

## ANCESTOR TREE

**Materials:** Paper, pencil/pen, crayons (optional), markers (optional), stickers (optional)

In today's scripture, Jesus is transfigured with Moses and Elijah beside him. Moses and Elijah were prophets as well as ancestors. Ancestors are folks who came before us and inspire us to be our best selves. Here's an activity to help you connect with your ancestors:

1. Draw a line in the center of a piece of paper. Write your name on that line.
2. Think about your ancestors. They could be people you are related to, leaders and teachers in your life, historical figures, and even biblical figures. As you think of names, write them down on your paper in the space above your name.
3. Draw a tree around your name and the names of your ancestors. Draw a tree trunk around your name and leaves/branches around your ancestors' names.
4. Decorate your tree however you'd like. You can use crayons, markers, stickers, or whatever supplies you have to make it reflect who YOU are.

Hang up your ancestor tree in your room so that, whenever you wake up or go to sleep, you remember those who came before you and how your life is connected to theirs. Let it inspire you to be the best you can be every day.

## PRAYER

Transforming God, you are with us as we change and grow into our best selves. You connect us to those who came before us and uplift us today. Help us be the people you call us to be.

**Amen.**