



**Session 1 – Breathe like Whip Cream.** Breathing is essential to life. We inhale and exhale. It moves in and out so smooth. Breathing is as light and airy as whip cream!

**On the Menu:** Heavy cream with blueberries. Additional supplies: Bible, Small Catechism.

**Share:**

- ⇒ Share Highs and Lows. *(This may be the most important part of the time together.)*
- ⇒ Have you ever had the wind knocked out of you? Exercised until you were breathless? Played a wind instrument? Been snorkeling or scuba diving? Seen something that took your breath away?
- ⇒ Parents, share a story of your child's breath:
  - Their first breath
  - Watching them sleep
  - Calming them down
  - Snoring
  - Surgery
  - Or another time you were deeply aware of their breath

**Video Based Discussion:**

- ⇒ Connection to the Bible: John 20:19-22
- ⇒ When air is "breathed into ordinary cream with a mixer, the cream is strengthened, shaped and filled with possibilities. We are changed into living creatures through God's breath, and remain connected to God for as long as we have life (breath).
- ⇒ Connection to Luther's Small Catechism: The Third Article of the Apostles' Creed (page 16-17)

**Prayer:** One ancient prayer form is a Breath Prayer. Choose one of the names for God (Holy God or...) and choose something you need from God (Help me understand). Inhale God's name and exhale your request. Do this for 1 minute.



**Session 1 – Breathe like Whip Cream– Response.**

*(Please return this to Pastor Kari by either texting a photo, dropping off the paper version or mailing to the office. You may use the back or another sheet if you'd like.)*

**Family Response:** What is one thing from each participant that was new or interesting?

**6-8th Grader Response:** What did you discover about the Holy Spirit?

**Parent Response:** What did you discover about the Holy Spirit, and what did you learn about your child/ren?

**Please have each participant sign in this box:**