

## Overview:

### Domestic Goddess App

#### Why use this App?

Making your house into a home is a real gift. There are so many skills to develop such as cooking, entertaining and DIY. In this App you'll enjoy learning new skills, which will make a difference to you and others around you. The best challenge of all, however, comes from God's Word - "As for me and my house, we will serve the Lord" (Joshua Ch.24:15) - now that's a challenge!

#### How do I use it?

The App is split into five programmes. Each one should take four to six hours.

#### The programmes:

<b>Ready steady cook</b>	(Cooking)
<b>DIY SOS</b>	(Do It Yourself)
<b>Come dine with me</b>	(Entertaining)
<b>Mum's the word</b>	(Being a mum)
<b>Changing rooms</b>	(Interior design)

Each programme presents you with a challenge. Here are the five challenges from the Domestic Goddess App:

Your Challenge:	<b>Ready steady cook:</b> (Cooking) Cooking is an important household skill - get creative with planning and preparing food.
Your Challenge:	<b>DIY SOS:</b> (Do It Yourself) Learn some Do It Yourself skills and use some of these skills to help others.
Your Challenge:	<b>Come dine with me:</b> (Entertaining) Explore how to provide fun, laughter and a warm welcome. Challenge yourself to put this into practice.
Your Challenge:	<b>Mum's the word:</b> (Being a mum) Investigate what it's like to be a mum and what a mum needs to know.
Your Challenge:	<b>Changing rooms:</b> (Interior design) Design a new look for a room. Identify what makes a house a home.

## Domestic Goddess App

### Your challenge:

#### Ready steady cook: (Cooking)

Cooking is an important household skill - get creative with planning and preparing food.

#### Ideas:

These ideas suggest ways in which you might accomplish the challenge, but you may do it any way you like.

#### You could:

- Plan and cook a three course meal for someone/ a group in your church. Design invitations, organise table decorations and place settings, as well as cooking the meal and cleaning up afterwards!
- Research, prepare and cook a series of menus suitable for people with particular dietary requirements e.g. dairy free or gluten free.
- Shop for and cook several meals for a student on a budget.
- Explore different types of cakes, sweets or biscuits. Make and sell these as a fundraiser or give them as gifts to people in your church / group.

#### Set the scene:

Think/talk through what the challenge is about. These questions might help you:

- What do you already know about the subject and what else do you need to find out?
- Where might you find out more information?
- What useful skills/contacts do you/members of your group possess to help with this challenge?
- What difficulties do you think you might face?

#### Design:

Study some of the information you have gathered and consider how you will complete the challenge.

**Who?** Do you need anyone to help/train/supervise/advise you?

**What?** What special equipment/space/advice do you need to complete the challenge?

**How much?** What costs might be involved and how will this funding be found?

**When?** Are there any dates or time lines you must set to meet your deadlines?

#### Investigate the Christian perspective:

Find out what the Bible/other Christians say about this topic.

- Read Luke Ch.22:7-21 - which tells the story of the last supper.
- How do you think Peter and John felt as they prepared to share in this important, final meal with Jesus? Who is the person you would feel anxious about preparing a meal for?
- Why do you think Jesus wanted to eat with His friends? (Verse 14)
- Jesus explained about the bread and wine being symbols. How is this meal remembered in your church? Find out about how your church does Communion.

**Respond:** Make it happen! Put your plan into action and complete the challenge.

#### Evaluate:

Think through how successful you have been with this challenge. Consider:

- What do you think you have learnt through working on this challenge?
- Which skills, talents or abilities did you use in your involvement in this project?
- Did your project have an impact on other people and did it help them?
- How has this challenge given you a Christian perspective on issues that you face in everyday life?

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### Your challenge:

#### DIY SOS: (Do It Yourself)

Learn some Do It Yourself skills and use some of these skills to help others.

##### Ideas:

These ideas suggest ways in which you might accomplish the challenge, but you may do it any way you like.

You could:

- Learn about practical DIY in the home eg changing light bulbs, dealing with water/gas leaks, unblocking a drain, putting up pictures or shelves etc. Prepare your own How to Guide - a manual or You Tube.
- Help with DIY in your church e.g. make a lost property box, build a cupboard or paint a room.
- Create a short film or guide book entitled How Not to Do DIY!
- Identify someone or several people who need a hand with DIY help e.g. a senior citizen, a new mum, someone who is shifting house. Help with practical tasks and keep a photo diary of what you have done.
- Join a class or find some one to teach you a specific DIY skill e.g. putting up wallpaper, woodworking skills or painting.

##### Set the scene:

Think/talk through what the challenge is about. These questions might help you:

- What do you already know about the subject and what else do you need to find out?
- Where might you find out more information?
- What useful skills/contacts do you/members of your group possess to help with this challenge?
- What difficulties do you think you might face?

##### Design:

Study some of the information you have gathered and consider how you will complete the challenge.

**Who?** Do you need anyone to help/train/supervise/advise you?

**What?** What special equipment/space/advice do you need to complete the challenge?

**How much?** What costs might be involved and how will this funding be found?

**When?** Are there any dates or time lines you must set in order to meet your deadlines?

##### Investigate the Christian perspective:

Find out what the Bible/other Christians say about this topic.

- Read *Genesis Ch.6:9-22* - the story of Noah's DIY project.
- Why do you think God gave Noah such specific instructions?
- Do you think God still speaks clearly to people today?
- Write your own version of instructions from God on how to build a new church. Start with verse 15 'This is how you are to build...'
- In verse 22, we read 'Noah did everything just as God commanded him'. Discuss examples of times when it might be hard to do everything God commands us to do.

**Respond:** Make it happen! Put your plan into action and complete the challenge

##### Evaluate:

Think through how successful you have been with this challenge. Consider:

- What do you think you have learnt through working on this challenge?
- Which skills, talents or abilities did you use in your involvement in this project?
- Did your project have an impact on other people and did it help them?
- How has this challenge given you a Christian perspective on issues that you face in everyday life?

## Domestic Goddess App

### Your challenge:

#### **Come dine with me:** (Entertaining)

Explore how to provide fun, laughter and a warm welcome. Challenge yourself to put this into practice.

#### **Ideas:**

These ideas suggest ways in which you might accomplish the challenge, but you may do it any way you like.

You could:

- Organise and lead the entertainment for a celebration e.g. church dinner, anniversary.
- Research the way people feel they were welcomed as new members of your group. Find a practical way to improve the way people are welcomed into church/your organisation e.g. organise a coffee morning for new people, plan and contribute to an outreach event in your church or create a welcome pack for your group/church.
- Invite a friend to your group and plan the evening's programme e.g. icebreakers, fun activities, devotions, and an information pack you will give to them about your group.
- Find out what are the essential attributes of a good host/hostess. Host a party, dinner, fun night or house warming at your home or at another venue. Demonstrate what you have learnt about making others welcome.

#### **Set the scene:**

Think/talk through what the challenge is about. These questions might help you:

- What do you already know about the subject and what else do you need to find out?
- Where might you find out more information?
- What useful skills/contacts do you/members of your group possess to help with this challenge?
- What difficulties do you think you might face?

#### **Design:**

Study some of the information you have gathered and consider how you will complete the challenge.

**Who?** Do you need anyone to help/train/supervise/advise you?

**What?** What special equipment/space/advise do you need to complete the challenge?

**How much?** What costs might be involved and how will this funding be found?

**When?** Are there any dates or time scales you must set to meet your deadlines?

#### **Investigate the Christian perspective:**

Find out what the Bible/other Christians say about this topic.

- Read Luke Ch.10:3-42 - an account of when Jesus went to the home of Martha and Mary.
- Write a list of Mary's character traits and her behaviour. Compare this with how Martha behaved and felt.
- Who do you think you are more like - Mary or Martha?
- What does Jesus mean by 'Mary has chosen what is better, and it will not be taken away from her'?
- If Jesus was to text Martha while she was busy with preparations, what would he say? Write out

**Respond:** Make it happen! Put your plan into action and complete the challenge

#### **Evaluate:**

Think through how successful you have been with this challenge. Consider:

- What do you think you have learnt through working on this challenge?
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- Did your project have an impact on other people and did it help them?
- How has this challenge given you a Christian perspective on issues that you face in everyday life?

## Domestic Goddess App

### Your challenge:

#### Mum's the word: (Being a mum)

Investigate what it's like to be a mum and what a mum needs to know.

#### Ideas:

These ideas suggest ways in which you might accomplish the challenge, but you may do it any way you like.

#### You could:

- Take an interest in one specific child over a number of weeks and keep a record (e.g. video diary) of their activities, conversations and development.
- Come alongside some teenage mums and understand the challenges and situations they face. Find a practical way of being a blessing to them.
- Collate a scrapbook of pictures and writing, or make some other record, of what you need to know to be a mum. Interview at this one mum to understand the joys and challenges they experience.
- Create a presentation and poster, flyer or leaflet to raise awareness among 13 to 14 year olds of teenage pregnancies and what being a mum involves.
- Keep a record of all the interactions you have over a four week period with your mum or chief carer. Put yourself in your mum's (or carer's) shoes and record this in any way you like (e.g. aural diary, written diary or write a drama). How do you think you would feel if you were the responsible adult?

#### Set the scene:

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#### Investigate the Christian perspective:

Find out what the Bible/other Christians say about this topic.

- Read 1 Samuel Ch.1:1-20 - discuss how Hannah felt. Look at Verses 10, 16 and 18.
- What did it mean to Hannah to be a mum? Write a diary entry for Hannah either before or after her life changing experience in the Lord's temple.
- What do you think of Eli's reaction in Verses 13-14? Eli judges Hannah on what he saw.
- What judgements about mums do society and Christians make that may need to be challenged?
- What can you do to help mums of all ages in your church and community?

**Respond:** Make it happen! Put your plan into action and complete the challenge.

#### Evaluate:

Think through how successful you have been with this challenge. Consider:

- What do you think you have learnt through working on this challenge?
- Which skills, talents or abilities did you use in your involvement in this project?
- Did your project have an impact on other people and did it help them?
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## Domestic Goddess App

### Your challenge:

#### Changing rooms: (Interior design)

Design a new look for a room. Identify what makes a house a home.

#### Ideas:

These ideas suggest ways in which you might accomplish the challenge, but you may do it any way you like.

#### You could:

- Go online and use a programme to design a new look for room e.g. bedroom or church hall. Create a storyboard of before and after with photos, paint samples, swatches of fabric etc.
- Create some furnishings /accessories that will enhance the look of a room e.g. paintings, candle decorations, plant pots, cushions.
- Find out why floral decorations can enhance an environment. Learn how to put together a number of different styles of floral arrangements.
- Explore why different styles of interior design and colour can affect mood.

#### Set the scene:

Think/talk through what the challenge is about. These questions might help you:

- What do you already know about the subject and what else do you need to find out?
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#### Investigate the Christian perspective:

Find out what the Bible/other Christians say about this topic.

- Read Jeremiah Ch.22:13-17 - Jeremiah passing on God's word to the King of Judah.
- What does this passage say about the value of having a well decorated home in the context of other things that matter?
- Brainstorm what your ideal home might be like - rooms, interior design, eco friendliness etc and the atmosphere you would like to create for your family and visitors alike.
- Now repeat this exercise for your church. What works well, what needs improving? Share your ideas with a leader or someone from the church.

**Respond:** Make it happen! Put your plan into action and complete the challenge.

#### Evaluate:

Think through how successful you have been with this challenge. Consider:

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**Your chosen challenge:**

**Ideas:**

Outline your idea:

**Set the scene:**

Jot down your initial thoughts/questions:

**Design:**

Consider who will be involved, when it will happen, what you will need and how much it will cost etc.

**Investigate the Christian perspective:**

Outline how you will find out what the Bible/other Christians say about this topic.

Will you have a specified time every week or one whole evening focused on this aspect of your challenge?

Will it be led by visitors/your leader/your chaplain/members of your group?

**Respond**

Now use the challenge plan on the next page to help you to make it happen!

Work out what will happen each week.

Identify who you will need to help you/who is inviting them/who is leading/who will be involved in each activity etc.

Ensure you will have the resources you will need.

Record the time you are involved each week to keep track of your progress.

**Evaluate**

Think through how successful you have been by considering the evaluation questions.

Record your story in 'my i -chievement' journal

**Domestic Goddess App -  
Challenge plan**

<b>Date</b>	<b>Activity</b> What will you do this week?	<b>Who</b> Who will support you to facilitate this session?	<b>What</b> What equipment is needed?
<b>Week/step 1</b> Date: Time:			
<b>Week/Step 2</b> Date: Time:			
<b>Week/step 3</b> Date: Time:			
<b>Week/step 4</b> Date: Time:			
<b>Week/step 5</b> Date: Time:			
<b>Week/step 6</b> Date: Time:			
<b>Week/step 7</b> Date: Time:			
<b>Week/step 8</b> Date: Time:			
<b>Week/step 9</b> Date: Time:			
<b>Week/step 10</b> Date: Time:			

*Copy for additional weeks as required.*