

Welcome to Families on Faith Adventures @ Home!

This resource has been put together for you by the United Reformed Church Children's and Youth Work team and the synod CYDOs and their equivalents.

We hope you will enjoy sharing a time of faith and fellowship together as a family through these stories, games, activities and prayers. They are designed as a 'pick and mix' of ways to experience God's message through the Bible, exploring what it means to you and express that in words and action. They are not linked to the lectionary but can be used in any order as we explore all the different parts of the Bible.

The Walking the Way challenges are one way of continuing our walk with Jesus throughout the week.

These ideas are designed to be intergenerational - maybe even to be shared with members of the family you can't see now except via the internet.

The resources are based on our non-uniformed children's groups, Friends on Faith Adventures and Pilots, but have been modified to make them suitable for all families at home.

These activities are planned to be used together as a family and under adult supervision. Please be aware of your family's ages and abilities as some activities may need more adult support than others. **Stay safe and have fun!**

This week's Bible story is:

Chosen - Part 1
1 Samuel 16 Psalm 139



With many varieties of activities and things to do to help explore the theme. Look out for this 'hands on' symbol.

Get to know your Bible

The Bible is like a library made up of 66 books written by many different people over many years.

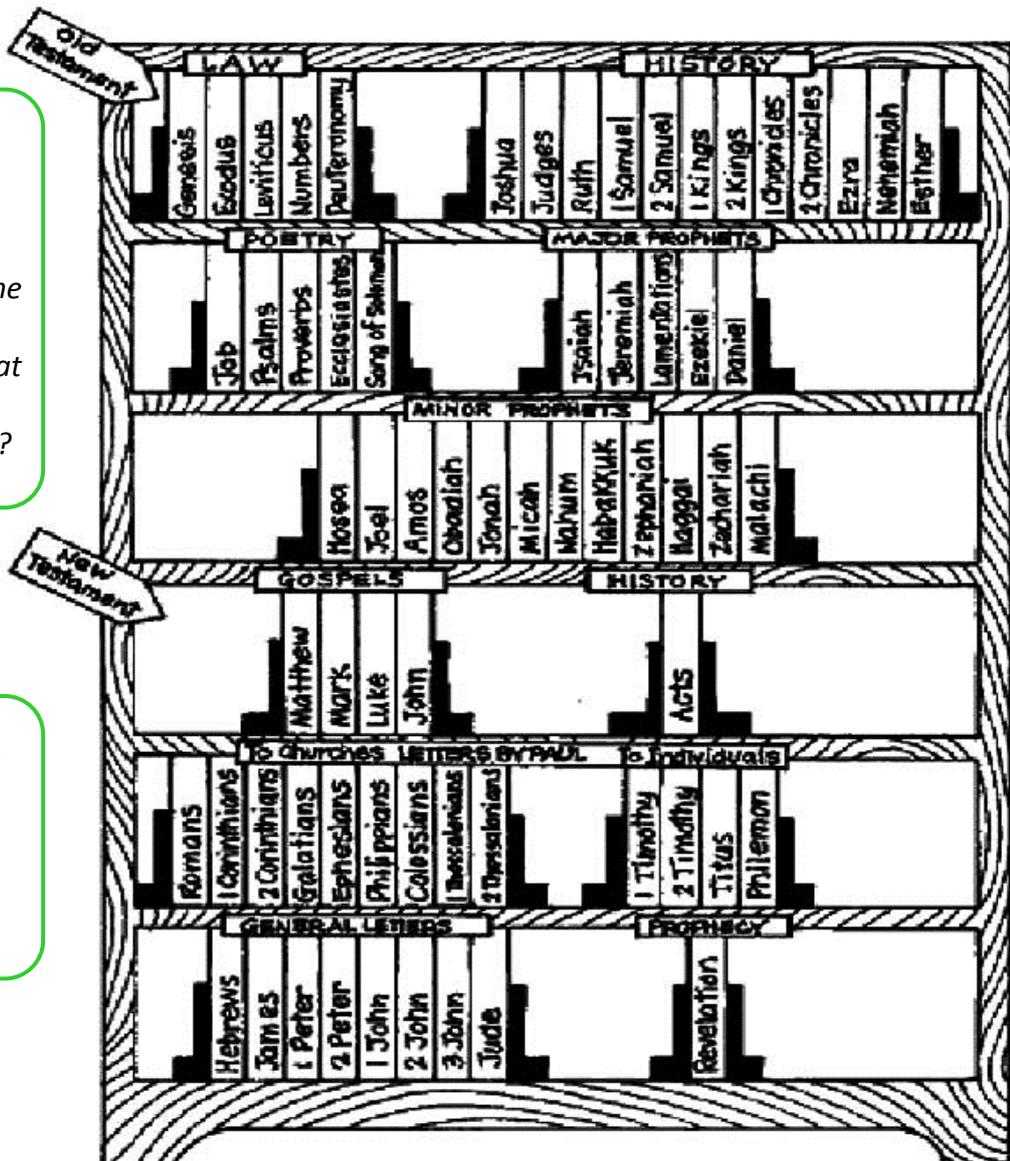
The Old Testament books were written before Jesus was born. They are the holy stories he would have grown up hearing and reading. There are 39 of these.

The New Testament tells us the stories of Jesus and his followers. There are 27 books in the New Testament.



Can you find and colour the book on the bookshelf that this week's story is from?

If you have a Bible, see if you can find the story in there.



You could print this out once and colour each new book on the bookshelf as you read stories from it.

Bible context – 1 Samuel

Written around 900BC, possibly by 4 people; Samuel the prophet being one of them.

It tells the story of the prophet Samuel and of David before he became king.

David also wrote a lot of the songs we call Psalms. One of them, Psalm 139, talks about how God knows our hearts, even before we are born.

The Story – David Is Anointed King (Good News Translation) 1 Samuel 16

The LORD said to Samuel, "How long will you go on grieving over Saul? I have rejected him as king of Israel. But now get some olive oil and go to Bethlehem, to a man named Jesse, because I have chosen one of his sons to be king."

"How can I do that?" Samuel asked. "If Saul hears about it, he will kill me!"

The LORD answered, "Take a calf with you and say that you are there to offer a sacrifice to the LORD. Invite Jesse to the sacrifice, and I will tell you what to do. You will anoint as king the man I tell you to."

Samuel did what the LORD told him to do and went to Bethlehem, where the city leaders came trembling to meet him and asked, "Is this a peaceful visit, seer?" "Yes," he answered. "I have come to offer a sacrifice to the LORD. Purify yourselves and come with me." He also told Jesse and his sons to purify themselves, and he invited them to the sacrifice.

When they arrived, Samuel saw Jesse's son Eliab and said to himself, "This man standing here in the LORD's presence is surely the one he has chosen." But the LORD said to him, "Pay no attention to how tall and handsome he is. I have rejected him, because I do not judge as people judge. They look at the outward appearance, but I look at the heart."

Then Jesse called his son Abinadab and brought him to Samuel. But Samuel said, "No, the LORD hasn't chosen him either." Jesse then brought Shammah. "No, the LORD hasn't chosen him either," Samuel said. In this way Jesse brought seven of his sons to Samuel. And Samuel said to him, "No, the LORD hasn't chosen any of these." Then he asked him, "Do you have any more sons?"

Jesse answered, "There is still the youngest, but he is out taking care of the sheep." "Tell him to come here," Samuel said. "We won't offer the sacrifice until he comes." So Jesse sent for him. He was a handsome, healthy young man, and his eyes sparkled. The LORD said to Samuel, "This is the one—anoint him!"

Samuel took the olive oil and anointed David in front of his brothers. Immediately the spirit of the LORD took control of David and was with him from that day on.

Online versions of the story

Watch and listen

A retelling of 'God made all of me' by Nicola Grievess <https://youtu.be/OzdQkJiG0Gk>

With kind permission from: *Make Believe Ideas*

A cartoon version <https://www.youtube.com/watch?v=G6HaCjIzRs>

A Lego version of Psalm 139 <https://www.youtube.com/watch?v=7eQ7D-A00Bw>

Dance and sing

Children of Parkway Church <https://www.youtube.com/watch?v=OzsoOy7YMWY>

Vineyard Music <https://www.youtube.com/watch?v=yoQwSChEhtU>

Doug Horley <https://www.youtube.com/watch?v=K5XISKryUcE>

Ideas to retell the story

God looks at the heart – Story told by Ruth <https://youtu.be/aN9nqcFdNIA>

Dinner table Chat Activities

Stick to a Job activity

Write all the different jobs that need doing in the house and community on lolly sticks or slips of paper and place them in a jar. As you sit together as a family, take turns to choose one and read it out. Have a conversation about who is best to do that job and why?



Compete to see who should be king or queen for a day

Announce that one person in the family is going to be king or queen for the day. But who? Each person takes turns to argue why it should be them. Then the family vote to choose the new queen or king. Decide what the privileges are to being king or queen for the day, e.g. control of the TV remote, chooses the meals for the day, tells people what they have to wear, is waited on hand and foot, sits on the best chair in the lounge and so on.

What's in the box?



What treasures can you find to put in the box for your little ones to explore?

Perhaps older children could help find the things.



Use a box or a bag to hold the treasures and encourage any little ones to explore what's in the box/bag each week to go with the Bible story.

This week's Bible story is:

Chosen – Part 1

1 Samuel 16 Psalm 139



Something heart shaped



Sunglasses or toy glasses



Something with rainbow colours to remind us of God's promises



A set of three play people or teddies



A Crown

Pray Together

David Prayers

Samuel anointed David with oil. It was a special way to show that David was God's chosen King.



Using hand cream or oil, take it in turns to anoint each other in your family to show that they are special to God. Make a heart shape on their hands with the cream or oil and ask God to bless them, simply saying 'God bless...'



Finger-print prayers



Make fingerprint pen portrait of yourself.

Your fingerprint is unique to you and you are unique and precious to God. As Psalm 139 says, God knows you so well and you are wonderfully made. Write on the print all the things that make you who you are, or create your own design. When you have completed your design, give praise and thanks to God and ask God to help you to be just as God made you to be. (Template within this pack.)

A Prayer

Dear God, you have created me in your image,
formed me carefully from my earliest days,
guided me each step of my life.
I am precious and wonderful in your sight.
Help me to see myself as you see me,

not as other people or the media tell me
I should be;
that as part of your family,
I am a child of God,
in the life of your Son, Jesus Christ.

Amen.

(Adapted from ROOTS for Churches)



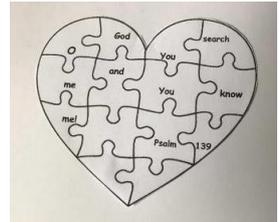
Alternative - create a fingerprint family portrait and say thank you to God for your family



Pray Together

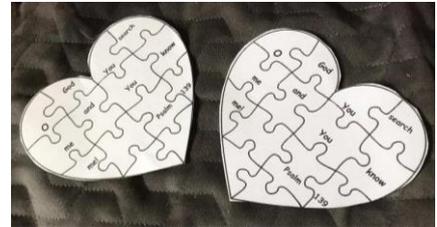
Heart Jigsaws

You will need: *Template attached*
 Card of any type
 Glue
 Colouring materials
 Scissors

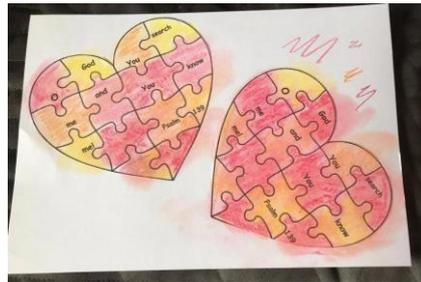


What you do:

Print the template and stick onto card. You need to make sure all your heart has been stuck well down as you will be cutting it into pieces. If you do not have a printer, you could draw a template of your own.



Colour your heart – it's good to use more than one colour and try not to colour over the words.



Cut the pieces out. If you have a younger child, you can cut into four larger pieces.



As you work on your heart, ask God to help you see the ways in which you can play your part in doing what God wants of you.

A psalm to watch

Psalm 139 - <https://www.youtube.com/watch?v=N87hvU1s3JU>

'God you know me so well...I praise you for making me who I am' (Psalm 139)

*I wonder what
God saw in
David?*

*I wonder what David's
brothers thought about him
being chosen to be king?*



*I wonder what it
feels like to be
chosen by God?*

*I wonder what God
might see in your
heart?*

*I wonder whether you think
we have to be special to be
chosen by God?
Did David always get it
right?*



TO DO TOGETHER...

Games

Seek the Heart

Find something heart-shaped. It might be a bauble or a decoration, a toy or even just a heart cut out of coloured cardboard or foam. It needs to be fairly small but not too small, and the younger the children in the family, the larger it may need to be.

One person takes the heart and, during the course of the day, finds somewhere to hide it. It needs to be somewhere where people might see it during the day (you can't hide it somewhere too obscure!) but where it won't be obvious.

All members of the family keep their eyes open and try to spot it. When someone find it, celebrate. Then it is that person's turn to hide it.

Carry on all week, hiding the heart in all sorts of different places around the house.

*Where will it turn up next?
and who will find it there?
Can you spot my heart?*

Clue: it's a white fabric decoration in the shape of a heart, with a red heart stuck on and the word "love" embroidered on it





TO DO TOGETHER...

More sensory ways to explore

Wrap Portraits

You will need: Wraps
Various vegetables
Eggs
Cream cheese

What you do:
Take a wrap and put it on your plate.
Spread a layer of cream cheese on the wrap
(this helps everything stick).
Now be creative -
Use the ingredients to make a self-portrait wrap.



You could make a self-portrait pizza instead or make pancakes and make a sweet self-portrait. Think about how God really sees us.

Search for the Heart jar

You will need: An old jar with a lid
Salt or rice
Some beads or other bits and pieces,
including a small heart shaped bead or
cardboard heart.

What you do:
Place the beads and other small things in the jar.
Fill the jar with salt or rice.
Close it tightly.
Shake it to find the heart, just as God searches for our hearts.



 *Alternative - You can make this bigger using a clear plastic bottle, some rice and some small objects. Try to include a heart in the objects.*



TO DO TOGETHER...

More sensory ways to explore



3D hearts.

You will need: Colour paper of various sizes
- from very small to big,
Glue
Scissors



What you do:

Fold the smallest piece of paper in half and draw half a heart and cut it out. Repeat this with all the pieces of paper.

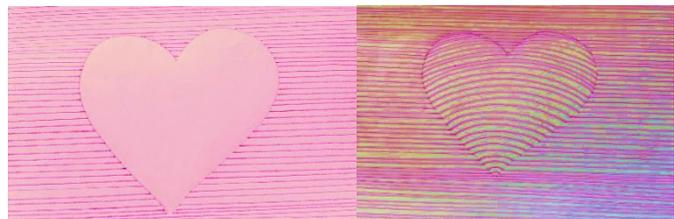
Take the smallest heart and put some glue on the back, just at the tip. Stick it onto the next sized heart and repeat. You may need to glue along the fold for the larger heart.



God searches for our heart, which can do great things with God's help.

3D line drawing hearts.

You will need: Paper
Pen and pencil
Ruler



What you do:

On a piece of paper, draw a large heart in pencil.

Using a ruler, draw straight lines around the heart but do not go through the heart. The whole piece of paper should be filled with straight lines, apart from inside the heart shape. In the heart draw curved lines from one side of the heart to the other. Your heart will suddenly appear 3D.

The hearts that God searches for stand out from the rest.



The
United
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Church

families
on faith adventures

at home

Walking the Way

Living the life of Jesus today

**Our Walking the Way Challenge
this time is...**

At Home:

See if you can find out more about what sort of king David was.

Outside:

David spent a lot of his life outdoors. Go outside at night and gaze up at the stars. How many can you see? Take some time to look at the stars and remember that God who created the universe also created you. God knows your heart and has chosen you.

For Others:

Think of someone you know who is, or who could be, a good leader and tell them so.



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**families
on faith adventures**

at home

Adventurers Go!

You've shared together, now share with us!

Why not send photos of your crafts, your treasure boxes, your Walking the Way challenges - or dress up to make a tableau of the Big Story and take a photo to send in.

Email your photos to: lorraine.webb@urc.org.uk
with parental permission for them to be used in publicity and online URC social media.

Alternatively, share them on our Facebook page
<https://www.facebook.com/URCchildren.and.youth/>

Remember you can find more resources on our website:
<https://urc.org.uk/resources-for-children-and-youth>

And if you've enjoyed these activities, why not see whether your local church runs Pilots or Friends on Faith Adventures (FOFA) when things get back to normal again.

Created for you by Nicola Grieves (Eastern Synod), Judy Harris (National Synod of Wales), Hannah Middleton (Northern Synod), Philip Ray (Wessex Synod, North), Lorraine Webb (Programme Officer for CYW), and Ruth White (Wessex Synod, South) on behalf of the CYDO+ and Children's and Youth Work team and Pilots.



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Fingerprint Template





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Heart puzzle template

