

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:

Stand Firm With God
Ephesians 6 verses 10-18



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.

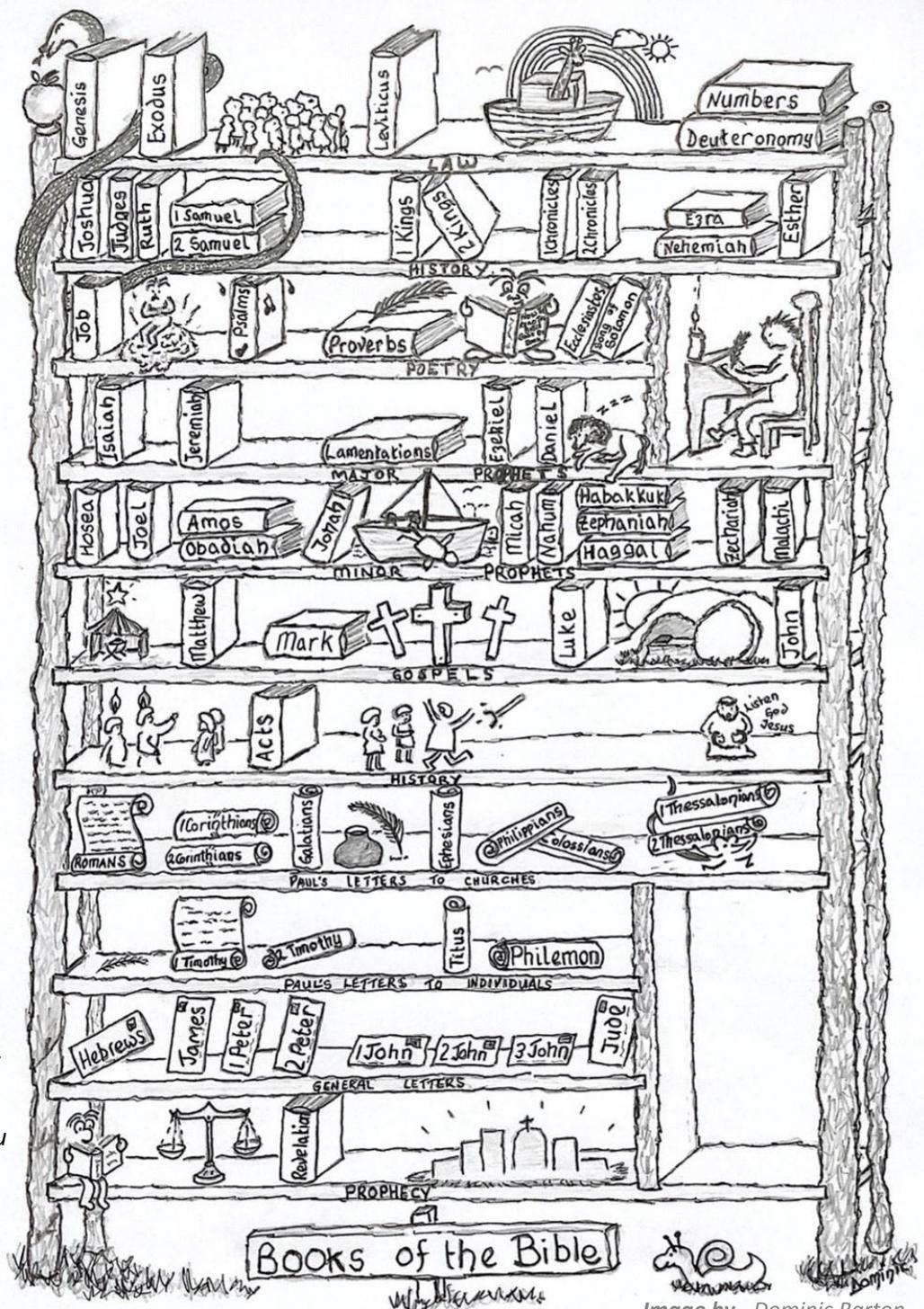
The New Testament tells us the stories of Jesus and his followers. There are 27 books in the New Testament.



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 - Ephesians

The first book of Ephesians (which is actually a letter) was written around 62 AD by Paul (who used to be called Saul). Paul is in prison in Rome and is writing this letter sent to the first churches in Ephesus. In this letter, Paul is encouraging the Christians to be strong in their faith and as a Christian community.

The Story – Ephesians 6 verses 10-18 (The International Children’s Bible)

Finally, be strong in the Lord and in his great power. Wear the full armour of God. Wear God’s armour so that you can fight against the devil’s evil tricks. Our fight is not against people on earth. We are fighting against the rulers and authorities and the powers of this world’s darkness. We are fighting against the spiritual powers of evil in the heavenly world. That is why you need to get God’s full armour. Then on the day of evil you will be able to stand strong. And when you have finished the whole fight, you will still be standing. So stand strong, with the belt of truth tied around your waist. And on your chest wear the protection of right living. And on your feet wear the Good News of peace to help you stand strong. And also use the shield of faith. With that you can stop all the burning arrows of the Evil One. Accept God’s salvation to be your helmet. And take the sword of the Spirit—that sword is the teaching of God. Pray in the Spirit at all times. Pray with all kinds of prayers and ask for everything you need. To do this you must always be ready. Never give up. Always pray for all God’s people.

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

Online versions of the story

Watch and Listen

Armour of God by Crossroads Kids https://www.youtube.com/watch?v=o7eC-W_XNyw
Explained by Kids at Pursue God Kids <https://www.youtube.com/watch?v=81iFo2G2K7U>
Cartoon for toddlers by Saddleback Kids <https://www.youtube.com/watch?v=3JzPkPeaWAM>
Gaming Animation by Latter Day Kids https://www.youtube.com/watch?v=LCisu_99Xfo

Dance and Sing

Song by Kidspring ministry <https://www.youtube.com/watch?v=M3FqKD98FiQ>
Hip hop Style by Covenant Kids <https://www.youtube.com/watch?v=PZ5vIRy0cxw>
Fun song by Bear Hug Band <https://www.youtube.com/watch?v=KxBHEkEzT3M>
Be strong and put on by David Cooke <https://www.youtube.com/watch?v=BTtO3rNBMBU>
Stand together by VGMC Kids <https://www.youtube.com/watch?v=5d5Wq2x8Q-8>

Ideas to Retell/Explore the Story

Armour of God Story Game

Just like a Build a Beetle game but the armour of God.

You just need a dice, a body outline, and some homemade pieces of armour (or you can just draw these on). Write down the pieces of the armour of God and allocate a number from the dice to each one.

Everyone has a body outline and all the pieces of armour they need.

Take it in turns to roll the dice and build your armour onto your person as the dice dictates. Agree the rules beforehand. E.g. do you get a second roll for a six? Do you miss a turn if you roll a number you don't need?

The winner is the first person to complete their whole armour.



Protect the egg

This is a family challenge. Your mission is to protect the egg from breaking. You will eventually throw the egg from the tallest place you can think of.

Give everyone an egg and all the junk modelling materials you can find around the house. Each player must think carefully and take time in wrapping and building buffers around their egg.

Once all eggs are packaged, go to the highest safe point you can think of (Top floor window is good) then throw the eggs down one at a time.

How did you do? Did any eggs remain intact?

This helps us to think about how the job of armour is to protect us. If we leave any of the armour off, we are vulnerable.

(Eggs may be harmed in the playing of this game but as long as they are contained in the packaging they can still be scrambled and eaten)



**families
on faith adventures**

at home

Dinner table Chat Activities

We have heard a lot about PPE kits and wearing masks. How does this help us with our thoughts about wearing the armour of God?

Play a game with it - *Think of a struggle and then decide which piece of the armour can help us, here are some ideas to get started:*

- *You have friends who are not Christians and you want to tell them about God. (Shoes of Peace)*
- *Your friends are trying to encourage you to do something you think is wrong. (Breastplate of Godliness)*
- *You don't know what to say (Sword of the Spirit, Gods word)*
- *You feel alone (Helmet of salvation)*
- *You are being lied to (Belt of truth)*
- *You are afraid (Shield of faith)*

Which pieces of the armour have you used this week?

Which pieces were you glad to have?

Which piece do you think is the most important?

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:

Stand Firm With God
Ephesians 6 verses 10-18



Blanket



Shoes, boots or slippers

Something
with rainbow
colours for
God's promise



Bubble wrap



Cross or a children's Bible



Hat or helmet



Oven
gloves

Sunglasses
(protect
your eyes)



Pray Together

Stand Firm

An important thing about the of the armour of God is that it helps us to stand firm against the things that might try to upset us and throw us off course.



Using the template, make a person or decorate the shape. Put glue onto the tab and make a cone shape, sticking it firmly. Using a ball, cut a slit in it so that you can put some sticky tac or playdoh into it to make a weight - you can add a marble or glass bead to make it even heavier. This will make your wobble person more stable.

Place the cone firmly onto the ball. Try and make it fall over. Think about the things that make you wobble. Know that God is with each one of us, no matter how much we wobble!

As an alternative you could make a smaller cone and use a ping pong ball or an eggshell. The important thing is to remember to add the weight at the bottom.

Put on the whole armour of God: Ephesians 6:11

As you get dressed to go out say a prayer.

Dear God please help me to...

Stand firm in you.

Love the truth and make good decisions (**scarf**)

Be peaceful and guide me wherever I go and talk to people about you. (**shoes**)

Not think bad thoughts and focus on you (**Hat**)

Be kind and thoughtful, as you taught me to forgive others as you forgive me (**coat**)

Build my faith and reflect you in all I do (**gloves**)

Help me to stand firm in you,

Amen



Pray Together

Protection



If you peel a satsuma or tangerine and place it in a jug of water, it will sink to the bottom. The peel is like a protective coat and when you put the fruit in the water with the peel on it floats. God protects us.



Write or draw on an orange the things that you would like God's protection from, perhaps things that scare you or make you anxious. Float the oranges in the water and ask for God's protection.

families on faith adventures

at home

I wonder what scares you or makes you anxious?

I wonder what you use to help you keep walking the Jesus way, even when things get tough and you feel challenged or anxious?

I wonder how this letter from Paul in prison made people feel and think?



I wonder what advice you would give to someone about how to stand firm with God?

I wonder when it is helpful to think of life as going into battle and when it is unhelpful?



TO DO TOGETHER...

Stand firm with God

Armour

You will need: A large cardboard box
Some ribbon or fabric tape
Coloured paper

What you do:

On a piece of card draw around a pair of shoes, cut them out and then write "peace" on them. Attach some ribbon or fabric to create a shoe which ties onto the foot.

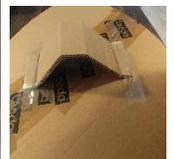


On a large piece of card, draw around a t shirt, and cut it out to create a breastplate. Create some slots to thread some ribbon or fabric to which will tie it onto the body in a criss-cross pattern and tied at the sides. Write "Righteousness" on the front of the breastplate.

Cut out a shape for your shield and write "faith" on it and then attach a handle to it.



Cut out two strips of card to create a sword and join them. Write on it "word of God".



Cut out 5 strips of coloured paper and write the letters "T,R,U,T,H" on each strip. Attach them to a strip of fabric or ribbon and tie onto the body to fit.



Draw around a hat and create a helmet, this can cover the whole face or just the head. Write on it "Salvation". Attach a band to fit it to the head.

Now put on your amour of God.



Alternative: you can make armour for a doll using the same method but using dolls' clothing to size the armour.





TO DO TOGETHER...



Body Splats

You will need: A piece of paper cut into a body shape
2 larger pieces of Paper
Paint



What you do:

Create a person from your body shape and then, using a larger piece of paper, cut out a larger body shape which will completely cover your person. Place them on a big sheet of paper. Water down some paint, then load your paint brush and create a splatter picture.



(alternatively, you can put some watered-down paint into an old spray bottle and spray paint your picture).



Now remove the bigger paper body shape and see how it has kept your person safe from everything you threw at it. The paint is all around it in a big mess, but there is a buffer of calm between your little person and the chaos around it. God doesn't keep us out of the mess, but protects us in the midst of the mess.





TO DO TOGETHER...

Flour Bombing

You will need: Wet kitchen paper
3 teaspoons of flour
A large piece of card

What you do:

Wet the kitchen towel sheet and place 3 teaspoons of flour in the centre. Gather up the corners and twist to form a bomb shape. Get someone to hide behind a shield and then throw the bombs at them. See if they get floured or are protected by the shield.



(Warning, this may get a little messy: probably best not to do it in the lounge!)



The
United
Reformed
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:

We all have a wobble now and again. Watch out for people in your household maybe having a bit of a rough time. Ask God to help them and do what you can to protect them, maybe just by giving them a big hug!

Outside:

We are all doing our best to protect one another during the pandemic. This is a time to do your bit by sticking to social distancing and trying not to moan, even if you are getting fed up of it. When you are out and about, see how many different masks you can see people wearing. Which is your favourite?

For Others:

Paul, who wrote the letter to the Ephesians, set them a Walking the Way Challenge all those many years ago, and it's a challenge which applies to us too. I wonder how you might fulfil this challenge this week:

Pray in the Spirit at all times. Pray with all kinds of prayers and ask for everything you need. To do this you must always be ready. Never give up. Always pray for all God's people.



The
United
Reformed
Church

**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>

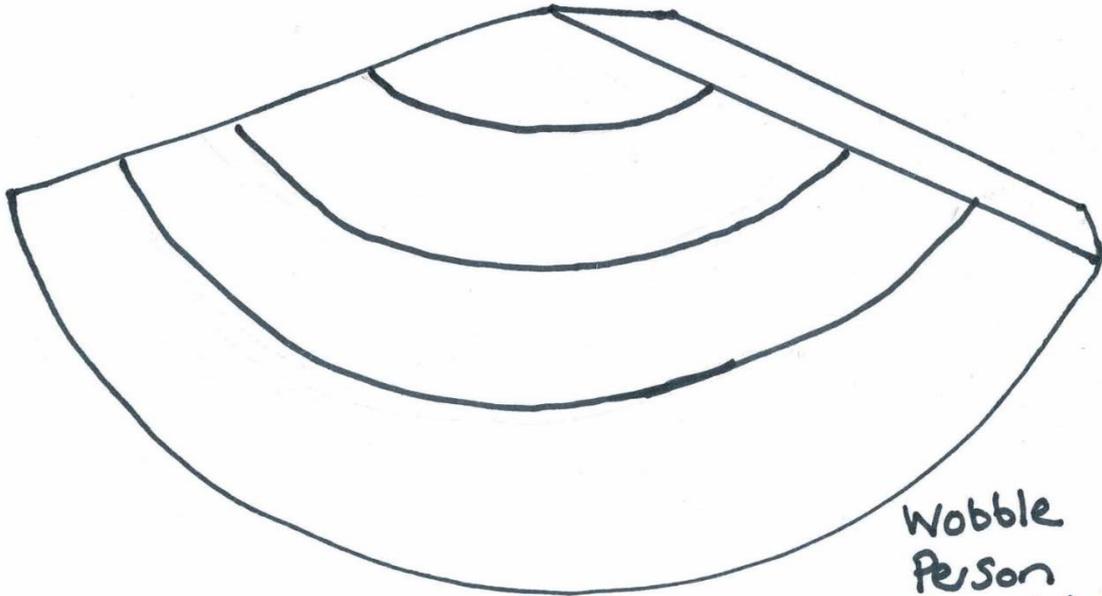
And if you've enjoyed these activities, why not see whether your local church runs Pilots or Friends on Faith Adventures (FOFA) when things get back to normal again.

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.



The
United
Reformed
Church

Templates



Wobble
Person
Template