

## 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:

Put Legs On Your Prayers  
Mark 2:1-12



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.

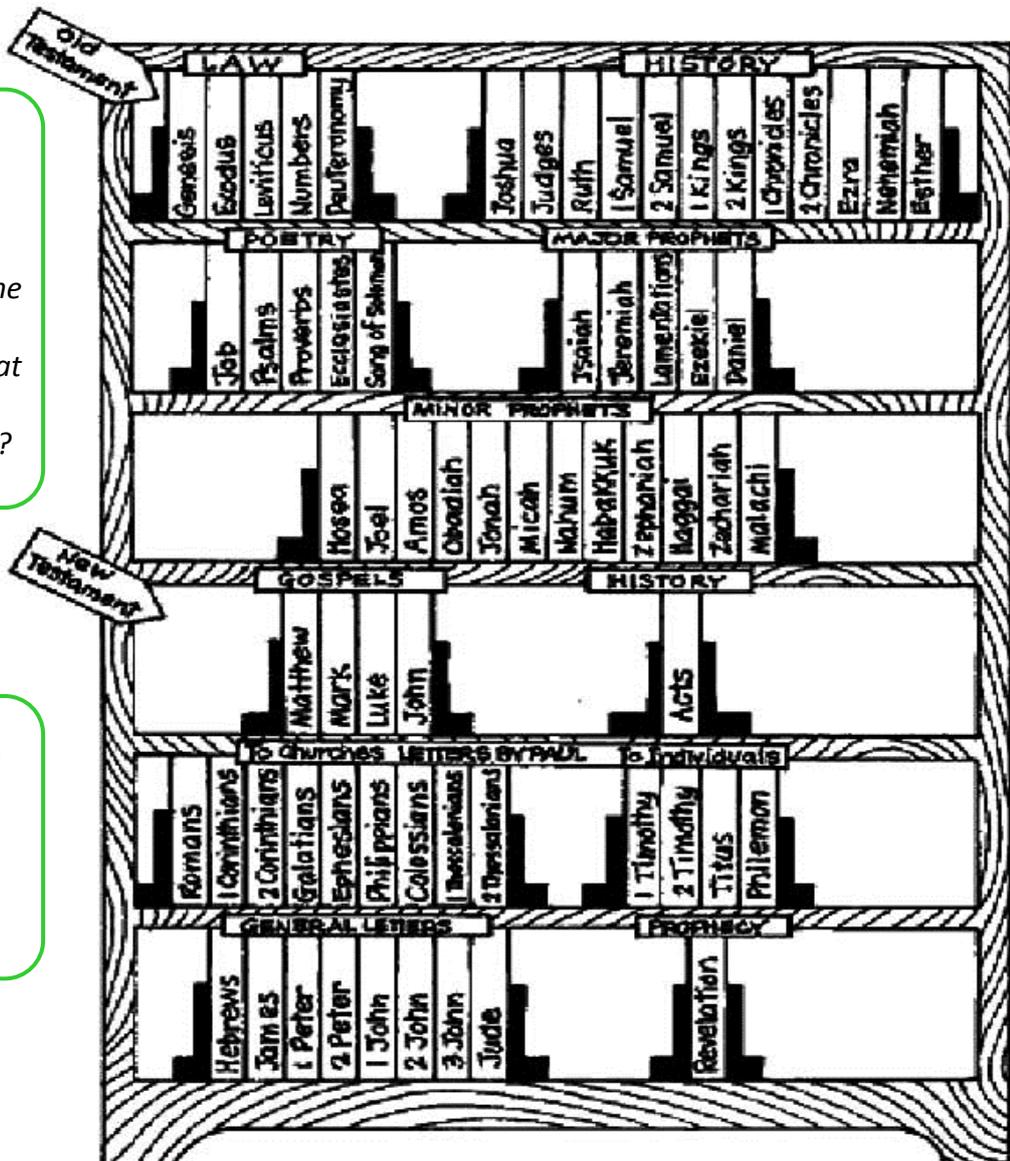
The Old Testament books were written before Jesus was born. They are the holy stories he would have grown up hearing and reading. There are 39 of these.

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 – Mark**

Written around 50-60 AD by Mark, a disciple of Jesus.

It tells the story of Jesus' life and ministry. Mark especially wants to show that Jesus was God, Loving and Powerful. There are many miracles in Mark's book.

### **The Story – Mark 2 v 1-12 (International Children's Bible)**

A few days later, Jesus came back to Capernaum. The news spread that he was home. So many people gathered to hear him preach that the house was full. There was no place to stand, not even outside the door. Jesus was teaching them. Some people came, bringing a paralyzed man to Jesus. Four of them were carrying the paralyzed man. But they could not get to Jesus because of the crowd. So they went to the roof above Jesus and made a hole in the roof. Then they lowered the mat with the paralyzed man on it. Jesus saw that these men had great faith. So he said to the paralyzed man, "Young man, your sins are forgiven." Some of the teachers of the law were sitting there. They saw what Jesus did, and they said to themselves, "Why does this man say things like that? He is saying things that are against God. Only God can forgive sins."

At once Jesus knew what these teachers of the law were thinking. So he said to them, "Why are you thinking these things? Which is easier: to tell this paralyzed man, 'Your sins are forgiven,' or to tell him, 'Stand up. Take your mat and walk'? But I will prove to you that the Son of Man has authority on earth to forgive sins." So Jesus said to the paralyzed man, "I tell you, stand up. Take your mat and go home." Immediately the paralyzed man stood up. He took his mat and walked out while everyone was watching him.

The people were amazed and praised God. They said, "We have never seen anything like this!"

*The Holy Bible, International Children's Bible® Copyright© 1986, 1988, 1999, 2015  
by Tommy Nelson™, a division of Thomas Nelson.*

## **Online versions of the story**

### **Watch and listen**

Saddleback kids <https://www.youtube.com/watch?v=8cmppSIQUX4>

Cartoon version by KidsHub TV <https://www.youtube.com/watch?v=HtPnD2FOFfk>

Cartoon version by Crossroads kids Club <https://www.youtube.com/watch?v=SWDqdPiNpz0>

Lego Animation <https://www.youtube.com/watch?v=jCaEvgRlHsE>

### **Dance and sing**

Healer by Kids Praise <https://www.youtube.com/watch?v=R9iL88qxiHo>

Heal the world by Voices of Hope Childrens Choir <https://www.youtube.com/watch?v=9tRLowGHh4c>

British Sign Language version of the Blessing <https://www.youtube.com/watch?v=vnEhlz2eHow>

Makaton version of the Blessing <https://www.youtube.com/watch?v=va048-XxFTI>

My Lighthouse in Makaton <https://www.youtube.com/watch?v=d5RSzFQIfvc>

## Ideas to retell/explore the story

This story explores how we can help those who need it, possibly how we can make the world more accessible for others.

Here is a version of the story using Makaton Friendly signs

4  The Four Friends

Jesus  was  home  in  Capernaum

Many  people  came to  see  him

The  house  was  full  of  people

A  man  heard  Jesus  was  at  the  house

The  man  had  legs  were  poorly

He  could not  walk

He  wanted to  see  Jesus

4  friends  carried  him  to  see  Jesus

They  could not  get  into  the  house

They  carried  the  man  onto  the  roof

+  lowered  him  through  a  hole  in  the  roof

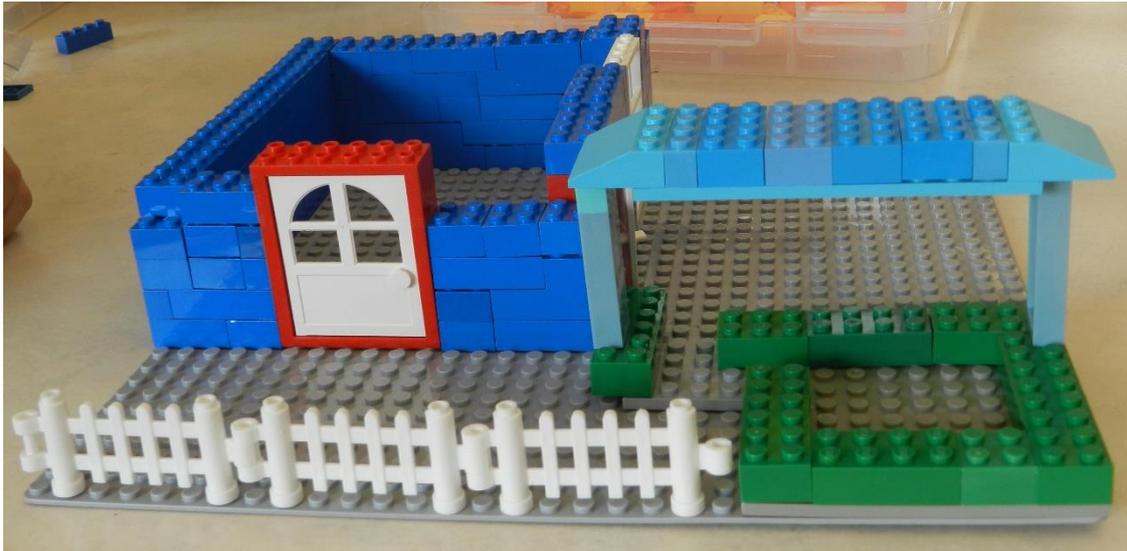
Jesus  looked at  the  man  and  said

You  are  forgiven

then  he  said  pick up  your  mat  and  walk

man  got up  and  left,  dancing  and  praising  God

*Have a go at retelling the story using Lego or junk modelling.  
Get creative and retell the story using Lego, build the house with a roof that  
can be removed to lower the man down.*



*Older children might like to try some stop animation, see the Lego animation in  
the watch and listen section for inspiration. Or you could retell the story using  
drama, take it in turns to carry each other on a makeshift stretcher.*

### ***Dinner table Chat Activities***

#### ***The giant forks challenge***

*At one of your meal times, replace the normal knife and fork with giant  
versions (a knife and fork taped onto the end of a metre long stick). The  
children will soon realise that it is impossible to feed yourself using such a large  
stick. The only way to be fed is to help each other by feeding each other. This  
can lead to a discussion about who in our communities need help and what can  
we do to help them*

# families on faith adventures

at home

## 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.

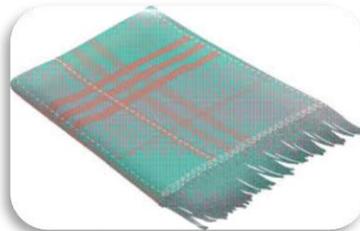
## This week's Bible story is:

Put Legs On Your Prayers

Mark 2:1-12



A toy figure



A piece of cloth or blanket



Something with  
rainbow colours  
for God's  
promise



Some tape  
stuck on a  
table, tray or  
board to peel  
off



A shoebox or box  
shape with a hole  
in the top and  
windows and  
doors drawn on  
the outside

## Pray Together

### Chain of hearts



Cut out several coloured hearts of the same size.

Fold the hearts in half and cut out a heart in the middle.

Make a cut at the side of each heart. Link the hearts together the hearts and glue the cut edges like making a paper chain.

Think about God's love for everyone and how God wants us to show love to others.

On the hearts write the names of people you would like to know God's love, use a different colour to represent different people.

Write on the hearts the names of people who need help and ask God to help you to help them.



Each coloured heart shows that each of us are different but we are all joined by God's love. Hang the chain of hearts in a window where others will see it. Stand at the window looking out and ask God to bless all the people whose names you have written on the hearts.

#### A prayer to say together

Thank you, Jesus, that you have given us a job to do.  
You want us to share your love.

**Wow, God, your love has no limits!**

Thank you, Jesus, that you care about each one of us.  
We are special to you.

**Wow, God, your love has no limits!**

Thank you, Jesus, that you care about  
those we love among our family and friends.

**Wow, God, your love has no limits!**

Thank you, Jesus that you care about  
those we meet in school and in the neighbourhood.

**Wow, God, your love has no limits!**

Thank you, Jesus, that you also care about the people  
we meet occasionally on the streets  
or see around the place we live.

**Wow, God, your love has no limits!**

Thank you, Jesus, that you also care about  
people who live far away  
and who look and sound different to us.

**Wow, God, your love has no limits!**

Thank you, Jesus, that you love even those  
who do not like us or who we find difficult to like.

**Wow, God, your love has no limits!**

Thank you, Jesus, that you care for  
and love everyone everywhere.

**Wow, God, your love has no limits!**

### ***Building block prayers***

*Think about how you can welcome people and be welcomed.*



- ***You will need:*** Three building bricks for each person in your house

*Give everyone three different coloured bricks to each person.*

*Hold each one brick in your hand in turn and pray in for:*

- *one person who has been kind or welcoming to you in the past week.*
- *one person you have helped or welcomed in the past week.*
- *one person you know who needs help or to feel welcomed.*



*Join your prayers together by putting the bricks you are holding into one shape and join it onto another person's bricks.*

## Pray Together

### Praising God Person

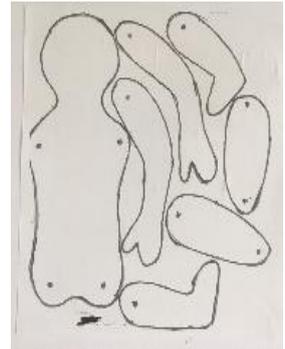


#### What you need:

Template attached (or you can draw your own)  
Card- recycled is great  
Scissors and glue  
Colouring pens, pencils, crayons, etc  
Paper fasteners or pipe cleaners  
Sharp pencil and a ball of blu-tack

#### What you do:

- Using your template attached, stick to card, and cut out pieces.
- The holes you need to make are marked on your template body parts. Place a ball of blu-tack behind the hole and, using a sharp pencil or a needle, punch the hole through your card – **you may need a bit of adult help at this stage.**
- Attach brass paper fasteners through the body parts as shown. Be careful – they are a bit sharp! If you do not have these, pipe-cleaners are a safe alternative or sandwich bag ties.
- Colour – think about how happy the man was that he could now dance and praise God!
- Make your person dance for joy!



#### Prayer:

Loving God we thank you for,  
Walking sticks and walking frames,  
Wheelchairs and ramps for them to use,  
Thank you that for all these things that make life easier.  
Help us to be grateful that if we can walk, run and climb,  
We should never to be unkind or uncaring to those  
who cannot do those things.  
We praise you and we thank you for friends  
Who help us, love us and never judge us. Amen



## Can you help us?

We would love to know how many families use this resource.

We know everything these days seems to come with a survey or evaluation attached, but we would love you to share with us and let us know if you use Families on Faith Adventures @ Home.

Perhaps you would follow this link and just tell us you're using the resource. The survey will only take seconds to complete and is completely anonymous.

### Families on Faith Adventures @ Home

Let us know how many families our resources reach. This is an anonymous survey. If you wish to identify yourself, please email [lorraine.webb@urc.org.uk](mailto:lorraine.webb@urc.org.uk) instead.

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Do you use Families on Faith Adventures @ Home ☑ Checkboxes

- Yes, every week
- No, I use other resources or make my own
- Yes, I occasionally use it
- I don't use it myself but send it on to others
- I use it and pass it on to a friend or family member
- Other...
- Add option

How do you usually get your copy

- I download it from UR/OLE (<https://moodle.urc.org.uk/course/view.php?id=208#section-1>)
- I download it from the website (<https://urc.org.uk/resources-for-children-and-youth/>)
- Someone emails it to me
- Someone prints it and sends it to me
- Other...

Do you have any other comments you would like to share with the writing group?

Long answer text

<https://forms.gle/K35JMyQL1LbPJADT8>

or



Or you could email us at [lorraine.webb@urc.org.uk](mailto:lorraine.webb@urc.org.uk)

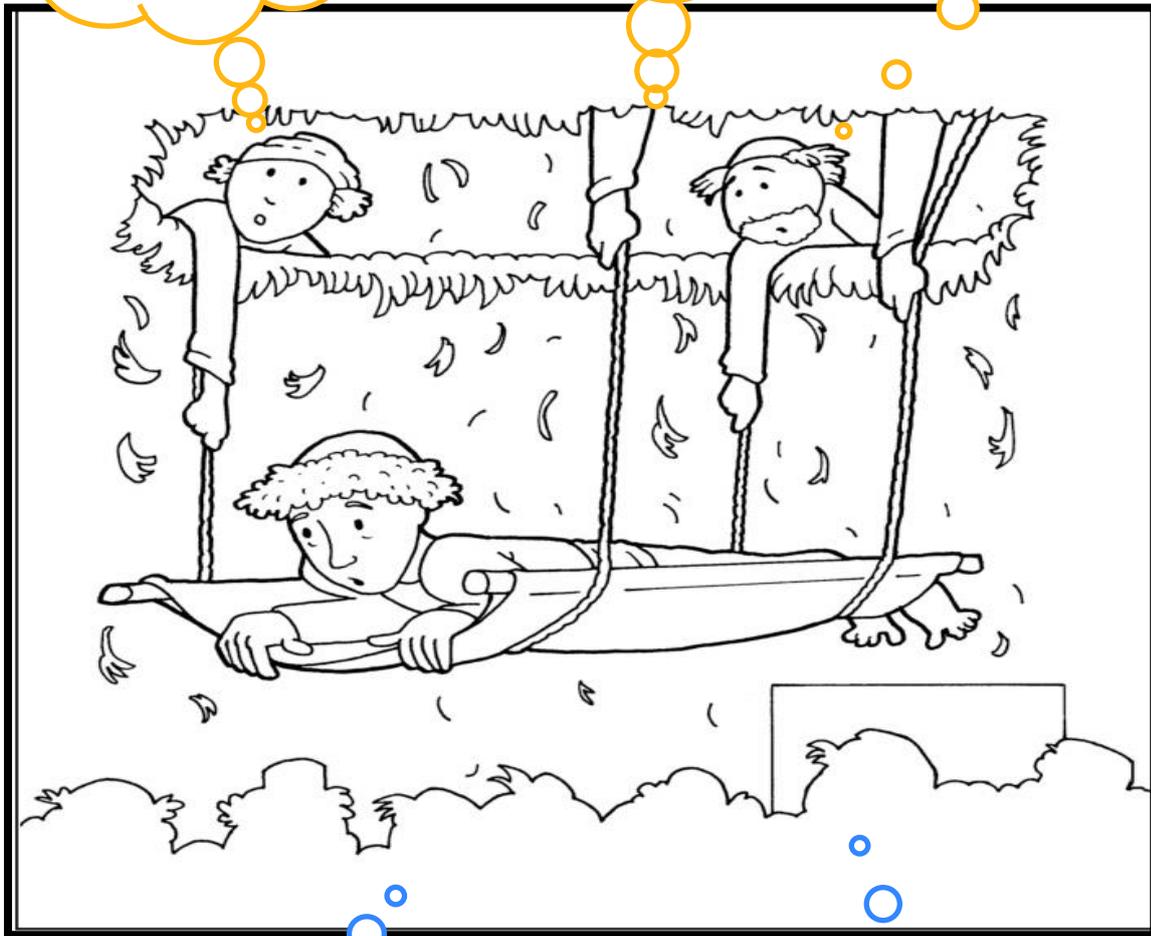
# families on faith adventures

at home

*I wonder what your friends have done to help you in the past?*

*I wonder whether the people already knew the paralysed man or whether they were strangers?*

*I wonder what it's like not to be able to move your arms and legs?*



*I wonder why Jesus forgave the man's sins first before he healed his legs?*

*I wonder what lengths you would go to notice and meet someone else's need?*



## TO DO TOGETHER...

### **Worry hearts**

**You will need:**            Felt/fabric or Card  
                                      An envelope, bag or lovely box

**What you do:**

*Cut seven hearts from either your fabric or card.*

*If you are making fabric hearts, you could put some lavender oil or spray your perfume onto them.*

*Make them big enough to fit into your envelope or box.*

*Decorate your envelope and write on it "Worry hearts." You can write on the back of the envelope "You are Loved."*

*Place your hearts into your box, bag or envelope.*

*Their small size also allows them to easily be tucked into pockets. Then they can be pulled out when someone is feeling nervous, worried, or stressed. If you have scented the worry hearts, then they can simply sniff the hearts, when needed; lavender is generally a calming scent, but also your own perfume can be a remind of home.*



*These worry hearts are a visual reminder that you are loved.*

*They are a great tool to use if you have separation anxiety.*

*Simply give the heart a hug or kiss before giving it to the person. Then let them know that when they are missing you, they can look at or squeeze their felt worry heart to feel connected to you.*



**TO DO TOGETHER...** *Sensory ways to explore*

**Lead your family**

**What you do:**

Blind fold someone and make sure they can't see, lead them around the house or garden going round obstacles and seeing how many they bump into.

- ? How did the blindfolded person feel about not seeing where they are going, especially when they bumped into things?
- ? Did they know where they were and what they had gone around?
- ? Did it feel strange when they could see again?
- ? How did the person leading them around feel - did they walk as fast as normal or did they take special care?



**Feeding Time**



**You will need:**

- A long pole
- A spoon
- Some food.

**What you do:**

Attach the spoon to the long pole with some tape.

The players sit opposite each other, the person being fed should sit on their hands.

The person feeding should sit on one hand and use the other to scoop up the food and feed the person opposite. See how much you get in their mouths and how much they get on the floor.



The  
United  
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**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:**

*Look out for an opportunity to help someone do something they can't do on their own.*

**Outside:**

*Can you think of something somebody might need? Perhaps you could leave it out somewhere along your walk where people might see it. Label it "a helping hand for you to take". It might be some sun cream (if it's hot), an umbrella (if it's rainy), you could even put together a back-to-school kit (pencils, crayons, a ruler etc) for someone. If you label it with the date it was packed, put it in a plastic bag and leave it somewhere obvious a couple of days later, someone might pick it up and use it.*

**For Others:**

*Learn a bit of Makaton or BSL. Can you find out how to say hello? How to offer help? How to say "friend"?*



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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](mailto: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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