

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, explore what it means to you and express that in words and action.

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:

Sing Out: God's in Charge!

Psalm 93



With many varieties of activities and things to do to help explore the theme. Look out for this 'hands on' symbol.

From



and



Get to know your Bible

The Bible is like a library made up of 66 books written by many different people over many years.

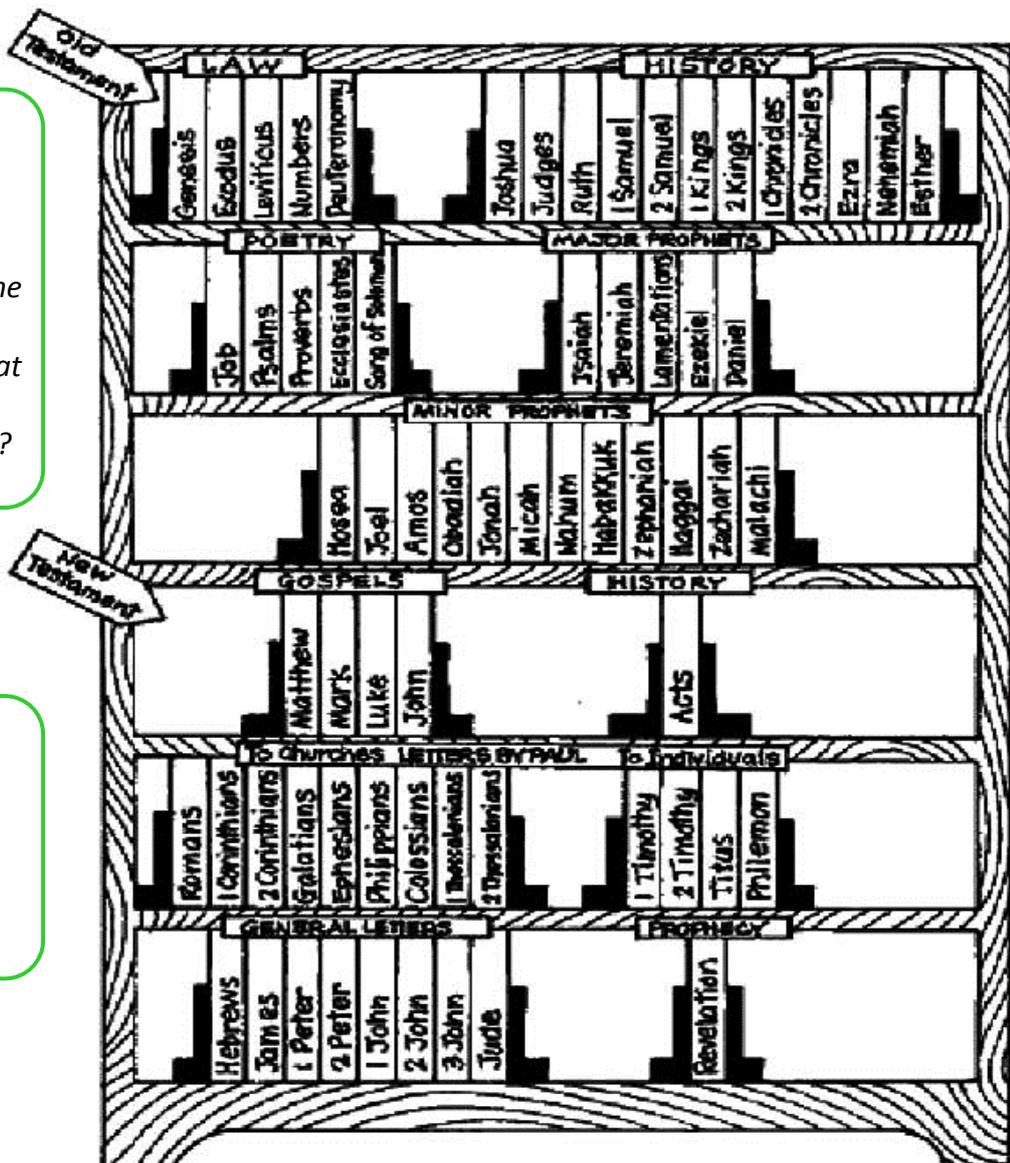
The Old Testament books were written before Jesus was born. They are the holy stories he would have grown up hearing and reading. There are 39 of these.

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

The Book of Psalms was written between 1400 and 450 BC. King David wrote over half the 150 Psalms.

It is meant to be a timeless book with Psalms that speak into all situations and eras. Psalms are poems that are meant to be put to music.

We don't know who wrote Psalm 93, perhaps it was written for the new temple, or as a song about Creation, or perhaps it was written after the Israelites escaped through the waters of Egypt. It doesn't matter in a way, because this Psalm talks to us today, it reminds us of who God was and still is.

Psalm 93 – The Living Bible

God is King! He is robed in majesty and strength. The world is his throne.

O Lord, you have reigned from prehistoric times, from the everlasting past.

The mighty oceans thunder your praise.

You are mightier than all the breakers pounding on the seashores of the world!

Your royal decrees cannot be changed. Holiness is forever the keynote of your reign.

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Online versions of the story

Watch and listen, Dance and sing

Sons of Korah performing <https://www.youtube.com/watch?v=f-PYpyaGXYc>

GCOpraise <https://www.youtube.com/watch?v=JNFcKcV5eAQ>

Celtic style https://www.youtube.com/watch?v=4t_2Lj40Swg

URC Resources:

<https://www.youtube.com/playlist?list=PL0dWr4cxnjTTFdAY2f4KMuvVrsRkDfL-Z>

Ideas for exploring Psalm 93

Read the Psalm from different versions of the Bible or Storybooks. (A small collection can be found on Activity Sheet 1a and 1b)



Draw, paint or sketch your response to the Psalm

Bring the Psalm to life on the page, with a bit of Bible Journaling

Use music and dance to give your own interpretation of the Psalm

Write your own Psalms

Don't forget to share your creations with others on the YouTube channel or URC Pinterest/Facebook pages by sending them to lorraine.webb@urc.org.uk

*Reflective story – find this story told for you on our YouTube channel.
<https://youtu.be/E0aZ9klGaqM>*

Can you create your own version of the pictures?

The Bible is one book, made from many books, a little like a library.

Together it tells the story of God and God's people.

Just like a library there are different types of books, History, Stories, Law, Letters, Poetry and more.

Psalms is one of these books, found right in the middle of the Bible, it is a beautiful book full of sacred poems and prayers; written and sung by God's people. There are 150 poems, written by different people over 1000 years. David, the shepherd boy who became king wrote over half of the Psalms.

Psalms were written for different reasons, some for important occasions like the coronation of a king, for pilgrim festivals or for when disasters took over the country. They are honest ways to speak to God, whatever feelings we have we can find them in the Psalms.

We don't know who wrote Psalm 93, perhaps it was written for the new temple, or as a song about Creation, or perhaps it was written after the Israelites escaped through the waters of Egypt. It doesn't matter in a way, because this Psalm talks to us today, it reminds us of who God was and still is.



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This Psalm offers us comfort for today and tomorrow.

Listen

God is King.

A Royal and Strong king.

The whole world is God's throne

God rules over everything

God rules, since the beginning of time

When God created the world, he set it in its place

The world cannot be shaken, or moved

The world is God's creation and stands strong throughout all time

God is eternal, God has no beginning, or middle or end

The mighty seas and oceans roll and thunder

The waves lift higher and higher crying out in Praise, wild and roaring

The sea storms, rising up in giant waves before crashing down

It is overwhelming

But, God is Stronger than the waves he created

God is more powerful than the wildest seas

God is bigger than the highest waves

God is king over the creation

God rules over sea and land and sky

God holds the world in the palm of his hand and always has

God's word is final

God's words are beauty and Holy

God is king and his rule never ends

A Royal and Strong king.

The whole world is God's throne

God rules over everything

God rules, since the beginning of time

Today, yesterday and forever

Amen



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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.

This week's Bible story is:

Sing Out: God's in Charge!

Psalm 93



A home-made crown



Some fancy fabric or clothing like a queen might wear



Something with rainbow colours



Musical toys or instruments

A bottle or jar of water with the lid fastened firmly in place to prevent leaks. You might add blue paint or colouring, maybe even a bit of glitter.



An unbreakable globe, if you have one, or bubbles

Illustration from Pixabay.com

Pray Together

Wave Prayers

*The Sea storms, rising up in giant waves
before crashing down
It is overwhelming
But God is stronger than the waves he created
God is more powerful than the wildest seas
God is bigger than the highest waves
God is King over the creation
God rules over the sea and land and sky
God holds the world in the palm of his hand
and always has.*



You will need: a large jar or bowl half filled with water

*Thinking about things that are difficult, making you sad or cross,
find some objects that sink.*

You could make some out of modelling clay to represent different things.



Drop each item into the water so that it sinks to the bottom. Sit quietly and think about the words to Psalm 93 and the waves that crash down and are overwhelming. God is stronger than the wildest seas and bigger than the highest waves. Slowly place your hand under the water and pull out an item and give your worries to God. When all the items have been pulled out from under the water say Amen together.

A Quiet Place



In a quiet corner build a cushion fort. Pile up as many cushions as you can find and make an area you can sink into or hide behind. Add a blanket that you can snuggle under. If you have a candle and a cross you can add those to your quiet safe place. Lie down and just rest quietly knowing that God is close to you. This will be a great place to talk to and listen to God.

Older members of the family might like to find their own special spaces in the household where they can be quiet and at peace with God.

Pray Together



God Rules Over All – Prayer Crowns

You will Need:

Some card – any large cereal box flattened out or packaging card will do. I would not use very thick card as trying to stick that together would be tricky.

Coloured paper or plain paper you can colour yourself.

Scissors, colouring pens, glue, Sellotape, a length of string or wool.

These crowns can be made into a window decoration or for you to wear.



Instructions:

- **Cut your card to make a crown – if you're going to wear it make sure it fits.**

Think about the places where you are that God rules over and draw simple images.

You might think about people: your family, pets and friends you are missing right now.

You can think about places such as Church, school, your home, shops, doctors, the park, places where God is with you.

You might like to think of the world, the sunshine, rain, night and day – God is there too.

- **Write on your crown the words- 'God Rules Over All!'**
- **Stick your pictures onto your crown – if you are going to wear it- or attach your pictures onto strips of paper and stick around your crown like in the picture.**
- **Decorate your crown – you can colour, stick shapes onto it, the foil of Easter eggs and other chocolates make great jewels.**
- **Attach the ends of your crown together.**
- **If you are going to hang it in your window**, make sure the words can be seen by people passing by. Stick some wool or string to make a hanging loop to your crown and hang in your window – gather as a family together, thanking God that in all we do and wherever we are, God is there too.

If you have made your crown to wear – place it in front of you in a quiet place and look at all the pictures you have placed on your crown before you put it on your head. Give thanks to God for all he does. He is with us in the happy and sad times. He really does rule over all! **Amen**

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at home

*I wonder what thoughts
and feelings come to
your mind when you
hear this psalm?*

*I wonder how you
would describe God
and what you'd
compare God to?*



*I wonder what 'for
ever' feels like?*

*I wonder how
big the ocean is?*

*I wonder whether
any parts of this
psalm are difficult
for you?*



TO DO TOGETHER...

Musical Station

You will need:

A stick (this could be a sweeping brush handle)
Tin cans, balloons, dry pasta or rice
Milk bottles
Plastic takeaway tub
Glass jars
Old bunch of keys
Old spoon
Pringle tub



What you do:

1. *Tin can drum* - Take an empty tin can. Make it safe by covering the edge of the open end using some tape (gaffa tape or Sellotape). Cut the top off a balloon and stretch it over the open top of the tin can. Secure it with some tape.
2. *Tin can rattle* - As above, but fill the tin with pasta or rice first. Attach some string to it, seal it with some tape to make it secure and add it to hang from your stick.
3. *Jingly Keys* - Put a bunch of keys onto a string, they can jingle on their own or inside a tin to make a different sound.
4. *Tingy spoon* - Attach some string to an old spoon. This can be 'ting'ed, or you could use it to scrape along the ridges of your tin can drum like a scraper if it is a ridged can.
5. *Takeaway harp* - Take an old takeaway tub and put some elastic bands on it to make a harp. Decorate it and tie some string to hang on your stick.
6. *Milk bottle noisemaker* - Cut a hole into an old milk bottle and decorate it, hang it on your stick using string.
7. *Pringle shaker* - Put some rice in a pringle tub and seal the lid, decorate it by covering it with some kitchen paper and drawing designs on it. Attach some string to it and hang it from your stick.
8. *Glass chimes* - wash out some old jars and decorate them, attach the string to them and fill them with water at different levels (you can add some food colouring to the water to make them beautiful). Do supervise how hard these are hit!

String them onto your stick and tie some string to your stick to make a hanger. Hang it from your doorframe for an amazing music station to create wonderful tunes for your Psalm.





TO DO TOGETHER...

More sensory ways to explore

Wave Painting

You will need:

Wallpaper or a large piece of paper

Paints

Marker pens or black felt tip



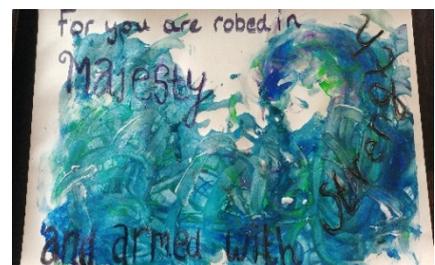
What you do:

Create a wave picture using sponges, or a paint brush, or if you feel adventurous use your fingers. Or you can thin the paint a little and use a hairdryer or blow through a straw to spread the paint over the paper.

Once you're happy with your wave, add words from the psalm to your image using black felt tip pens.

*The Lord is robed with majesty
The floods lift up their voice, Lord
The Lord has reigned forever
More powerful than waves, Lord
For you are robed with majesty
And armed with strength
Your laws continue always
Your temple lasts forever*

Display your artwork in your window.



Walking the Way

Living the life of Jesus today

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

At Home:

Sometimes we get into the habit of teasing each other or moaning about each other rather than telling our families and friends just how much they mean to us. Why not write a family song? Use a simple tune everyone knows and make up a verse about everyone ... be nice, though!!! And remember to thank God for your family and your friends – even when they are annoying you.

Outside:

Keep your eyes peeled for signs of God in the world around us. Can you find something to remind you of how strong God is, something to remind you of God's love, something to remind you that God shows us the way, and something to remind you of God's promises?

For Others:

Why not make some crown biscuits and leave them on your neighbour's doorstep? Pray for God to be with your neighbours.

Suggested recipe – Activity Sheet 2



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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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Activity Sheet 1a

Examples of different Bible translations

The New International Version and the Revised Standard Version are translations, taking the words of the original text and translating them into English in the same style as the originals. The NIRV uses the words of the NIV but makes them easier to read.

Psalm 93 New International Reader's Version (NIRV)

Psalm 93

¹ The LORD rules.

He puts on majesty as if it were clothes.

The LORD puts on majesty and strength.

Indeed, the world has been set in place.

It is firm and secure.

² LORD, you began to rule a long time ago.

You have always existed.

³ LORD, the seas have lifted up their voice.

They have lifted up their pounding waves.

⁴ But LORD, you are more powerful than the roar of the ocean.

You are stronger than the waves of the sea.

LORD, you are powerful in heaven.

⁵ Your laws do not change, LORD.

Your temple will be holy

for all time to come.

New International Reader's Version (NIRV)

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Psalm 93 Revised Standard Version (RSV)

The Majesty of God's Rule

93 The LORD reigns; he is robed in majesty;

the LORD is robed, he is girded with strength.

Yea, the world is established; it shall never be moved;

² thy throne is established from of old;

thou art from everlasting.

³ The floods have lifted up, O LORD,

the floods have lifted up their voice,

the floods lift up their roaring.

⁴ Mightier than the thunders of many waters,

mightier than the waves^[a] of the sea,

the LORD on high is mighty!

⁵ Thy decrees are very sure;

holiness befits thy house,

O LORD, for evermore.

Revised Standard Version (RSV)

Revised Standard Version of the Bible, copyright © 1946, 1952, and 1971 the Division of Christian Education of the National Council of the Churches of Christ in the United States of America. Used by permission. All rights reserved.

Activity Sheet 1b

Examples of different Bible translations

The Message is a modern-day paraphrase rather than a translation while The Passion translation aims to translate the original text but capturing the emotion and the essential meaning. Both try to capture the Word in the language we use today. What words would you use to do that?

Psalm 93 The Passion Translation (TPT)

The Majesty of God

93 *A Friday song, composed by King David after being resettled in the land*

¹ *Look! Yahweh now reigns as King!*

*He has covered himself with majesty and strength,
wearing them as his splendour-garments.*

Regal power surrounds him as he sits securely on his throne.

*He's in charge of it all, the entire world,
and he knows what he's doing!*

² *Lord, you have reigned as King from the very beginning of time.
Eternity is your home.*

³⁻⁴ *Chaos once challenged you.*

*The raging waves lifted themselves over and over,
high above the ocean's depths, letting out their mighty roar!*

Yet at the sound of your voice they were all stilled by your might.

What a majestic King, filled with power!

⁵ *Nothing could ever change your royal decrees;
they will last forever!*

*Holiness is the beauty that fills your house;
you are the one who abides forevermore!*

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Psalm 93 The Message (MSG)

93 ¹⁻² *GOD is King, robed and ruling,
GOD is robed and surging with strength.
And yes, the world is firm, immovable,
Your throne ever firm—you're Eternal!*

³⁻⁴ *Sea storms are up, GOD,
Sea storms wild and roaring,
Sea storms with thunderous breakers.*

*Stronger than wild sea storms,
Mightier than sea-storm breakers,
Mighty GOD rules from High Heaven.*

⁵ *What you say goes—it always has.
"Beauty" and "Holy" mark your palace rule,
GOD, to the very end of time.*

The Message (MSG)

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Activity Sheet 2

Making Crown Biscuits

*You will need: 125g butter or margarine
55g caster sugar
180g plain flour – sieved*



What to do:

Heat the oven to 190°C/375°F/gas mark 5.

Cream together the butter and caster sugar until smooth then gradually stir in the flour to form a smooth paste.

Wrap the shortbread in cling film and leave to rest in the fridge for 30 minutes.

Roll out the shortbread to 1cm thickness on a work surface lightly dusted with flour.

Using a crown shaped cutter (or cut around a crown shaped template) cut out the shortbread crowns and place on a baking tray.

Bake for 15 to 20 minutes until pale-golden.

Remove from the oven and leave to cool on a cooling rack for 30 minutes before decorating.