

# Be Like a Child

This week we are relearning how to explore the world. We are relearning how to be inquisitive and curious. We are opening our hearts to all that God has planned for us and reach to Him with open arms as we engage with the world around us.

## Activity for the Heart:

Play a game with a child. Turn off your phone, television, computer and any other distractions. For one full hour completely focus on the child and the game. Be in the moment.

If you do not have a child in your life, consider volunteering at a local library/school where you could read a book or help with homework. If you do not feel comfortable doing that then go to the children's area at your local library and peruse their books. Find 2 - 3 children's books and just sit and read.

How do you feel as you play/read?

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How do you feel afterwards?

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What did you observe about the child/children's story?

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What fascinated you as you engaged with the child/book?

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What do you want to know more about with regard to the behaviors of your child?

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How did it feel to limit the distractions and be completely engaged?

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What did you learn that could help you, as you rewrite your story?

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