

## Laying the foundations

*We keep the opening, the key workshop and the sending. The rest is lived at home — see the full program (3 h).*

### Opening & welcome · 10 min

- One hymn on returning + prayer of invocation.
- Icebreaker in a small group (2, 3 or more — the people at your table, not necessarily your family): « Share a memory of prayer or a spiritual moment, even a distant one. » Odd number: a trio, no one alone.

### Diagnosis — The broken altar · 10 min

- Short anonymous questionnaire (YES/NO).
- The 3 reasons for an altar thrown down: haste · the world's competition · the unhealed wound. (1 Kings 18:30)

### Building your home worship · 35 min

#### HEART OF THE SESSION

- Read Deuteronomy 6:4-7. Present 3 models (one-minute / interactive / evening gathering).
- Each household fills in its sheet: days & time · one sentence to say · personal commitment.
- Walking prayer of consecration (Deut. 6:7).

### Laying down the wound · 25 min

- Write a name or a wound (silence, music).
- Prayer with photos of the absent (phone): name · entrust · turn the screen over.
- The act of laying down into the container.

### Sending — Hineni · 10 min

- **Anchoring duo · 2 min:** to the person next to you (not your spouse), say the one thing you will do this week. A trio if the number is odd, no one alone.
- Ritual of light (phone flashlights) + reading of Deut. 6:4-7.
- Final blessing. "Hineni. Here we are, Lord."

### To continue at home

The home prayer box + the parental blessing (Workshop C).