

## 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:

Whatever Next?  
Exodus 7, 8 and 14



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.

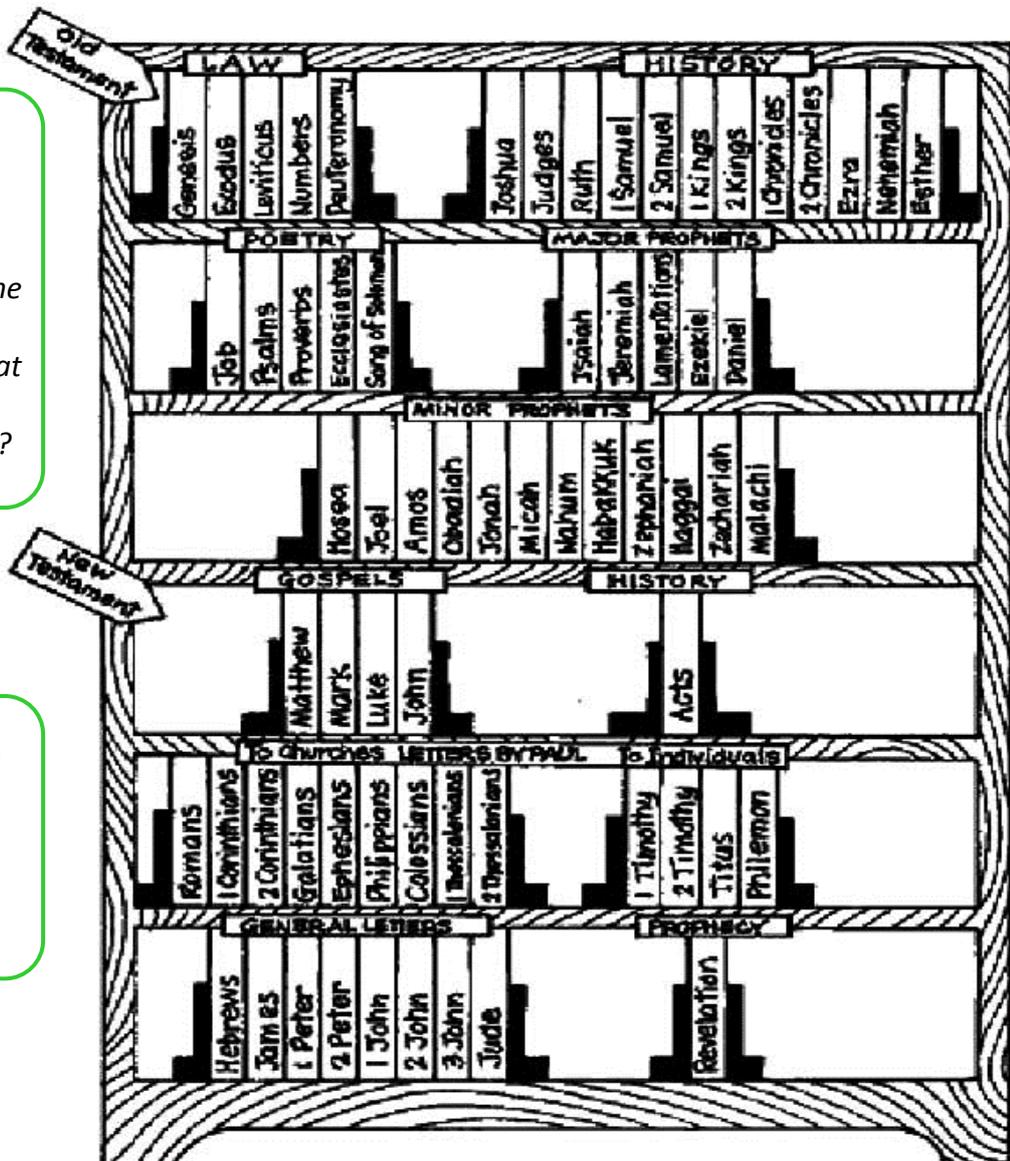
The Old Testament books were written before Jesus was born. They are the holy stories he would have grown up hearing and reading. There are 39 of these.

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 – Exodus**

The book of Exodus believed to be written by Moses himself around 1400 BC. It's a bit of an autobiographical book covering the time from his birth to the 40 years in the desert after the Exodus.

### **Online versions of the story**

#### **Watch and listen**

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

Silly Song and sketch <https://www.youtube.com/watch?v=ANW6cpYKOV0>

Musical version of the story <https://www.youtube.com/watch?v=-9ki5FycGyQ>

#### **Dance and sing**

Matt Redman Let my people go <https://www.youtube.com/watch?v=kPRL2QpiiYw>

50 countries affected by COVID sing Amazing Grace

<https://www.youtube.com/watch?v=BA7pdABvpnc>

Mighty to Save in Lockdown [https://www.youtube.com/watch?v=Qt4\\_fxU94xA](https://www.youtube.com/watch?v=Qt4_fxU94xA)

### **The Story – Let my People Go**

*(Retold by Ruth White)*

Moses has been living as a shepherd and is now around 80 years old. God appeared to Moses in a burning bush and told him that he had heard the cries of his people who were slaves in Egypt. God told Moses that he had a plan to set his people free. So God sent Moses and his brother Aaron to Egypt to speak to the Pharaoh. God showed Moses how to do miracles with his staff to make Pharaoh believe in God.

Moses and his brother Aaron said to Pharaoh, God says, let my people go. Pharaoh refused, which made God unhappy, so, God sent ten plagues on Pharaoh and the Egyptians to show his power and make them release his people.

Each time, Moses would plead with Pharaoh, God says, let my people go. Sometimes Pharaoh agreed but would then take his words back and refuse to let the slaves go.

One at a time God sent plagues to Pharaoh.

First God turned the River Nile to Blood –Now will you let my people go?

No! answered Pharaoh.

Second God sent frogs to cover the whole land - Now will you let my people go?

*No! answered Pharaoh.*

*Next came flies covering the people, followed by lice in their hair and on their skin.*

*Still Pharaoh refused to let God's people go.*

*All the cattle died and the Egyptians were covered in nasty boils*

*But still Pharaoh's heart was hard and he refused to free the slaves.*

*God sent hail, thunder and lightning to destroy their crops and locusts followed on to eat anything that was left.*

*STILL Pharaoh refused.*

*God removed the light and Pharaoh and the whole of Egypt were in darkness for three days.*

*Moses asked again, will you let my people go?*

*Pharaoh refused and told Moses to never come back.*

*This time, God took the life of every first born son in Egypt, including the son of Pharaoh.*

*This was the last straw, Pharaoh called for Moses and told him to take the Israelite slaves and GO!*

*No time was wasted, the slaves quickly baked bread for the journey and left.*

*God had showed his power over Pharaoh and his people were free.*

## ***Ideas to retell/explore the story***

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

*This story gives us a great opportunity to chat about how God is with us in the messiness of lockdown. The rules keep changing, some get a taste of 'freedom' and then have to return to isolating. This is also a time of endings and beginnings for many of our children.*

### ***Simple Passover***

*The Passover meal (Seder) and all the parts of the meal are designed to tell the story of God saving the Israelites from slavery in Egypt. It is celebrated every year in Jewish homes, with special foods and a script to follow including questions. Here is a simple version you can read to find out what Jewish people do to remember their history and how God was with them in Egypt and is with them now. Think about your story, all the ups and downs of your family's life. What foods might your family eat and what questions might your family ask?*

*In the first weeks of lockdown the first edition of this resource was called A Supper to remember; if you designed a meal to remember something special this might be a good week to get it out and celebrate the meal again.*

## **The Simple Seder**

What do you need for the Seder?

First a Seder/special plate with:

- parsley / celery / potato (Karpas)
- Romaine Lettuce or ground up horseradish (Maror)
- A large piece of horseradish - you can use the top part of the root with the greens still on it (Chazeret)
- Charoset - mixed grated apple, wine and nuts
- Roasted lamb bone (Zero'ah)
- Hard boiled egg (Beitzah)

Matzah/cracker cover with 3 matzo

Plate of extra matzo

Bottles of wine or grape juice (Cup for Elijah and a Cup for Miriam)

Small bowl of saltwater

### **KADESH**

The Seder, like all holiday celebrations begins with the Kiddush/Blessing.

We thank you God for this special day when we gather to remember the Exodus from Egypt.

You have given us this special privilege and allowed us to have a special heritage. Praise to You, who sanctifies and Israel and the Seasons.

### **Wash our hands**

As we prepare for the first course of our Seder meal we wash our hands

Eating is a holy act as we wash our hands to show we want to be holy

**KARPAS** - parsley / celery / potato

The vegetables that we now eat are a symbol of the arrival of spring.

We dip them in saltwater, a reminder of the tears of the Israelite slaves in Egypt.

### **The Matzah/crackers**

There should be three Matzo/crackers on the table. We take the middle matzah, break it in half and wrap up the larger piece and place it where the children will never find it (wink wink!).

### **The 4 questions**

We begin telling the story by asking questions or at least pointing out the uniqueness of this night. How different it is from all other nights! What other questions can we ask about the things we do tonight?

Q, How different is this night from all the other nights!

Q, On all other nights we eat leavened and unleavened bread.

Tonight we eat only Matzah! Why?

Q, On all other nights we eat any vegetable. Tonight we must eat Maror! Why?

Q, On all other nights we don't even dip once. Tonight we dip two times! Why?

Q, On all other nights we eat either sitting or reclining. Tonight all of us recline! Why?

We were slaves and now we are free!



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**The Plagues:** As we mention the plagues we dip our finger into our wine cup and place a little wine on the side of our plate. To show we share in the sadness of the story

**These are the ten plagues which God brought upon the Pharaoh in Egypt.**

**They are:**

- |                 |                                 |
|-----------------|---------------------------------|
| 1. Blood        | 6. Boils                        |
| 2. Frogs        | 7. Hail                         |
| 3. Fleas        | 8. Locusts                      |
| 4. Wild Animals | 9. Darkness                     |
| 5. Pestilence   | 10. The Death of the first born |

We rejoice in being saved by saying the following

Had God done only a little bit for us,

**it would have been enough!**

If God had taken us out of Egypt,

**it would have been enough!**

If God had brought us to Mount Sinai but not given us the Torah,

**it would have been enough!**

If God had given us the Torah but not brought us into the land of Israel,

**it would have been enough!**

If God had brought us into the land of Israel but not allowed us to build the Temple,

**it would have been enough!**

**Explaining the Symbols:** The Seder is not complete unless we have discussed the symbolism of the three main foods in this ceremony. Here's what they mean.

(Point at the shank bone) **This reminds us of the Passover Lamb that saved the Israelites**

(Lift up the matzah) **we eat this matzah to remember how quickly the Israelites needed to leave, no time to add yeast to their bread**

(Lift up the horseradish) **we eat this bitter herb to remember how bitter and hard it was for the slaves**

### **The Hillel Sandwich**

We are ready to begin the meal. We begin by taking a little maror and charoset and putting them in between the matzah.

### **The main meal**

Enjoy your dinner but use this time for some meaningful conversation.

### **Affikomen**

We have completed our meal but the Seder is not over. We send the children to go and find the piece of matzah we hid at the beginning of the Seder and we share it with everyone around the table. This is the last taste in our mouth that we carry away from the Seder table.

### **Final Blessing**

We say together God Bless you and Keep you safe this year and next.

### Story using road signs

Here's a fun little version of the story using road signs. It might create opportunities for further discussion when you are out and about this week. Which road signs relate to your lockdown experience at the moment?

#### Egypt

God's People had been slaves in Egypt for many years



Working hard to build Pharaohs pyramids



But God was with them and had heard their cries for help



God had a plan to set his people free. He sent Moses to speak to Pharaoh



Moses said to Pharaoh "Let my people Go!"



No exit

But Pharaoh refused



God sent 10 Plagues to Egypt to make Pharaoh change his mind



It was going to be a bumpy road ahead



The Nile River turned to blood



Frogs everywhere



*Flies and Lice all around*



*All the cattle died*



*Boils appeared on everyone*



*Hailstorms rained down*



*Locusts ate all the crops*



*Darkness covered the land for 3 days*



*Each time would Moses ask Pharaoh "Let my people Go!"*



*A few times Pharaoh agreed*



*Only to change his mind the next day*



*And stop the slaves from leaving*



*But then God took the firstborn in each family and they died*



*Pharaoh had had enough and he let God's people go*



*God's people took their things and ran, they were free*

**DIVERSION  
ENDS**

*The end.....  
Or is it just the  
beginning?*

## 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:

Whatever Next ?

Exodus 7, 8 and 14



A frog toy

Some red fabric



Something with rainbow colours for God's promise



Some pita bread (check for allergies)

Toys dressed as Moses and Pharaoh



Some toy bricks - duplo



Some edible bugs or toy bugs in a sealed bag with red jelly!

## Pray Together

### Sandpaper Prayers



*Feel the roughness of the sandpaper.*

*Who do you know who is going through a rough time now?*

*On a piece of sandpaper draw or write the name of a person, place or situation you'd like to ask God to help. Pray that these people and places will know that God is there for them, whatever they face.*

*If you don't have sandpaper (green or brown!), maybe you can find something else that has a rough surface or chalk the names on a rough paving stone or write them with a stick in some rough ground.*

### Floating Egg Prayers

**You will need:** Two glasses  
1 egg  
Three tablespoons of salt



*Fill the first glass with water and place the egg carefully in the glass, it will sink to the bottom. Fill the second glass with water and mix the three tables spoons of salt into it until it is all dissolved and the water is clear. Carefully place an egg into the glass and watch as it floats.*



***We may not be able to see God, but God is always there to support us when the going gets tough.***

**Prayer:**

*Lord the Israelites had been slaves in Egypt for many years.  
When the going got tough, they lost heart; they became angry and discouraged.  
It can be like that sometimes in life, and we can feel that you're not there.  
In those times help us to know, even if we can't see you or feel you with us,  
that you never leave us.  
Amen.*

## Pray Together

### Woven Prayers

**You will need:** Paper plates  
wool or string  
thin paper strips

Cut slits in the sides of a paper plate and thread wool or string through them to make a weaving frame.

Think about

When do we have to be patient in life?

Can you think of a time?

Do you find it easy?

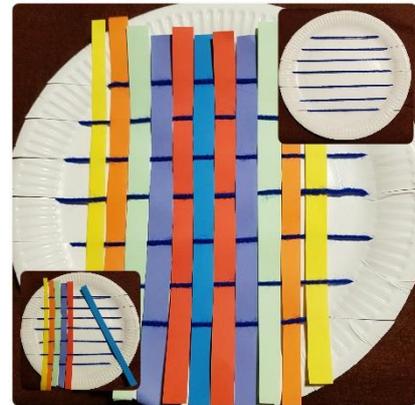
Why is it sometimes better to be patient than to rush?

Have you ever asked God to help you to be patient?

What happened?

Weave the paper strips in and out of the frame.

As you weave, ask God to help you to be more patient.



## Can you help us?

**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.

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

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How do you usually get your copy

I download it from URCL (https://moodle.urc.org.uk/course/view.php?id=208#section-1)

I download it from the website (https://uro.org.uk/resources-for-children-and-youth)

Someone emails it to me

Someone prints it and sends it to me

Other...

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

Long answer text

**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.

<https://forms.gle/K35JMyQL1LbPJADT8>

or



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

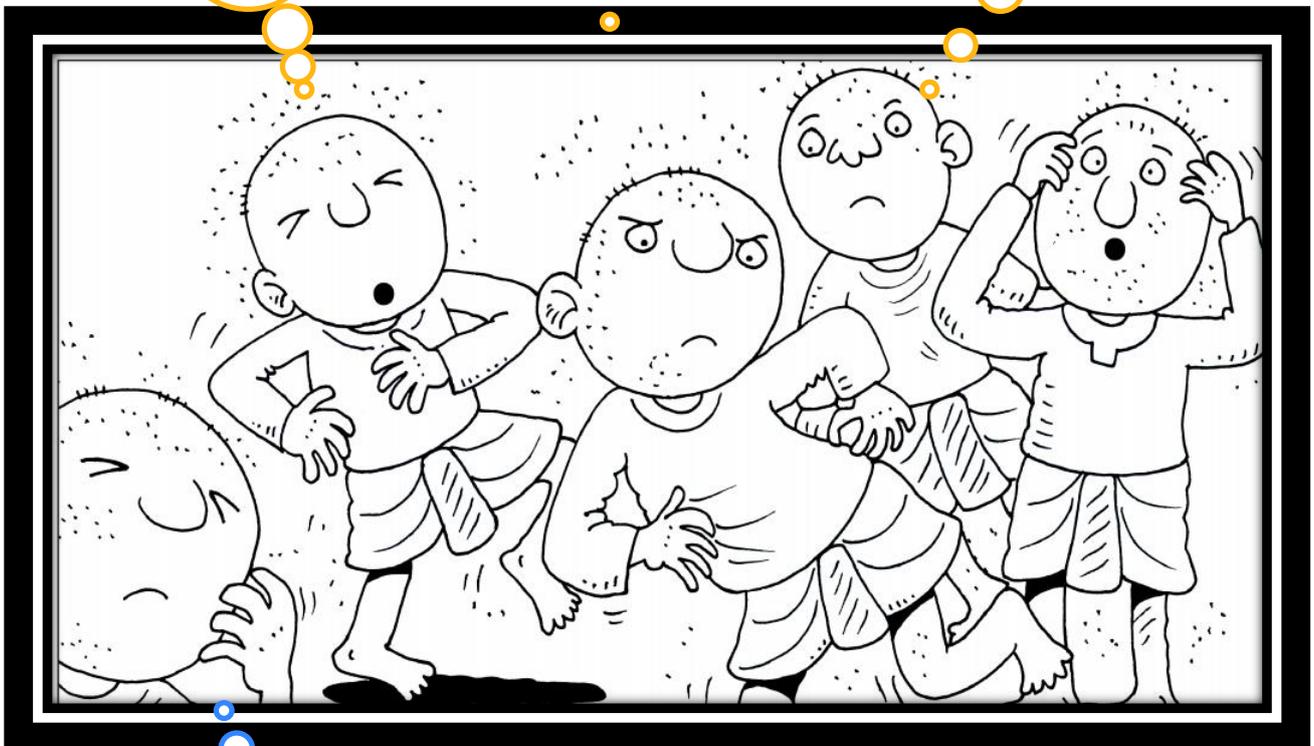
# families on faith adventures

at home

*I wonder how Moses  
felt every time  
Pharaoh said no?*

*I wonder how God  
felt every time  
Pharaoh said no?*

*I wonder how the  
people of God felt  
when they  
escaped?*



*I wonder whether  
you ever think that  
everything's going  
wrong?*

*I wonder where you  
see God in the mess  
and what God's plan  
might be for you in  
the future?*



TO DO TOGETHER...

**'Let my People Go Messy Play'**

**Froggy Tomato Soup**

**You will need:**

- Two tins of chopped tomatoes
- One tin of baked beans
- One tin of carrots
- Three pickled onions
- One vegetable stock cube
- 1/2 a pint of boiled water
- Green pepper



**What to do:**

Put your stock cube in the boiling water and dissolve.  
Once the stock is ready, combine all the ingredients together in a large pan and add salt and pepper to taste.  
Leave to simmer over a medium heat for around 20 minutes.  
You can blend it down when it's ready and add your froggy pepper.  
This reminds us of the plague of frogs and the river of blood.

**Jelly Boils**

**You will need:**

- Jelly
- Yoghurt or custard
- Some cut up jelly worms

**What you do:**

Make up the Jelly and leave it to set.  
Add the yoghurt or custard to the top to make it look like a big boil ready to burst.  
Or you can add some chopped up jelly worms to make it look like a festering sore.  
We can remember the plague of spots and boils which affected the Egyptians.





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

**Make some unleavened bread**

**You will need:** 200g/7oz plain or wholemeal flour  
 ¼ tsp salt  
 100ml/3½fl oz warm water  
 2 tbsp oil (olive, sunflower or vegetable), plus extra for cooking

**What you do:**

Put the flour and salt in a bowl and mix in the water very slowly by hand. Add the oil and knead the dough for five minutes. Leave the dough to stand for up to half an hour. Meanwhile heat a frying pan and rub it with a paper towel with oil on. Split your dough into four balls and flatten with a rolling pin. Cook the flatbreads for about two minutes on each side. This is unleavened bread (flatbread) - like the Israelites made before they escaped Egypt.

**Frog Door Hanger**

**You will need:** card  
 scissors  
 glue  
 colouring pens



**What to do:**

Print the template (at the end of the pack) if you wish, or maybe you could draw your own.

Stick the template onto card.

Colour and cut out the Frog body and head and stick to your door hanger.

You now have a great door hanger to remind you of the message given to Moses.

Have fun and enjoy!





## Games...

### Let My People Go Board Game

**You will need:**      Card  
                                    Dice  
                                    Some shoelaces or ties

**What you do:**

Make your own board game about the plagues of Egypt.

If you are artistic you can create your own images for the plagues, or you can use these ones.

Decide how you are going to lay it out and position some ties or shoelaces as snakes to slide down when you land on the spot.

Use the dice template to create a dice if you haven't got one.

If you want to do a smaller version, you could print our version, or again have fun and make your own.



*(Templates available at the end of the pack)*

### Story Obstacle course

Have some fun designing your own Exodus assault course. Here's one we had a go doing.

Start on the words "Let my people GO!"

River of blood – crawl under a red and blue blanket

Frogs – Leap like frogs to the next station

Flies and Lice – move 5 raisins from one pot to another

Animals Die – Knock over stuffed animals with a ball or cushion

Boils – draw 10 boils on a face (On paper)

Hail – throw scrunched up paper into a pot – 3 in then move on

Locusts – eat a piece of celery fast

Darkness – move to the next station with your eyes closed

Firstborn Die – lie on the floor for 5 seconds

Freedom – RUN back to the start

# Walking the Way

Living the life of Jesus today

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

**At Home:**

*It can be very irritating, sometimes, being around other people, especially if you've got nowhere else to go. But sometimes we just have to make an extra effort to be patient. Set yourself the challenge of being extra patient with your family and not moaning or complaining. How long can you manage? It gets easier with practice.*

**Outside:**

*Find a journey that you or cycle regularly. Do that route again, but this time, notice the things that are unpleasant or a challenge or that spoil the environment a little bit – and the things that make that journey more pleasant or easier for you or for others.*

**For Others:**

*It is easy, now that some of the restrictions are being lifted in parts of the country, to think that the lockdown is over. But vulnerable people may still be shielding, some people may live in places where the restrictions are still tight, some may be anxious and still not want to go out. Think carefully about those people who might be in that situation and do something nice for them – a phone call or letter or text message or card, or a special gift of some sort. Make sure they don't get forgotten.*



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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.*



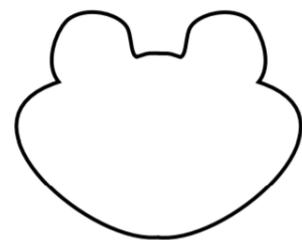
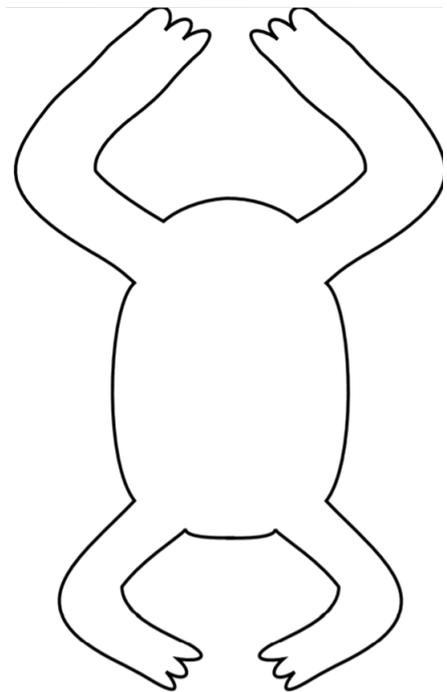
*Activity Sheets / Templates*



**F.R.O.G.- Fully Rely on God**

In the good times and the bad,  
the challenging and the good.

You are with me and I am not alone!



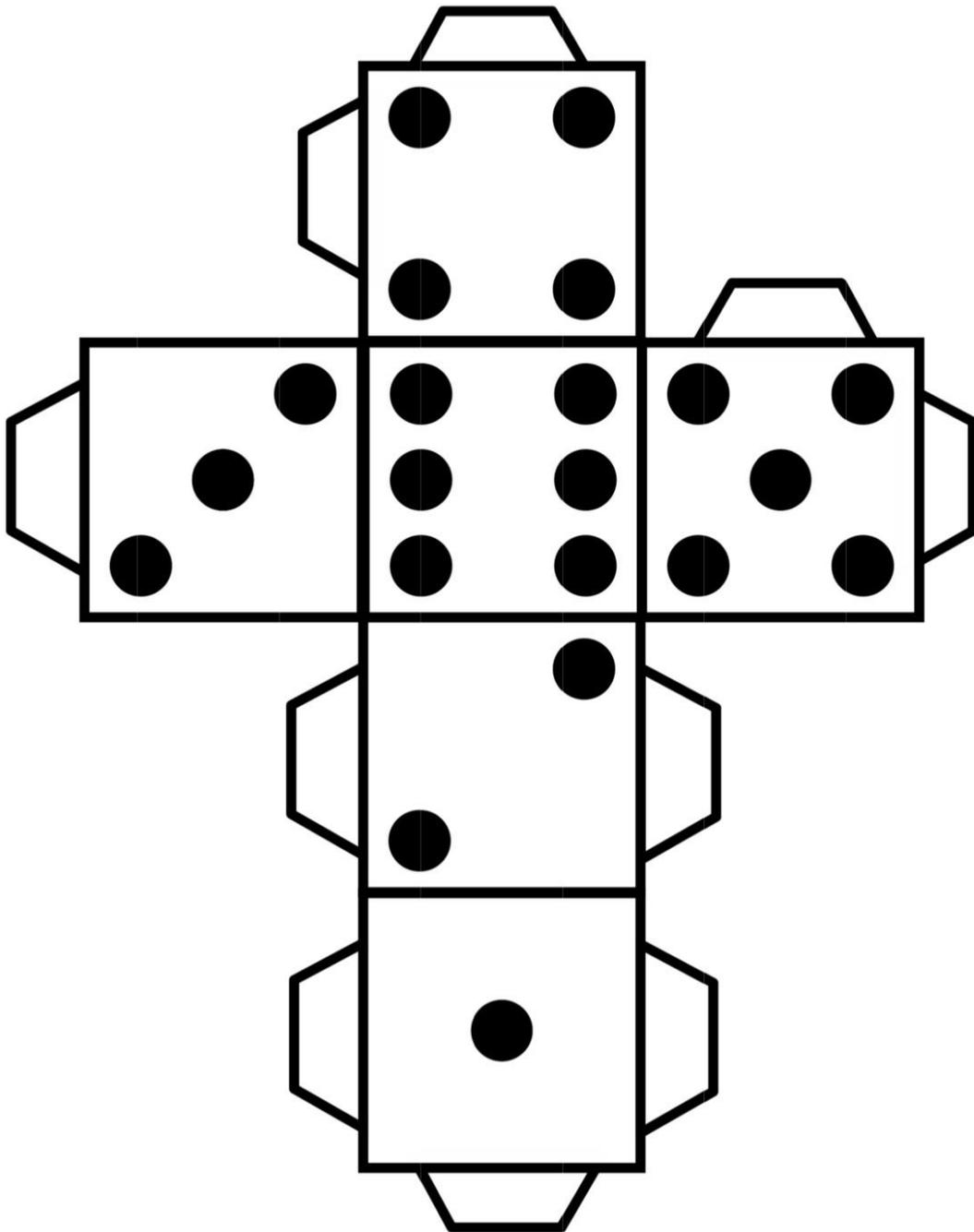
Just as Moses had to rely on God to help him, we can too. Making this door hanger will help you to remember to F.R.O.G.

Activity Sheets / Templates





*Activity Sheets / Templates*



## Activity Sheets / Templates

1	God Called Moses	2	Moses went to Pharaoh and said "Let my people go".	3	God sent a plague of frogs that covered the whole land.	4	Moses went to Pharaoh and said "Let my people go".	5	Moses went to Pharaoh and said "Let my people go".	6	Moses went to Pharaoh and said "Let my people go".	7	But Pharaoh said "NO!" miss a turn	8	Moses went to Pharaoh and said "Let my people go".	9	First the river Nile turned into blood.		
20	Moses went to Pharaoh and said "Let my people go".	19	God sent a plague of frogs that covered the whole land.	18	God sent a plague of frogs that covered the whole land.	17	Moses went to Pharaoh and said "Let my people go".	16	Pharaoh said "NO!" miss a turn	15	God sent a plague of lice.	14	But Pharaoh said "NO!" miss a turn	13	Moses went to Pharaoh and said "Let my people go".	12	Moses went to Pharaoh and said "Let my people go".		
39	But Pharaoh said "NO!" miss a turn	22	Moses went to Pharaoh and said "Let my people go".	23	God sent a plague of frogs that covered the whole land.	25	But Pharaoh said "NO!" miss a turn	27	God sent a plague of lice.	28	Moses went to Pharaoh and said "Let my people go".	29	But Pharaoh said "NO!" miss a turn	30	Moses went to Pharaoh and said "Let my people go".	31	First the river Nile turned into blood.		
41	God caused all the firstborn Egyptian families to die.	40	God made the farm animals sick.	43	God made the farm animals sick.	44	Moses went to Pharaoh and said "Let my people go".	45	Moses went to Pharaoh and said "Let my people go".	46	Moses went to Pharaoh and said "Let my people go".	47	But Pharaoh said "NO!" miss a turn	48	Moses went to Pharaoh and said "Let my people go".	49	But Pharaoh said "NO!" miss a turn		
60	God made a hailstorm which killed many people and animals.	58	God made a hailstorm which killed many people and animals.	59	God made a hailstorm which killed many people and animals.	57	But Pharaoh said "NO!" miss a turn	55	God made a hailstorm which killed many people and animals.	56	Moses went to Pharaoh and said "Let my people go".	54	Moses went to Pharaoh and said "Let my people go".	53	God made all the Egyptians skin sore with sores and boils.	51	God made all the Egyptians skin sore with sores and boils.		
80	But Pharaoh said "NO!" miss a turn	79	Moses went to Pharaoh and said "Let my people go".	83	Moses went to Pharaoh and said "Let my people go".	82	Moses went to Pharaoh and said "Let my people go".	81	Moses went to Pharaoh and said "Let my people go".	80	Moses went to Pharaoh and said "Let my people go".	77	But Pharaoh said "NO!" miss a turn	76	Moses went to Pharaoh and said "Let my people go".	75	Moses went to Pharaoh and said "Let my people go".		
99	Gods people were safe!	91	When the Egyptian army tried to follow them, the water closed again.	97	When the Egyptian army tried to follow them, the water closed again.	95	The people of God escaped to the other side.	94	Moses went to Pharaoh and said "Let my people go".	93	Moses raised his staff over the water, and it separated.	92	Moses raised his staff over the water, and it separated.	91	Moses raised his staff over the water, and it separated.	90	Moses raised his staff over the water, and it separated.	89	When they reached the red sea, they heard a sound and it terrified them.
119	Gods people were safe!	111	When the Egyptian army tried to follow them, the water closed again.	117	When the Egyptian army tried to follow them, the water closed again.	115	The people of God escaped to the other side.	114	Moses went to Pharaoh and said "Let my people go".	113	Moses raised his staff over the water, and it separated.	112	Moses raised his staff over the water, and it separated.	111	Moses raised his staff over the water, and it separated.	110	Moses raised his staff over the water, and it separated.	109	When they reached the red sea, they heard a sound and it terrified them.