

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:

Never a wrong time to do the right thing

Mark 3 v 1-6



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.

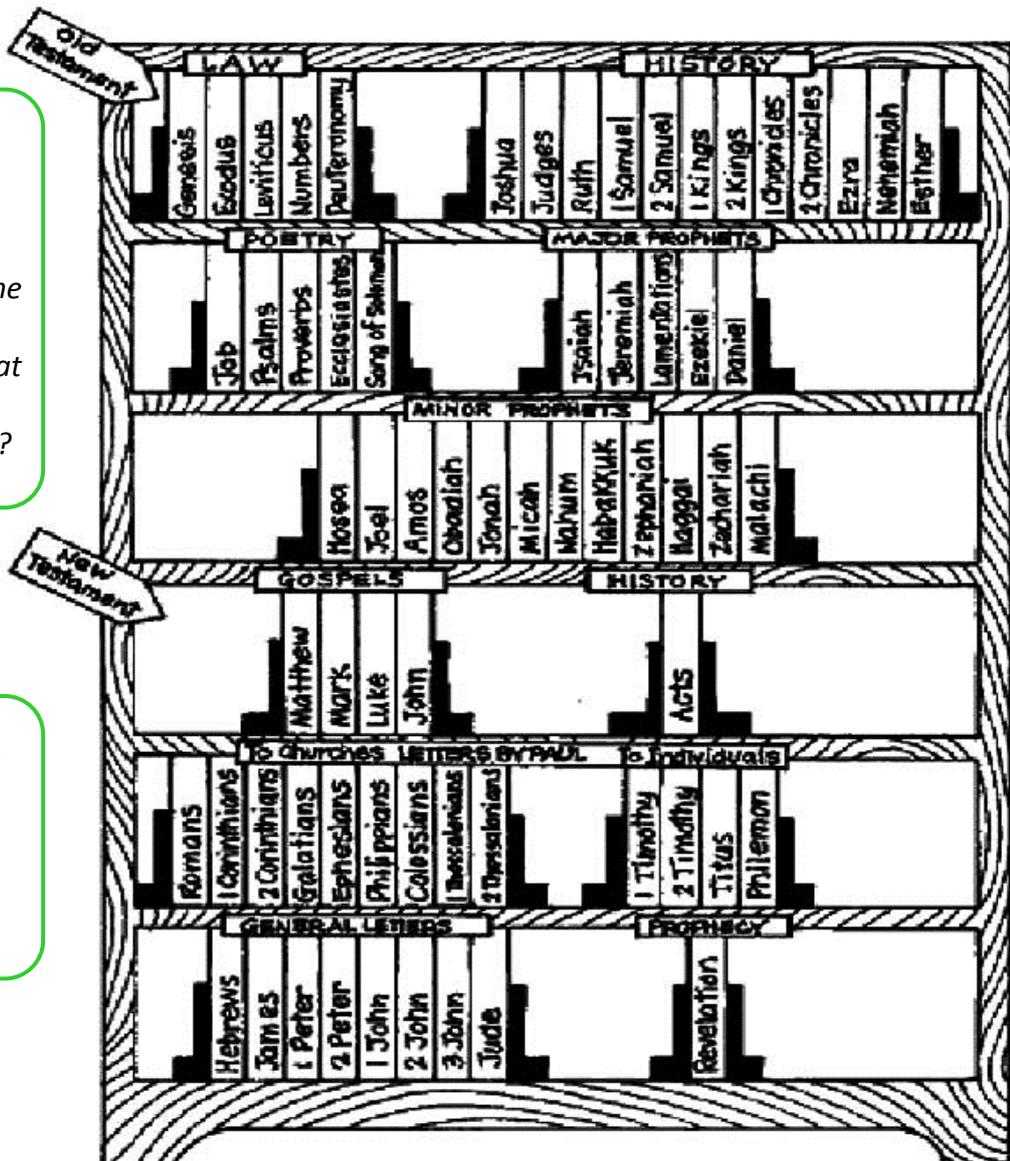
The Old Testament books were written before Jesus was born. They are the holy stories he would have grown up hearing and reading. There are 39 of these.

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

Mark was a disciple of Jesus who later travelled as a missionary with Paul/Peter.

Each of the four gospels gives a different perspective on Jesus' story. In this book, Mark is showing Jesus as a humble servant. It is full of Jesus' miracles. Mark wants to show us how powerful, kind and merciful Jesus is.

The man with the withered hand – Mark 3; 1-6 Good News Version

Then Jesus went back to the synagogue, where there was a man who had a paralyzed hand. Some people were there who wanted to accuse Jesus of doing wrong; so they watched him closely to see whether he would cure the man on the Sabbath. Jesus said to the man, "Come up here to the front." Then he asked the people, "What does our Law allow us to do on the Sabbath? To help or to harm? To save someone's life or to destroy it?"

But they did not say a thing. Jesus was angry as he looked around at them, but at the same time he felt sorry for them, because they were so stubborn and wrong. Then he said to the man, "Stretch out your hand." He stretched it out, and it became well again. So the Pharisees left the synagogue and met at once with some members of Herod's party, and they made plans to kill Jesus.

*Good News Translation (Today's English Version, Second Edition)
Copyright 1992 American Bible Society. All rights reserved.*

Online versions of the story

Watch and listen

A cartoon version <https://www.youtube.com/watch?v=ocJPFapyS54>

Dance and sing

African Children's Choir: He's got the whole world in his hands

<https://www.youtube.com/watch?v=yHZUMt2Zk1I>

His Hands: song by Jenny Jordan Frogley (some images not suitable for very young children)

<https://www.youtube.com/watch?v=qbiqqz3vqew>

His Hands: song by Jenny Jordan Frogley (without images)

<https://www.youtube.com/watch?v=FySuVkiit0>

Ideas to retell the story

Have a go at retelling the story only using your hands e.g. make crafty pictures of the story, or literally tell it using your hands with hand gestures, (an example is included in this pack) hand puppets or hand shadow puppets.

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

The man with the withered hand – Mark 3; 1-6 A story to tell using your hands

(A version is found on YouTube)

One day *make a sunrise with your hands* Jesus *point at each palm*

Went to the Temple *walk fingers then show a roof top.*

Jesus *point at each palm* wanted to teach about God *open book and point up.*

There was a man *bring your hand to show a beard*

Who had a poorly hand *stroke your hand slowly.*

He wanted Jesus *point at each palm* to help *bring both hands outwards palms up.*

Jesus *point at each palm* knew that some people were watching *one hand over your eyes to search,*

waiting for him *tap the watch on your wrist* to make a mistake *thumbs down.*

Jesus *point at each palm* asked the man *bring your hand to show a beard*

to stand up *raise both hands palms up.*

Jesus *point at each palm* asked him to reach out his hand *stretch out hand palm down*

And when he did, it was healed *wave other hand over it as you turn your palm over.*

Jesus *point at each palm* said, "Every day *make a sunrise with your hands* is a day to do good." *Thumbs up*

Go *point away* and do good *thumbs up* with your hands *wave hands.*

A Letter from Our Hands

Hello,

We want to thank you for all the attention you have been giving us lately. We have never felt so 'clean' and it has been nice to have a little rest for a while.

We do miss shaking hands, though, and we miss giving our friends a high five. ☺

We miss carrying bags full of books and pens and waving in the air when we know you have the answer.

We miss throwing and catching balls and getting mucky and messy outside.

BUT...

Now isn't the time to sit on us, now isn't the time to keep us idle. (You know what they say about idle hands!)

There are so many things we can be doing, every day of the week, that doesn't include endlessly scrolling down a page online.

Monday we could bake some cakes or biscuits and place them on a neighbour's doorstep

Tuesday we could learn a new skill: knitting, modelling, crafting, or even learn to play a new instrument

Wednesday we could sit at the window or stand at the door and wave at everyone we see. Waving always makes people smile!

Thursday we could write a letter or card to send to someone.

Friday we might wrap ourselves tight around someone who needs a hug.

Saturday we could pick up the phone and dial the number of someone who needs to hear a friendly voice.

Sunday is sometimes a day to stop and rest but **don't stop now!** We could be creative, paint or draw a picture, write a story or poem, help out around the house or garden.

There are SO many things we can still do and we want to do them. You can help us to still be useful.

One thing we do want you to do is use us to give yourself a **great big clap** and a **huge thumbs up** to say well done for being **amazing** during a strange and tough time. Now, let's get busy to make a positive difference to others.

Your loving hands xxx

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:

Never a wrong time to do the right thing

Mark 3 v 1-6



A wooden spoon, paper plate, circle of stiff card or a balloon with a happy face on one side and a sad face on the other.



A toy with a bandaged arm or leg



Something with rainbow colours



A toy dressed like Jesus



Several different sizes and types of gloves or mittens

Pray Together

Five Prayers I Pray

You will need: card and coloured pens



Draw round your hand and cut it out. Decorate your cut-out hand and write the five different types of prayers on the fingers.

Find somewhere quite to sit and hold the hand you have made. Use this to help you talk to God, starting with your thumb and ending with your little finger.



Active Prayer

Here (point down to the ground)

Now (tap back of wrist as though tapping a watch)

Everywhere (stretch out arms)

Every day (Hold hands together across body, palm of one hand on back of other hand and both palms towards your body. Then make an arc with each hand upwards, in front of face, until hands are either side of your face)

May we see (point to eyes) and hear (point to ears) and do (hold out hands) and go (march on the spot)

Wherever and however God calls us (point to heaven)

Amen

This is a very old prayer written by a nun who lived in Spain called Teresa of Avila. Compassion means love and concern. Look closely at your hands while you read this and think about how Jesus would use your hands to do the right thing.

Teresa of Avila (1515–1582) **Christ Has No Body**

Christ has no body but yours,
No hands, no feet on earth but yours,
Yours are the eyes with which he looks
compassion on this world,
Yours are the feet with which he walks to do
good,
Yours are the hands, with which he blesses all
the world.
Yours are the hands, yours are the feet,
Yours are the eyes, you are his body.
Christ has no body now but yours,
No hands, no feet on earth but yours,
Yours are the eyes with which he looks
compassion on this world.
Christ has no body now on earth but yours.

Pray Together

Prayer chain



Cut out two small hands and make holes either side of the cut-out hands. Taking one of the hands, thread string through the holes and secure with a knot. Cut out heart shapes and thread them onto the string. You can thread as many hearts as you like. As you put the hearts on the string, think about the people and things you would like to pray about. Write or draw on the hearts and then secure the second hand at the end of the string. Hang the prayer chain in the window. Gather as a family together around the window and share your prayers together. You can join in a big AMEN at the end.



Variation - Send a hug and a prayer



Adapting the idea of the prayer chain, make two hands and thread a heart between them on ribbon or string.

On the back of the heart write a prayer for someone you have been thinking about and post your special prayer to them.

I wonder whether there are times in your life when you must make a hard choice to do the right thing?

I wonder how this man's life will change now that he has been healed?



I wonder why the religious people were so angry that the man was healed?

I wonder whether some rules are more important than others?

I wonder who in this story you identify with the most?



TO DO TOGETHER... More sensory ways to explore

Random Acts of Kindness Hand Bunting

Take a piece of paper, fold it in half and draw around your hand. Then cut the two hand shapes out. Decorate them, then glue or Sellotape the hands together, leaving the top open like a glove. Place some Sellotape over the top of the hand shape to strengthen it and create a hole which you can thread some string through to create your bunting. If you have lots of gloves, you could use them instead.



Fill your bunting with some lovely gifts to give to people passing your home. See the rest of the activities for things you could put in each glove.

Make a sign to invite them to take something from the gloves as a gift from you to them and hang them outside.

Hand Scrub

- You will need:**
- Small jam jars
 - Olive oil (1/4 of a cup)
 - Sugar (2/3 of a cup)
 - Fresh lemon juice (1 tbsp)

What you do:
Mix all the ingredients thoroughly in the bowl, adding more sugar or more oil as required to get a consistency that is semi-dry like damp sand.
Transfer mixture into a small jar.
Put the lid on and design a label for the jar.



A chain of kindness

Cut out pieces of card or paper.
Write on them quotes which could brighten up someone's day.
You can find lots of quotes on this website or make up some of your own.

<https://www.randomactsofkindness.org/kindness-quotes>



TO DO TOGETHER...

More sensory ways to explore

T-shirt bag

You will need: An old t-shirt
Scissors

What you do:

Lay out your t-shirt, and cut off the sleeves. Cut the collar to create the bag opening. The shoulders will form the handles of the bag. Fringe the bottom of the bag by cutting a row of slits up from the bottom and then tie each fringe to the one on the opposite side to fasten the bottom.



Seedy Paper

You will need: Scrap paper
Some wildflower seeds
(if you have them)
Parchment paper/
or baking paper
Towel
Rolling pin or tin can



What you do:

Rip up the scrap paper into very small pieces and place it into a bowl. Add a small amount of water and leave it to soak until it gets quite mushy. Using a hand blender, blend it together until it is like pulp. Once it is all combined, squeeze the pulp to remove some of the excess water. Put a towel onto a flat surface and place the parchment sheet onto it. You can place this onto a chopping board or baking tray to make it easier to move around. Start to press the paper pulp onto the sheet of parchment/baking paper and sprinkle your seeds, if you have them, onto the pulp. Place another sheet of parchment on top of the pulp, and roll it out, quite firmly to create a thin sheet of paper. Carefully take the top layer of paper off and leave it in a warm place to dry out. Once it is dry, write on it, "Please plant me"





TO DO TOGETHER...

More sensory ways to explore

Take a break



You will need:

A covered biscuit you have in the house
Card from a cereal box

What you do:

Cut the card to shape.

Fold the card and write on it "Take a Break". You can decorate it if you wish.

Insert your biscuit and then Sellotape it down to hold it in place.

A Virtual hug

You will need:

Paint
Card from a cereal box
Ribbon or String
Piece of paper



What you do:

Paint your hands and place them on your card,

then cut them out once they are dry. Remember you need 2 hands to hug.

Attach a ribbon or string to both of them and in the middle fasten a sign telling people that this is a virtual hug, which they can have any time they need one.

Have a cuppa on me

You will need:

An envelope
A tea bag



What you do:

Cut an envelope down both sides to make it able to be sealed at the top.

Draw a design on the front, and sellotape a tea bag inside. Seal it, ready for someone to have a cuppa on you.





TO DO TOGETHER...

More sensory ways to explore

Prayer cushions

You will need:

*Picture of a rainbow A4 size
Pens
Glue
Scissors
Plain paper
Zip lock sandwich bag or plastic
wallet
Scrap paper/ bubble wrap*



What you do:

Colour your rainbow and write on it: 'Jesus hands were kind hands'.

Draw around your hands using plain / coloured paper

On one hand write: 'My hands help me' and list what your hands do

On the second hand write: 'My hands help others' and list what you do for other people

Stick your hands on either end of your rainbow and stick all onto paper (why not use a large used envelope or scrap paper?)

Slip your picture inside your sandwich bag or plastic wallet and plump it up with paper. Seal it with Sellotape or glue. You now have a cushion to have a rest with!

Just for fun

A hand clap for hands that are missing their friends can be found on the YouTube channel

<https://bit.ly/2WNBCFh>

Walking the Way

Living the life of Jesus today

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

At Home:

The teacher of the law wanted to twist God's rules to catch Jesus out. But the rule God made was good about keeping one day a week special to relax, to be together as a family, to praise God together instead of being busy all the time. Can you take some time out as a family to relax and praise God?

Outside:

Set yourself a waving challenge. When you go for a walk, wave to as many people as you can and give them a smile or a thumbs up. See how many smiles and waves you get in return. Remember people in cars, buses and trains too! Happiness is contagious – I wonder how far your happiness will spread!

For Others:

If you had a go at making the hand scrub, maybe you could give it to someone you know who uses their hands at the moment to keep things safe or smooth running. Think about refuse collectors, carers, nurses and doctors, bus drivers, street cleaners etc.



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