

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:

Wise Words
The Book of Proverbs



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.

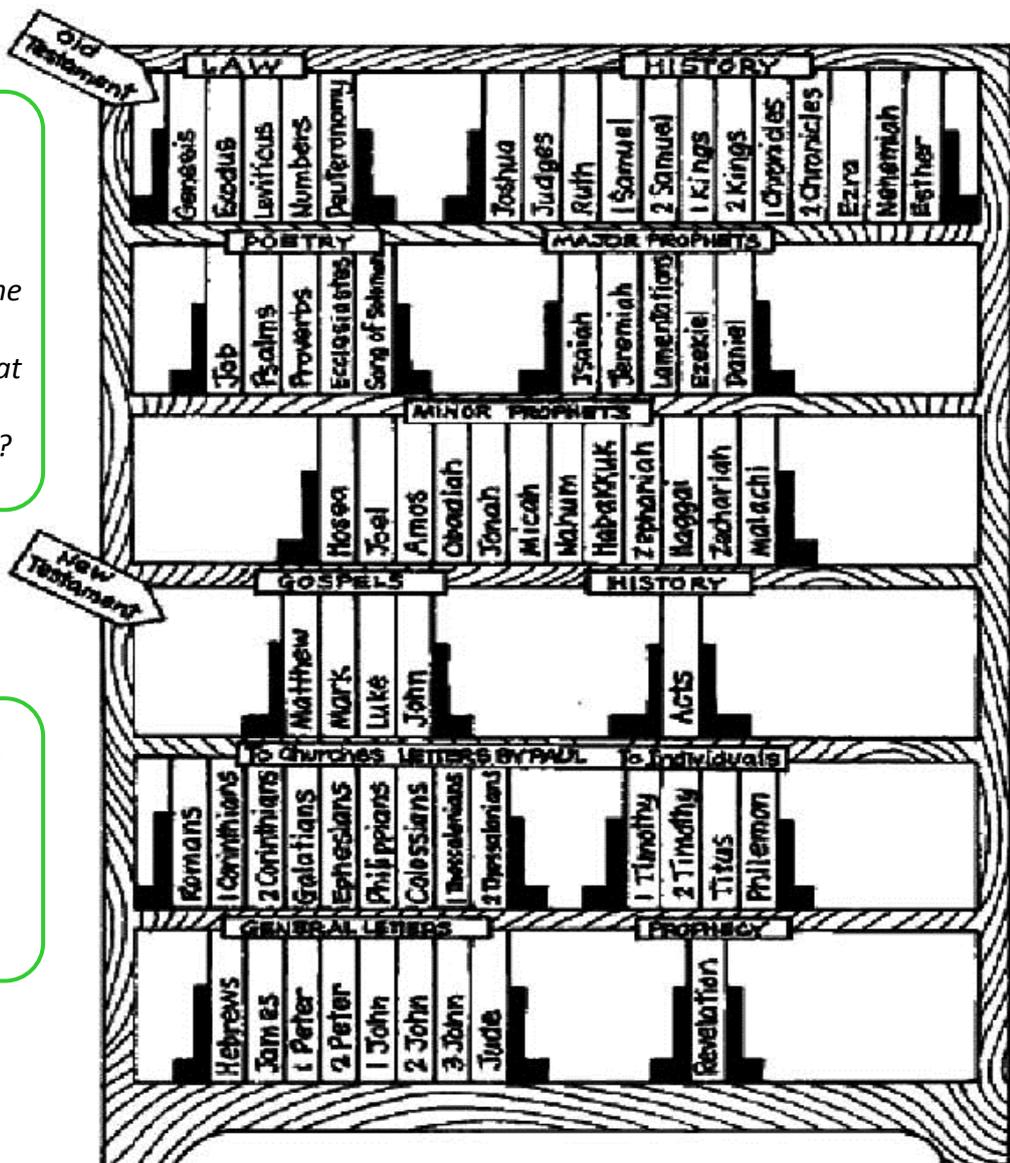
The Old Testament books were written before Jesus was born. They are the holy stories he would have grown up hearing and reading. There are 39 of these.

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 – Proverbs

The book of Proverbs was written by King Solomon (around 970 – 675 BC) and is often called the Book of Wisdom. It has no stories in it, unlike other books of the Bible, and is a collection of wise words that can give us help in different situations. It tells us that wisdom is for everyone of all ages and stages and reminds us to listen and learn from those that have gone before us. One of the most well-known is 'Trust in the Lord with all your heart and don't lean on your own understanding' Proverbs 3 v5

Online versions of the story

Watch and listen

Children explaining Proverbs by Pursue God Kids

<https://www.youtube.com/watch?v=5dfMVW1UHW8>

Bag of worries story by Fishy Music

<https://www.youtube.com/watch?v=au1HOSRzMqg&list=PLRV30mBmX1IN0kyIQIa5EEw4t5xALn-nf&index=5&t=0s>

Dance and sing

Cartoon song by What's in the Bible <https://www.youtube.com/watch?v=pn-TclqYj6q>

Words of wisdom https://www.youtube.com/watch?v=jJxk_qocP6q

Wise up by Elementary music <https://www.youtube.com/watch?v=XL2z8PVq6qw>

Wise Up by VBS Kids <https://www.youtube.com/watch?v=tmYYE9HRXO8>

The Story –

There are around 900 of Solomon's proverbs included in the book.

Here are a few that can encourage us in our current situations:

- *Do yourself a favour and learn all you can; then remember what you learn and you will prosper (19:8)*
- *Be lazy if you want to; sleep on but you will be hungry (19:5)*
- *When you give to the poor it is like lending to the LORD, and the LORD will pay you back (19:17)*
- *Wisdom is a fountain of life to the wise (16:22)*
- *Remembering wrongs can break up a friendship (17:9b)*
- *The start of an argument is like the first break in a dam; stop it before it goes any further (17:14)*
- *A person's words can be a source of wisdom, deep as the ocean, fresh as a flowing stream (18:4)*
- *A gentle answer quietens anger but a harsh one stirs it up (15:1)*
- *Get all the advice you can and you will succeed; without it you will fail (15:22)*
- *Ask the LORD to bless your plans (16:3)*
- *Listen to what is wise and try to understand it (2:2)*
- *Trust in the LORD with all your heart. Never rely on what you think you know. (3:5)*
- *Remember the LORD in everything you do and he will show you the right way (3:6)*
- *Thoughtless words can wound as deeply as any sword but wisely spoken words can heal (12:18)*
- *Worry can rob you of happiness, but kind words will cheer you up (12:25)*
- *Arrogance causes nothing but trouble; it is wiser to ask for advice (13:10)*
- *People with a hot temper do foolish things; wiser people remain calm (14:17)*
- *Good people think before they answer. Evil people have a quick reply but it causes trouble (15:28)*
- *An honest answer is a sign of good friendship (24:26)*
- *Never eat more honey than you need: too much may make you vomit (25:16)*
- *Getting involved in an argument that is none of your business is like going down the street and grabbing a dog by the ears (26:17)*
- *Selfishness only causes trouble. You are much better off to trust the LORD (28:25)*

Ideas to retell/explore the story

A Family Proverb

Choose one of the proverbs to be your family proverb for the week. You might like to create actions for it and do it each day as you gather to eat.

Or design a poster with the proverb on to display in your home. Meditate on it all week and remind each other of the words as an encouragement.

Wise Words Game

You will need the list of “wise words” (See template in this pack)

Cut the wise words into strips. Take it in turn to pick one up and read it, then the rest of the family decide whether they think the wise words came from the Bible or from someone else.

At the end of the game you could ask if anyone was surprised by any of the answers.

Can you think of any other sayings?

Do you know whether it is from the Bible or someone else?

Dinner table Chat Activities

Proverbs Placemat

Use the placemat for one of the meals this week, it can prompt a discussion as well as being a bit of fun. (See template in this pack)

A placemat that has characters scattered around and proverbs in the middle. The game is to link the wise words to who needs them.

Characters:	Worry	Tired	Young person
	Fear	Doubt	Older person
	Friends	Parent	

Wise Words:

- Worry can rob you of happiness, but kind words will cheer you up (12:25)
- Your reputation is more important than how much money you have (22:1)
- Do not repeat your mistakes (26:11)
- Be as brave as a lion (28:1)
- Do not lose love or your faith (3:3-4)
- Show a child how to live and they will not forget it (22:6)
- God is your strong tower where you find safety (18:10)
- Do not hold grudges against your friend (17:9b)



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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.

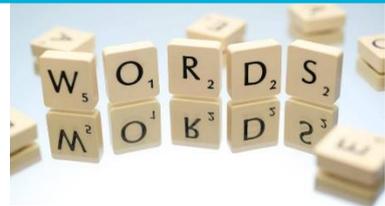


Use a box or a bag to hold the treasures and encourage any little ones to explore what's in the box/bag each week to go with the Bible story.

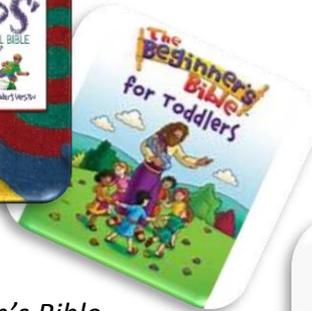
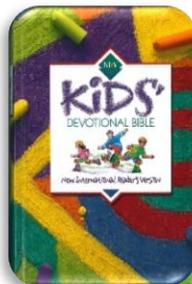
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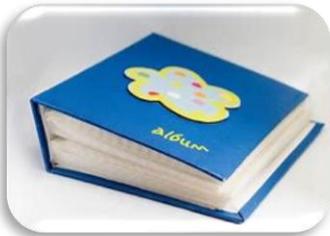


Something with rainbow colours for God's promise



Alphabet letters or blocks

Photos of people you trust



A children's Bible



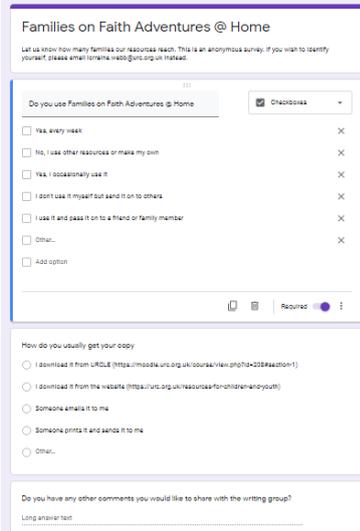
A toy owl or an unbreakable owl



Worry beads or stress ball



Can you help us?



Families on Faith Adventures @ Home

Let us know how many families use our resources each. This is an anonymous survey. If you wish to identify yourself please email lorraine.webb@urc.org.uk.

Do you use Families on Faith Adventures @ Home? Once a week

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 downloaded it from URCLife (<https://modules.urc.org.uk/course/view.php?id=228§ion=1>)

I downloaded 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

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

Pray Together

Word Prayers

Set up a prayer table or tray. All you need is a bunch of letters. These can be Scrabble/Bananagrams tiles or you can make your own. Anyone who wants to pray can use the letters to spell out their thoughts and prayer words.



Another version of this is to play a quick game of go fetch and fill a pillowcase or binbag with something for every letter of the alphabet e.g. Cushion for the letter C. When it's time to pray, simply pick something out of the bag and pray for something or someone that starts with the same letter.

Pray Together

Wise Words

**Trust in the LORD with all your heart.
Never rely on what you think you know. (3:5)**

You will need: a zip-lock or sealable bag
 water
 sharp pencils

Fill the bag with water, leaving some space at the top, and seal it.

What are the things that scare us and we worry about having to do? If we were to poke a pencil into the bag would it leak? Imagine the pencil is like the thing you are scared about or worried might hurt or take your strength away. We can pray to God to help us to trust in God and not rely on our own thoughts and understanding.

Get everyone to take a pencil while one person holds the bag securely. Holding the pencil and thinking of the things that worry you, take it in turns to push the pencil through the bag of water. Ask God to help you have courage and not to worry, knowing that God holds us secure like the pencil in the water.

No water leaks out until we remove the pencil!

Psalm 56: 3
When I am afraid,
I put my trust in you.



Pray Together

God with us on the journey

Remember the LORD in everything you do and he will show you the right way (3:6)

Sometimes the way ahead seems really unclear, like looking ahead into dazzling sunshine; or the brow of a hill when we do not know what is on the other side; or a really sharp bend when we do not know what is around the corner. In our faith journey, God knows every twist and turn we will meet and all the difficult challenges that lie in our path. God is with us in everything we do and he will keep us on the right path.

Ask the LORD to bless your plans (16:3)

Take a pen and a blank sheet of paper. Start drawing a path. Think about your journey and what might some of the challenges and obstacles be? Perhaps your path will go over rivers, through a marsh, meet a dead end or perhaps there will be calming waters and sunshine. While you are drawing your path, spend some time talking to God about your journey. What are the turns and twists? What are the bumps? What makes the path smooth? Know, as you reflect and doodle, that you can trust God as your guide, no matter where your path takes you.



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I wonder how old you have to be to be wise?

I wonder which proverb is the most meaningful or helpful to you or which you like best?

I wonder how you get to be wise?

I wonder who is the wisest person you know?

I wonder if there are any proverbs which are not as useful today?





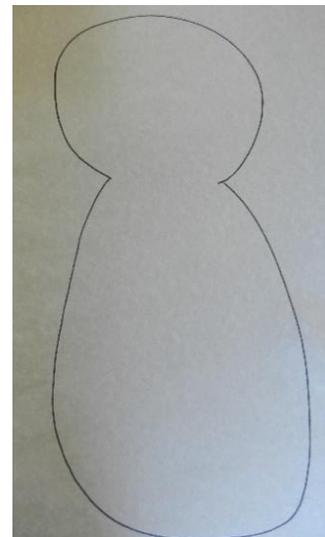
TO DO TOGETHER...

Make a Wise Owl



First you will need to get everyone in the house to make some messy painted handprints. Once they are dry, cut them all out

Draw a large simple owl shape on a separate sheet of paper



Begin sticking the handprints down the centre of the owl



Now add the side handprints at an angle for the wings



Lastly finish the face and your owl is complete



Maybe you could write your family proverb at the top of the page, or write

'Trust in the Lord with all your heart and don't lean on your own understanding Proverbs 3 v 5'

and stick your picture somewhere for everyone to see.



TO DO TOGETHER...

Kinetic sand

Playing with kinetic sand is a good way to still and calm yourself. Perhaps while you are making it and moving it between your fingers, you could think about Psalm 111 v10 where it says:

Wisdom begins with respect for the Lord

This reminds us that listening to God will help us learn the right way to live and the right choices to make.

To make this kinetic sand recipe, just remember the ratio 5:3:1. It means it does not matter what size measure you have - a yoghurt pot, a scoop or a measuring cup, you can get the ratio right.

You will need: 5 parts play sand
 3 parts cornflour or flour
 and 1 part oil

Measure sand into a bowl or tray and add the flour (1). Mix well until it is completely mixed (2). Now add the oil (3) and mix well until your sand sticks together into a ball (4)

Play in the sand with hands, scoops, shovels, cups, spoons, cookie cutters, and more! Tell a story, make shapes or write words.





TO DO TOGETHER...

Worry Dolls

Worry can rob you of happiness, but kind words will cheer you up (12:25)

Worry dolls are small handmade dolls made from matchsticks - or a clothes peg, or stick, or lolly sticks, or pipe cleaner, or card - each wrapped in clothing made from wool, cotton, embroidery thread and small pieces of fabric.

You can tell your worries, sorrow and fears to the doll and place it under your pillow when you go to sleep. It is good to tell God our worries and a worry doll can help us to remember that we can tell God our worries any time, day or night.

Here are a few simple ideas made from match sticks, pipe cleaner, lolly sticks and clothes pegs.



When you are wrapping the wool or thread, dip the end of the thread in glue as you start to wrap and press down. To secure off the thread do the same again at the other end. Using a glue stick is less messy as you can control the amount of glue more easily.

An alternative idea might be to paint a peg doll.

Have fun creating!





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at home

Walking the Way

Living the life of Jesus today

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

At Home:

Think of someone you know who is very wise and knows God. Ask them what wise words they would share with you.

Outside:

Find somewhere to sit quietly. It may be a peaceful place in the countryside, it may be on a bench in the middle of a busy town where everyone is hustling and bustling by. Instead of talking and doing, take some time to be and to listen to God speaking to you. What wise words does God have for you today?

For Others:

A lot of the proverbs are about using your tongue wisely so that your words do good and build people up. This week, can you try really to focus hard on doing this? Maybe choose a proverb about using your words wisely and write it on a piece of paper to keep in your pocket or stick on your mirror to remind you.

How can we use Families on Faith Adventures@Home online?



We have been asked to give some guidelines as to how to facilitate these activities being done over Zoom or similar platforms.

While this resource is aimed at families at home, engaging in their own selection from the activities to do individually or (preferably) together, we are aware that many churches are taking advantage of it as a resource for their children's work or junior church/Sunday school while they are unable to meet face to face. We are delighted that the material is proving to meet these needs too.

It is our belief that a large percentage of the material is suitable for doing with a group of children over Zoom, or indeed for grandparents to do online with their grandchildren. Zoom is ideal for story-telling and discussion; the equipment needed for crafts is all easy to come by and could be sent out in craft packages in advance (this is one of the reasons why we have not linked Families on Faith Adventures @ Home to the lectionary so that resources can be used in any order and at any time); many of our stories and activities have YouTube links – both general and to our YouTube channel - all that's needed is a little creativity.

You can find more ideas to use on Zoom (or other video conferencing platforms) on <https://moodle.urc.org.uk/course/view.php?id=208>, together with guidelines for the safe use of video conferencing/social media and codes of conduct for their use.



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**families
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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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Templates

Sentences for the game – Whose Words?

The blue sentences are from the Bible, the green are just common sayings

Do yourself a favour and learn all you can; then remember what you learn and you will prosper

Be lazy if you want to; sleep on but you will be hungry

A chain is only as strong as its weakest link

Remembering wrongs can break up a friendship

An idle brain is the devil's workshop

A ship in the harbour is safe, but that's not what a ship is for

The start of an argument is like the first break in a dam; stop it before it goes any further

Don't bite off more than you can chew

Get all the advice you can and you will succeed; without it you will fail

God helps those who help themselves

Remember the LORD in everything you do and he will show you the right way

Thoughtless words can wound as deeply as any sword, but wisely spoken words can heal

Hope for the best but prepare for the worst

Never put off until tomorrow what you can do today

People who live in glass houses shouldn't throw stones at others

Worry can rob you of happiness, but kind words will cheer you up

Slow and steady wins the race

Arrogance causes nothing but trouble: it is wiser to ask for advice

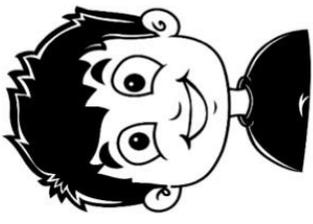
People with a hot temper do foolish things; wiser people remain calm

You can catch more flies with honey than with vinegar

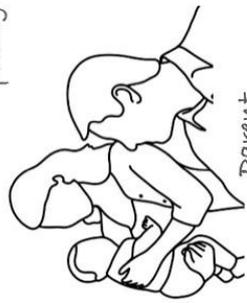
Never eat more honey than you need: too much may make you vomit

Templates

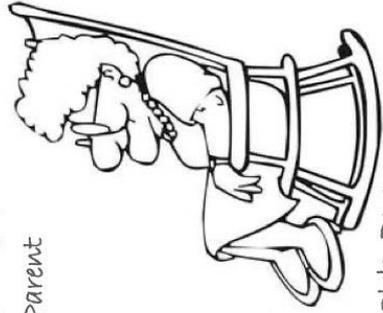
Proverbs Placemat - Use this placemat for one of the meals this week, it can prompt a discussion as well as being a bit of fun. Link the wise words to who needs them.



Young Person



Parent



Older Person



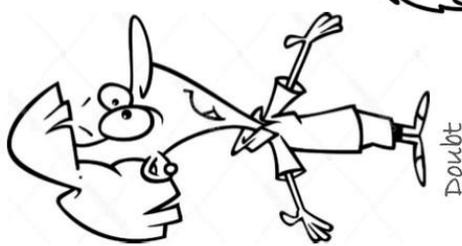
Worry



Tired



Fear



Doubt



Friends

Wise Words:

- Worry can rob you of happiness, but kind words will cheer you up (12:25)
- Your reputation is more important than how much money you have (22:1)
- Do not repeat your mistakes (26:11)
- Be as brave as a lion (28:1)
- Do not lose Love or your faith (3:3-4)
- Show a child how to live and they will not forget it (22:6)
- God is your strong tower where you find safety (18:10)
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