

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:

More Than You Asked For
Acts 3 verses 1-11



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.

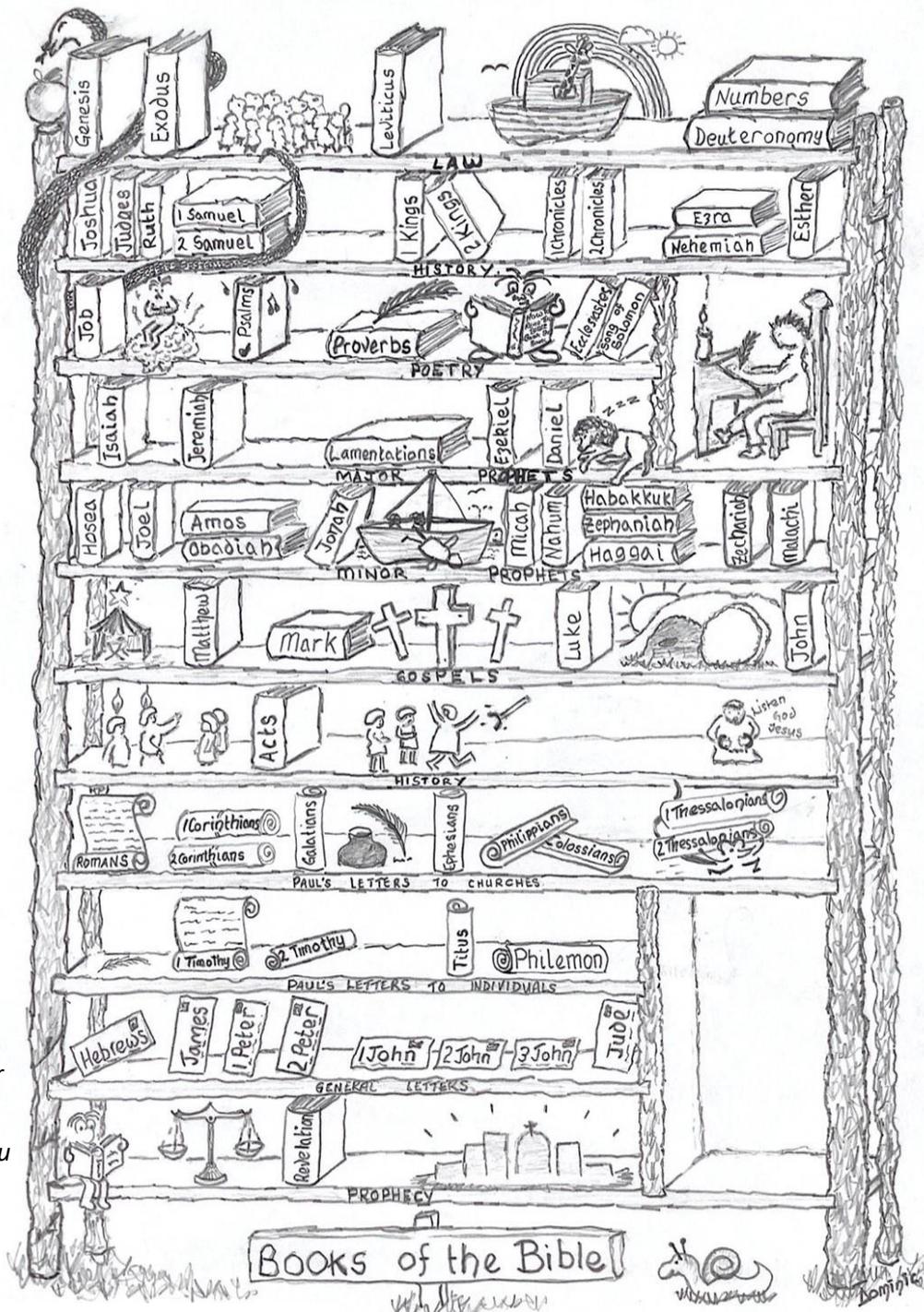
The New Testament tells us the stories of Jesus and his followers. There are 27 books in the New Testament.



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 – Acts

The Book of Acts was written around 60 AD by Luke, a doctor and historian who became one of Jesus' disciples. The book of Acts tells us the stories of what happened after Jesus left his disciples and went back to heaven. We follow their adventures from the coming of the Holy Spirit during the festival of Pentecost through to seeing how they do some amazing things in Jesus' name. The first half of the book tells the stories of Peter and the second half follows Paul's adventures. This story of the man who is healed at the Beautiful Gate is one of the first miracles we read about after Pentecost.

The story encourages us to consider how, when we ask for help, sometimes we get more than we asked for.

The Story – Acts 3 v 1 - 10 (The International Children's Bible)

One day Peter and John went to the Temple. It was three o'clock in the afternoon. This was the time for the daily prayer service. There, at the Temple gate called Beautiful Gate, was a man who had been crippled all his life. Every day he was carried to this gate to beg. He would ask for money from the people going into the Temple. The man saw Peter and John going into the Temple and asked them for money. Peter and John looked straight at him and said, "Look at us!" The man looked at them; he thought they were going to give him some money. But Peter said, "I don't have any silver or gold, but I do have something else I can give you: By the power of Jesus Christ from Nazareth—stand up and walk!" Then Peter took the man's right hand and lifted him up. Immediately the man's feet and ankles became strong. He jumped up, stood on his feet, and began to walk. He went into the Temple with them, walking and jumping, and praising God. All the people recognized him. They knew he was the crippled man who always sat by the Beautiful Gate begging for money. Now they saw this same man walking and praising God. The people were amazed. They could not understand how this could happen.

Online versions of the story

Watch and Listen

Cartoon by Saddleback kids <https://www.youtube.com/watch?v=orp4ZT9710Y>

Animated line drawings by Life Kids

<https://www.youtube.com/watch?v=rQTFNyctPVU&t=41s>

Animation by Superbook <https://www.youtube.com/watch?v=Oz0HptfaN0s>

Story in song (Rocky style) by quiz Worx https://www.youtube.com/watch?v=YtwC6fZf_y8

Dance and Sing

(this week more than ever we should get up, jump, and dance and praise!)

Beat of your love by Watoto Childrens Choir

<https://www.youtube.com/watch?v=BURDJ6wdUTE>

Freedom by Bethel Kids <https://www.youtube.com/watch?v=IrqViuuyYAO>

Hands, hands, fingers thumbs by Doug Horley

https://www.youtube.com/watch?v=OAC_LJyyL4w

Power Shuffle by Lifetree Kids <https://www.youtube.com/watch?v=JNEAtmq6oTE>

I reach up high by Matt Giddens <https://www.youtube.com/watch?v=wXF-HAURxmq&t=80s>

Dinner table Chat Activities

Discussion starters around the story to use over mealtimes this week. There are no set answers, just a lot to ponder on together.

- What do you think was going through Peter and John's minds, when they told the man to get up and walk? Remember this was one of the first times they had tried to do a miracle.
- What do you think the man did over the next weeks after his miracle?
- Who were the people that took the lame man to the temple every day and why did they do it?
- What would his life have been if he had been born nowadays?
- Do you think that because we have so much technology and support nowadays, we don't need miracles?
- Do you think the man wanted to be healed?
- How can we help people today in brave ways?

Ideas to Retell/Explore the Story

The get up challenge

Have fun as you try to do these getting up activities: imagine what it might have felt like to not be able to stand easily.

Back to back

Sit on the floor, back to back with your partner. Bring your arms round the side and link arms with each other. When you are ready try to stand up.

Don't get cross

Sit on the floor with your legs crossed and your arms straight out in front. When you are ready, stand up. (this one's tricky)

Take it easy

Lie down on the floor, face up. Clasp your hands together. Now try to stand as quickly as you can.

Row boat

Sit on the floor facing your partner, toes touching each other and holding hands (as if you are going to do the row boat song). When you are ready, try to stand up. Is it easier if you cross over your hands.

Discuss – Which one was the hardest and why? Was it easier to do the ones where you have a partner to lean on? Were there times when you felt you didn't have enough strength in your feet, ankles, knees etc? Imagine not been able to walk from birth, spending all your days sat on the floor, then one day, feeling the strength suddenly return to your joints and limbs. How would you be feeling? What would you be thinking? What would be the first thing you would want to do?

Now, have some fun making up your own challenges e.g. sit on the floor and get up without using different parts of the body, or try them again but this time with your back against a wall.

Modern Parables

These books tell familiar stories that explore the themes of the story.

Handa's Surprise by Eileen Browne

<https://www.youtube.com/watch?v=ocnRQi89nK8>

Guess how much I love you by Sam Mc Bratney

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

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:

More Than You Asked For
Acts 3 verses 1-11



A spoon or paper plate with a happy face on one side and a sad face on the other



A few coins
(Watch that these are not put into the mouth!)

Something with rainbow colours for God's promise



A toy with a "poorly" leg

A puppet or marionette that can go from sitting to standing, or pop up toy



Toy bricks or boxes to build



Pray Together

Multiplying Meringue Prayers

This week we are thinking about how God gives us so much more than we expect, either directly or through others. Let's talk to God as we pray together while cooking this simple recipe. It takes very little but creates something amazing.

You will need: 300g of sieved icing sugar
 The white of an egg
 Some baking paper to cook your meringues on



As you sift the icing sugar, watch the shower of sugar particles falling so cleanly from the sieve into the bowl and thank God that we are showered with good gifts every day.

As you break the eggshell, remember that even when things are difficult and we feel broken, God is with us and can bring out good things. And as you separate the yolk from the egg white, remember that nothing can separate us from God's love.

As you whisk the egg white, ask God to stir you up and let your faith and trust grow. Whisk and whisk until the egg white makes peaks and as they begin to point up towards heaven, remember that Jesus points the way for us.

Add the icing sugar slowly, stir it in until it makes a mouldable dough and divide it into six small balls. These balls of dough remind us that we are small, but God can shape us and bless us beyond our wildest dreams. Put three of the balls onto some baking paper, well spaced out, and cook in the microwave for between 1 minute and 1 minute 30 seconds (we found 75 seconds worked best, but it will depend on the diameter of the balls and the power of your microwave). Don't look directly into the microwave because that can hurt your eyes, but watch what happens to your tiny spheres of dough. God gives us so much more than we bargain for! Thank God for all this goodness as you enjoy the meringues together!

Pray Together



Paper Polding Prayer

This is a reflective or meditative prayer.



Take two long strips of paper and join them at right angles. Fold them over each other repeatedly to create a woven concertina. You can add in different colours by taping new strips of paper to the end of the ones you are using.



As you fold, pray for the small actions which make a big difference to others in your life. Also think of the small things you have received which have made a big difference in your life.

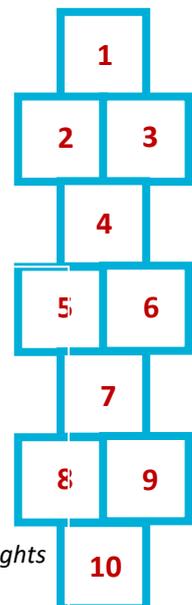


Hopscotch Prayer

This is a reflective prayer to help you to start small... but through listening to God, and by reflecting and thinking, our small thoughts can widen to include so much more.

Using a Hopscotch, either full size, or finger size, slowly working through the following, moving from balancing on one foot (or finger) to using both feet (or two fingers)...

- 1 – God: say hi to God, and wait...
- 2 – You and God: think about your relationship with God
- 3 – You and your needs: think about how God could help
- 4 – God and others: think about who God might use in your life to help you
- 5 – God's gifts: give thanks for gifts God blesses you with, people and skills
- 6 – God's guidance: think about who God would like you to help
- 7 – God's lead: think about how God could use you to help others in your life
- 8 – God's Help: think about who God might like to work with you to help others
- 9 – God's love: think about how much God loves you, and all that has been achieved in your thoughts through steps 2 – 8, and how this makes you feel... are you smiling, jumping, getting excited...?
- 10 – Reflecting God's Love: think about how you can reflect or show God's love to people in your life who help you, and who you help. Pass on the chance for them to feel as you did in step 9.



I wonder how Peter was so confident that the man would be healed?

I wonder what John was thinking during this story?

I wonder how you think the man's life changed after this happened?



I wonder who you are most like in this story?

I wonder why God heals some people but not others?



TO DO TOGETHER...

A chance to get messy whilst making things bounce and dance

Rise up and Dance Worms

You will need: Bag of Gummy Worms
(this also works with raisins
for a quicker effect)
Bicarbonate of Soda
White Vinegar
Cutting Board
Sharp Knife
2 Clear Cups



What You Do:

1 - Cut two or three gummy worms in quarters (mine were already quite short so I cut them in half lengthways, you are just making them lighter).
2 - Measure out 3 tablespoons of bicarbonate of soda and stir them into a glass filled with 1 cup of warm water. Mix the worms into the baking soda and water. Leave for around 15 mins (you can hear them bubbling in their soda jacuzzi).

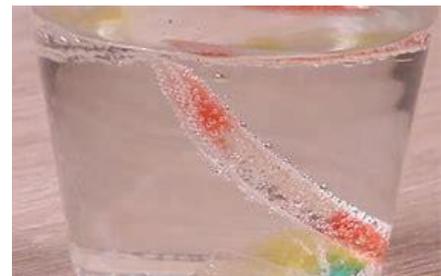
3 - Fill the second clear glass with vinegar.

4 - Fish the worms out of their bath with a fork. Put just a couple of worms into the vinegar and watch as they sink to the bottom and start forming bubbles. After a few seconds, the worms will be covered in enough bubbles and will start rising from the bottom, dancing their way to the surface. They will then fall back down and come up again. (If they are reluctant to dance, add another tablespoon of bicarb to the mix and stir. It takes time, so keep watching and willing them to dance)

The science bit

When you add the worms soaked in bicarbonate of soda to the vinegar, the acid in the vinegar reacts with the bicarbonate in the baking soda to form carbon dioxide gas bubbles. These gas bubbles cling to the gummy worm and, as the gas bubbles rise to the surface, they pull the gummy worm up with them, making it wriggle and dance. As the gas bubbles burst, the worm falls back down until enough bubbles form to pull it back up. The bubbles will continue to form until all the baking soda on the worm is used up and the worm will stop wiggling.

(Sadly you can't eat it as it will taste disgusting, but you can eat the rest of the bag!)





TO DO TOGETHER...



Jumping Puppets

You will need:

- A paper cup or compostable flowerpot
- Paper strips
- Pipe cleaner
- 2 small wooden beads (optional)
- Wool/string

What you do:

Create a small hole in the top of the pot/cup and two small holes in the sides.

Thread the pipe cleaner through holes in the sides and then thread the wool down through the top hole, loop and tie the wool around the middle of the pipe cleaner to prevent it from coming loose, and then thread it back up through the top hole to make a hanger. Place a strip of paper across the bottom of the pot/cup, which will enable you to attach the legs.

Create the legs by creating a woven concertina as we did for the prayers. Attach them using glue.

Draw a happy face on one side of the pot and a sad face on the opposite side.





TO DO TOGETHER...

Zoom Silent Disco

The man who was healed not only stood up, not only thanked God, but also danced. We can have fun dancing together – it's a good way of relaxing and getting some exercise and is good for our bodies, brains, and our mental health. Why not get together some friends or family on Zoom and have a silent disco. Turn the settings to mute so nobody can hear what music you are dancing to and all dance along at the same time. You could even try to guess what tunes the others are dancing to. Some of the dance and sing suggestions above might be good ones to dance to together.

Small Square Big Splat Pictures

You will need:

Small squares of washing up sponge

Paint

Paper

Hammer



What you do:

Place the sponge in the paint and then place it in a small amount of water to soak the paint into the sponge.

Place the sponge on the paper, and using a hammer, create a splat.

Do this as many times as you wish with different colours to create an amazing splat picture, reminding us that small acts can have a big effect.





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:

This week, try to go the extra mile. When someone asks you to do something, don't only do it, but try to extend what you do beyond what they expect. Don't just make your bed, tidy your bedroom. Don't just prepare lunch, add a special homemade treat. Don't just put the washing machine on, remember to put the washing to dry afterwards.

Outside:

We may be worried about the spread of the virus, but there is something far better to spread to other people which is much easier to catch and to pass on and that's a smile. While you're out and about this week, try to have a friendly smile on your face for everyone you meet and say please and thank you and speak to people whenever you can. If you're wearing a mask, you can still smile with your eyes and your body language. Let's see if we can get the whole community smiling!

For Others:

Peter and John passed on what they had. Their faith encouraged and enriched others. Perhaps you have a book which has been really encouraging or comforting to you. Hard as it may feel to part with it, can you pass it on to someone else? Let it encourage them or cheer them up like it encouraged and cheered you.



The
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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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