created us, “Born to Fly’ with Him!

I trust you have enjoyed the past four weeks, as we have journeyed together and learned more about who God created us to be, how amazing God is and how He has created us to “do life” together with each other and with Him.

Next up we’re going to be walking through the New Testament. We walked through the Old Testament just over a month ago and now we’re going to look at the New Testament.

We will be learning all the books of the New Testament like we did for the Old. We’re looking forward to doing this together with you!