

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:

Listening to God

Exodus 3



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.

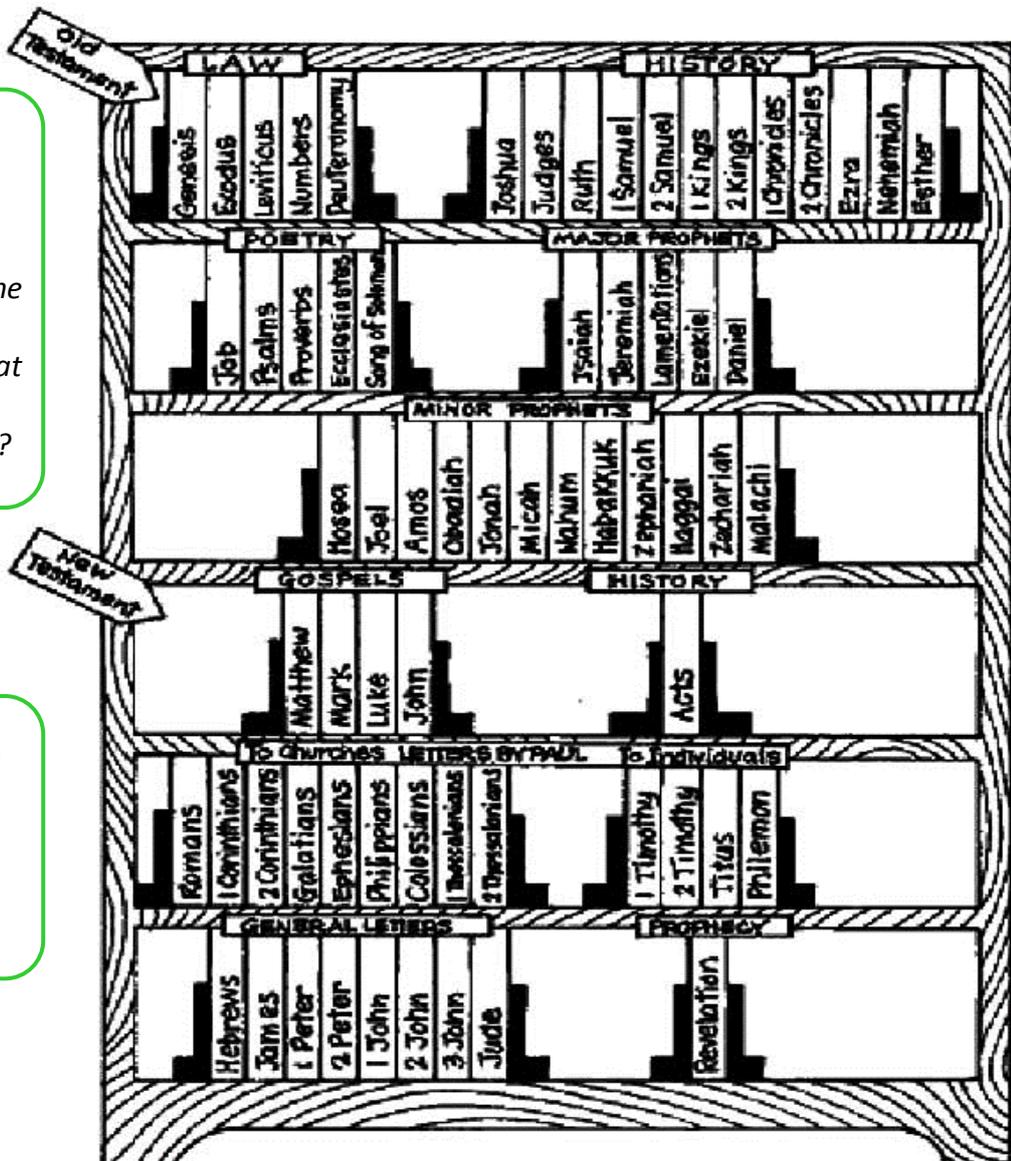
The Old Testament books were written before Jesus was born. They are the holy stories he would have grown up hearing and reading. There are 39 of these.

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

It is believed that Moses wrote the book of Exodus.

It follows his story from birth to leading the Hebrew slaves out of Egypt.

Moses and the burning Bush – retold from Exodus 3

Moses was a Hebrew child who was brought up as an Egyptian prince after Pharaoh's daughter found him hidden in the riverbed and adopted him. His people, the Hebrews, were slaves in Egypt, being treated cruelly by Pharaoh and building the pyramids. Moses sees the suffering of his people. One day, he sees an Egyptian guard hitting an Israelite slave with a stick and he defends the slave, killing the guard in the process. Moses flees Egypt and goes into the Sinai desert. He meets a Midianite tribe and marries the priest's daughter (Zipporah). He is now a shepherd, looking after the sheep and goats. God has not forgotten the Hebrews and has heard their cries for help. God had a plan and would use Moses to bring it about. One day Moses is out in the mountains trying to find pasture for the cattle and he reaches Mount Sinai (The Holy mountain of God); there was a fresh water spring and green grass. As his cattle graze, he notices something strange; a bush that was on fire but was not burning up. Moses was fascinated and went closer to investigate. A voice comes from the flames calling Moses' name. It was God speaking. God tells Moses to remove his sandals as he was standing on holy ground. God tells Moses that he had heard his people's prayers and would free them from slavery in Egypt. He told Moses that he must go and talk to the Pharaoh on God's behalf. After much bargaining, Moses agrees to the task, with the help of his brother Aaron, and leaves shepherding to return to Egypt.

God gives Moses 4 statements

- *I have seen and heard my people*
- *Remember who I am – I am God*
- *I will bring my people out*
- *I will be with you.*

Watch and listen

Cartoon version by Saddleback kids - <https://www.youtube.com/watch?v=8kNTUX0mWP8>

Clip from Prince of Egypt film - <https://www.youtube.com/watch?v=6ds9y3IJGig>

Dance and sing

Ideal for teenagers - <https://www.youtube.com/watch?v=SCSWDHGq2L8>

Ideas for telling the story

Why not tell the story as you sit around a fire – either a real one outside (or BBQ) or a pretend one inside?

A story about listening

Practice the skill of listening by telling this story, full of **sound words**. Encourage the family to listen for the sounds and bring them to life.

‘Moses is now a shepherd in the Sinai desert. He spends his days looking after the sheep and goats; he lies on the grass, listening to the animals **munching** the dry grass and **bleating loudly**. He can hear the sounds of **birds flying** overhead, **snakes hissing** and **rustling** over the hard ground and he hears the **wind rushing** and **blowing** around the mountains, **brushing** over the tall grasses. He can hear the **rumbling of rocks falling** from the mountain’s overhead; the **babbling water** trickling from the spring. He can hear **his own breathing** as he lies quietly, almost able to hear **his own heartbeat**. This is very different from the sounds of Egypt, the sounds of the **whip cracking** on the backs of slaves who **cry out** to their God in pain.

This day was different; today everything was going to change.

Moses could hear something else. A **crackling** sound like **snapping twigs**, a growing crescendo of **whooshing sounds** and **popping**. Moses follows the sounds to investigate further, perhaps it is something which is a danger to his sheep who are still **grazing** and **bleating** gently. As he turns a corner, he sees a bush completely on fire. He hears the **crackling** of the wood as the **flames whoosh** and dance and **flutter** around the shrub. As he looks more closely, he feels the burning heat on his face and can hear the **air rushing** through the fire; But he notices that the bush is not being destroyed; it is not burning up. In fact it seems to be more alive than ever.

As Moses is stood watching intently, he is surprised by a voice coming from the flames. It sounds like a **whisper** and **shout** all mixed together. A voice like **thunder and lightning**, yet as gentle as a **rippling stream**. The voice spoke to Moses. It told him to “**remove your sandals**” as it was holy ground. It told him that it was the voice of God. With each word the **flames burst** upwards like a **rocket**, the **ground rumbled** under Moses bare feet. God told Moses that he had heard his **people’s cries**, that he had seen their suffering and that he had a plan to rescue them and bring them out from slavery. Moses argued and **stuttered** “**Not me, send someone else**” but God had chosen Moses.

Moses agreed to the plan with the help of his brother Aaron and God’s last words were, ‘Remember, I am with you.’ The flames died down and the bush stood strong and unharmed. Once again, it was **silent**.



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:

Listening to God

Exodus 3



A bundle of twigs to make a tree or bush



A pair of sandals or shoes



Bubble wrap to make a fire sound



A tray with sand or sand like substance, such as couscous or rice crispies



A toy dressed as Moses

Fire coloured paper, fabric or tissue paper – could be cut into a flame shape



Something with rainbow colours

Alternatively, fill the box with things that make different sounds to listen to and explore – try gentle sounds that need you to listen more carefully.

Pray Together

Holy Ground

God tells Moses to take off his shoes because he is standing on Holy ground. What does 'Holy' mean? Somehow God is part of a place. His presence is there. Moses knew that God was with him.



Gather some sticks as you go for a walk or perhaps you can find some in the garden. Take some ribbon, string or wool and wind it around your stick, thinking about all the people and things you want to talk to God about. Don't worry if you are not able to gather sticks - you could use coloured pencils or pipe cleaners.

Take off your shoes and socks. In turn, each taking your stick, place it in a pile as if you are making a fire together.

Sit quietly and listen to all the sounds that you can hear and know that God is with you.

I wonder what God is saying to you.

Candle Prayers

Think about times when you have felt God being near to you, or times when you wanted God to be near.



Light a candle - either a real one or a battery tealight or candle. Watch the flame. Spend some time in silence and pray that everyone will know that God is with them during the coming week.



Pray Together

Flame Prayers



As a family using your own unique fingerprints, create a tree together on a piece of paper.

Cut out some flame shapes in different colours. Do not worry if you do not have coloured paper you can always colour the flames in.

As Moses met God in the burning bush, God is always waiting to meet us.

Take the flame and sit quietly, thinking about the people and things you would like to talk to God about.

Here are some ideas: -

taking a flame

- write a thank you message
- write your name or draw your face
- draw a stick person doing something
- draw a heart or write a person's name
- Stick your flames to the tree. As a family sit around your collage that you have made together and place a hand on the picture.

Pray together

Thank you, God, that you are always waiting to meet us.

Thank you for the people who keep us safe

Thank you that you know each of us by name

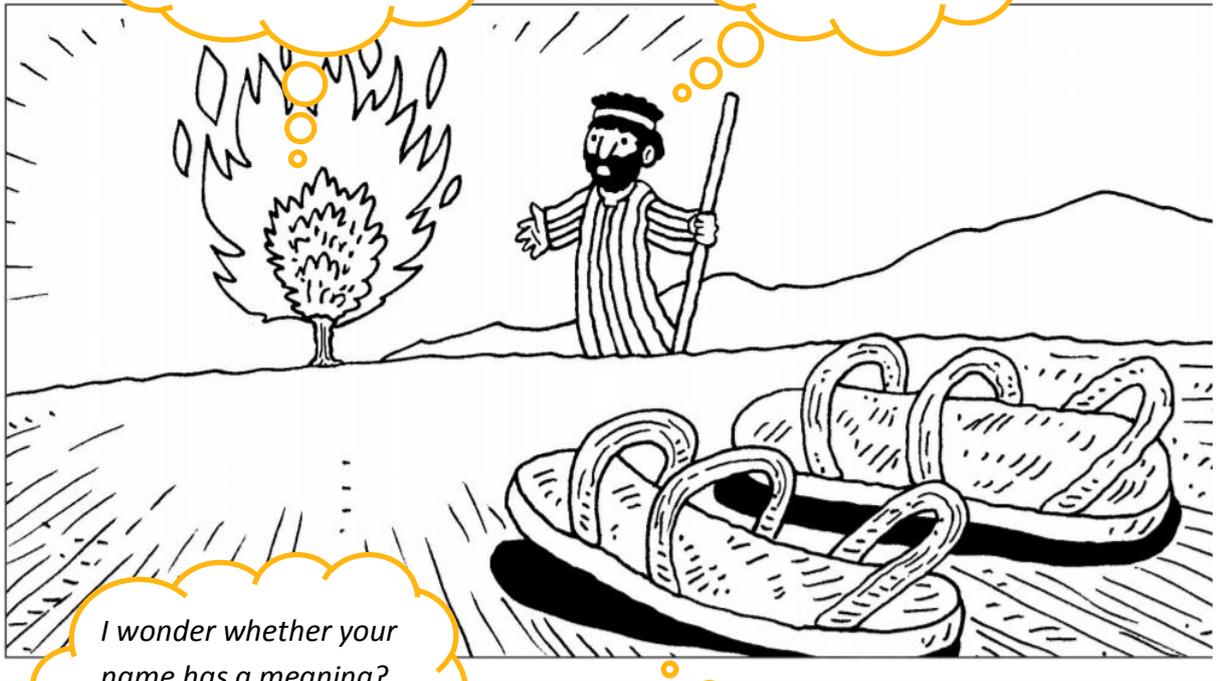
Please help me to be burning bright with your love and to show your love to others.

Thank you, God, that you are always waiting to meet us. AMEN



*I wonder why God's
name is I AM?*

*I wonder what
Moses thought was
happening?*



*I wonder whether your
name has a meaning?*

*I wonder why God
wanted Moses to
take his shoes off?*

Online Listening Games

Why not try some listening games online.

<https://www.bbc.co.uk/teach/school-radio/eyfs-listening-skills/zbc4y9q>

<https://www.youtube.com/watch?v=yT8u1qe58jc>

<https://www.youtube.com/watch?v=vGRKZ-tctvM>



TO DO TOGETHER...

What did Jesus say? game

Jesus was often called teacher. This was because people would follow him to learn from the things he said and did.

Using the Activity Sheet 1 (a, b, & c) - Cut the statements into strips and ask the family to put them into 2 piles, one pile showing what Jesus said and one pile showing what people in films have said.

Burning Bush lanterns



*You will need: Jam Jar
Piece of dark paper, or card from packaging
Napkins, tissue paper
or kitchen paper & felt pens
Glue*

What you do:

*Take the packaging and cut it into a tree shape to fit your jar.
Stick it in place.*

*Cover the whole jar with the tissue or similar material and then
cover that in glue to seal it in place.*

*Place a battery light, if your child is placing it into the jar, or a tea
light if the grown up is putting it in place and see the burning
bush come to life!*

Telephones

You will need: Paper cups and string

*What you do: Make a small hole into the bottom of the paper cup and thread the
string through.*

*Do the same in the other cup and thread the other end of the string
through it. Secure in place.*

*One person stays where they are, the other travels to another room,
keeping the string tight.*

Pass some messages on to each other.



TO DO TOGETHER...

Burning Bush Cakes

A fun twist to the all-time favourite chocolate cereal cakes.
Recreate a small burning bush to eat and enjoy, taking time to listen to God



You will need: 200g cooking chocolate broken into pieces. Chocolate bars work just as well, including Mars (avoid ones with wafers or biscuit fillings)
85g cereal – corn flakes or crunchy nut flakes good for a bush effect
Smarties, or other coloured sweets such as M&M's or Skittles
Cupcake cases or muffin cases

Makes approximately 12 cakes (depending on how large you make them!)

Melt the chocolate in a small bowl placed over a pan of barely simmering water (adults be alert for this and maybe do this bit for younger children).

Whilst the chocolate is melting (be patient) you can sort the smarties or other sweets you have, picking out the colours you would like for the 'flames'. For example; red, yellow and orange. Keep these chosen ones ready and put the other unwanted colours aside for another occasion (tasting one or two perhaps just to make sure they are okay).

Once the chocolate has melted you can pour the chocolate over the cereal or if the bowl is large enough and not too hot (wrap a t-towel round it if it is), add the cereal a little at a time to the melted chocolate, stirring well. Keep adding the cereal until you are happy with the cover of chocolate.

(You can always add more, but you can't take cereal out if you run short of chocolate.)

Once mixed, spoon a small amount of the mix into the cases as a first layer. Then add some of the chosen sweets for low level 'flames' (3 or 4). Then add some more chocolate mix, and some more sweets (3), and if there is enough chocolate mix try for a third level with a final 1 or 2 sweets for the top.

Put the finished cakes in the fridge to cool and set. Scrape the remainder of the chocolate mix out of the bowl and enjoy licking the spoon!



Alternatives:

Shredded Wheat is good for making nests or flatter bushes, more like bonfires. Crush the shredded wheat first. Place all the chocolate mix in the cup cakes and with the back of a teaspoon press the centre down creating a bowl 'nest' shape.

If making chocolate bonfires then perhaps you can reflect on how the light shines in the darkness, bringing hope.

If making chocolate nests, then pop mini chocolate eggs or other sweets of your choice in the nest, remembering at this time of year (Spring) new life can be seen all around us in God's creation. God's gift to us and a source of hope.



TO DO TOGETHER...

More sensory ways to explore

Prayer Mat



You will need:

*An old towel or placemat or a bit of old fabric
A piece of white material (an old shirt is fine)
Paints*

What you do:

Cut the white fabric out to fit the placemat or towel you are using.

Paint your feet, or your child's feet, (this will be tickly but gives you a chance for a giggle) and place them on the paper with a space between them for your hand to be placed.

Now paint your hand in reds, yellow and oranges, to look like flames. Place your hand print between your feet and leave it to dry.



Once it is dry, cut it to fit inside the material that will be your mat and fray the edges (This can be fun to do, but don't fray it too much). Glue or stick with double-sided tape to your mat.

If you don't have any material, you can use a piece of old wallpaper or wrapping paper and create your mat this way.

Amazing Pictures

What you do:

Cut the kitchen towel into 2 pieces and use one piece.

Fold this piece in half

Draw the outline of the tree in black or brown felt pen on the front of one half

Draw the completed burning bush on the inside of the folded kitchen towel.

Fold it in half so that the plain tree outline shows.



Prepare to be amazed.

Place the folded piece of kitchen towel carefully in a bowl of water.... and see the tree burst into flames.



The
United
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**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:

Find somewhere in your home which is quiet. Still yourself to hear each sound you can around you. Can you hear people? Ask God to take care of them. Can you hear birds singing? Thank God for creation. Can you hear traffic? Thank God for those who travel because they are essential services. Can you hear God?

Go for a walk outside, using all your senses.

Where do you sense God?

Or What does God help you to notice or see?

Outside:

Can you put a candle (adults) or an LED candle (children) in the window each evening to shine God's light and God's promise to the people passing by in the street? Maybe put a picture, too, to illustrate God's promise to be with us in good times and bad.

For Others:



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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.



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Activity Sheet 1a

Jesus' Quotes

Love your neighbour as you love yourself

There will always be poor people

Whoever loses his life, will save it

Do to others what you want them to do to you

Let your light shine before men so that they can see your good works

The thief comes to steal, kill and destroy

Don't worry about tomorrow because tomorrow will worry about itself

If you want to be perfect, go, sell your possessions and give the money to the poor

If you love those that love you, what credit is that to you

Let him without sin, throw the first stone

Activity Sheet 1b

Film Quotes

Stupid is, what stupid does

Every man dies, but not every man truly lives

*Even darkness must pass. A new day will come. And when the sun
shines it will shine out the clearer*

Get busy living, or get busy dying

*Life is not the amount of breaths you take. It's the moments that take
your breath away*

*The flower that blooms in adversity is the most rare and beautiful of
all*

*Strange, isn't it? Each man's life touches so many other lives. When
he isn't around, he leaves an awful hole, doesn't he?*

*I'd never given much thought to how I would die, but dying in the
place of someone I love seems like a good way to go*

I'll be back

Frankly my dear, I don't give a damn

Activity Sheet 1c

Film Quotes (Answers)

Stupid is, what stupid does
(Forest Gump)

Every man dies, but not every man truly lives
(Braveheart)

Even darkness must pass. A new day will come. And when the sun shines it will shine out the clearer
(Sam, Lord of the Rings)

Get busy living, or get busy dying
(Shawshank Redemption)

Life is not the amount of breaths you take. It's the moments that take your breath away
(Hitch)

The flower that blooms in adversity is the most rare and beautiful of all
(Emperor in Mulan)

Strange, isn't it? Each man's life touches so many other lives. When he isn't around, he leaves an awful hole, doesn't he?
(It's a Wonderful Life)

I'd never given much thought to how I would die, but dying in the place of someone I love seems like a good way to go
(Bella Swan in Twilight)

I'll be back
(Terminator)

Frankly my dear, I don't give a damn
(Gone with the wind)