

## 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:

What do you bring?

John 6



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.

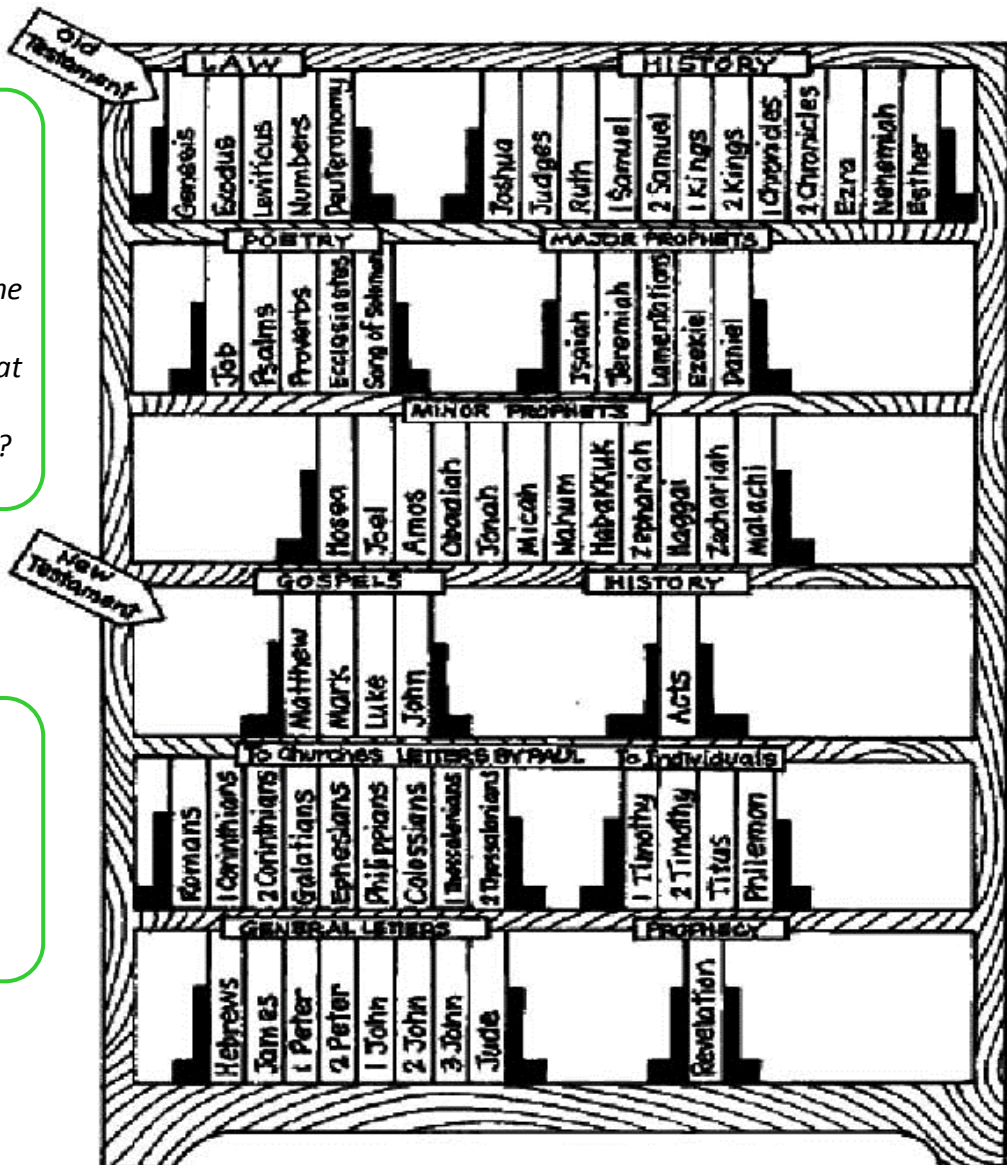
The Old Testament books were written before Jesus was born. They are the holy stories he would have grown up hearing and reading. There are 39 of these.

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 – John**

*The book of John is believed to have been written by John the disciple of Jesus around 80 – 90 CE. John wants his readers to realise that Jesus was God’s Son, part of the Trinity. John was a normal, working class fisherman when he met Jesus and became a disciple. John’s writing relates well to everyday people and is often the first book in the Bible that new Christians will read.*

### **Online versions of the story**

#### **Watch and listen**

Saddleback Kids story of feeding 5000 <https://youtu.be/S6rj9cAJrWE>

KidsBibleHistory told by kids <https://youtu.be/PbXMOL8ZZI0>

Crossroads Kids Club story aimed at 2 year olds <https://youtu.be/I93LJLvp3jl>

#### **Dance and sing**

Puppets sing the story to a familiar song tune <https://youtu.be/NLZ2Ynn4d8E>

One basket, 2 fish and 5 loaves of barley bread <https://youtu.be/SQ8qsaxRYWM>

You are good – Bethel Kids <https://youtu.be/433rOj7777k>

Webale (Thank you) - <https://youtu.be/rRUMM9a0wjk>

God of Justice (We must go)- Tim Hughes <https://youtu.be/b3NeIRb1LY4>



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## **The Story – John 6 (adapted from The Message version)**

### *Bread and Fish for All*

*After this, Jesus went across the Sea of Galilee (some call it Tiberias). A huge crowd followed him, attracted by the miracles they had seen him do among the sick. When he got to the other side, he climbed a hill and sat down, surrounded by his disciples. It was nearly time for the Feast of Passover, kept annually by the Jews.*

*When Jesus looked out and saw that a large crowd had arrived, he said to Philip, “Where can we buy bread to feed these people?” He said this to stretch Philip’s faith. He already knew what he was going to do.*

*Philip answered, “Two hundred silver pieces wouldn’t be enough to buy bread for each person to get a piece.”*

*One of the disciples—it was Andrew, brother to Simon Peter—said, “There’s a little boy here who has five barley loaves and two fish. But that’s a drop in the bucket for a crowd like this.” Jesus said, “Make the people sit down.” There was a nice carpet of green grass in this place. They sat down, about five thousand of them. Then Jesus took the bread and, having given thanks, gave it to those who were seated. He did the same with the fish. All ate as much as they wanted.*

*When the people had eaten their fill, he said to his disciples, “Gather the leftovers so nothing is wasted.” They went to work and filled twelve large baskets with leftovers from the five barley loaves.*

*The people realized that God was at work among them in what Jesus had just done. They said, “This is the Prophet for sure, God’s Prophet right here in Galilee!” Jesus saw that in their enthusiasm, they were about to grab him and make him king, so he slipped off and went back up the mountain to be by himself.*

*When they found him back across the sea, they said, “Rabbi, when did you get here?” Jesus answered, “You’ve come looking for me not because you saw God in my actions but because I fed you, filled your stomachs—and for free.*

*“Don’t waste your energy striving for perishable food like that. Work for the food that sticks with you, food that nourishes your lasting life, food the Son of Man provides. He and what he does are guaranteed by God the Father to last.*

*“Moses gave you bread from heaven but my Father is right now offering you bread from heaven, the real bread. The Bread of God came down out of heaven and is giving life to the world.”*

*They jumped at that: “Master, give us this bread, now and forever!”*

*Jesus said, “I am the Bread of Life.”*





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## **What Do You Bring?**

*You could tell this story using the fingers of one hand as the people, the middle three fingers of the other hand as the disciples, the little finger of that hand as the little boy, and the thumb as Jesus*

*Here come the people, 5000 men  
And thousands of women and children with them  
All seeking Jesus, the man of the day  
“And what do they bring?” I hear you say.  
“We bring our excitement, our wanting to hear,  
We’ve heard of his teaching, his healing, it’s clear  
This Jesus is special. A leader we’ve found.  
Speak to us, Jesus, we’re all gathered round”*

*Here come the disciples, not sure what to do  
The crowd’s getting hungry, the hour is late too  
Jesus has taught through the heat of the day  
But they have no food and the shop’s far away.  
“We bring our concern- this is not what we planned.  
If the crowd isn’t fed, things will get out of hand.  
We want to be organised, Jesus, it’s true  
But we can’t afford takeaway, what should we do?”*

*Here come the people, their tummies a-rumbling  
They’ve listened to Jesus but now they’re a-grumbling  
Their tummies are empty, they’re tired and they’re  
niggly,  
The adults all aching, the children all wriggly.  
“We bring you our problems, our sickness, our need,  
And now that we’re hungry, we all need to feed.  
We bring you our questions, we bring you our thirst,  
If there’s any food going, then please feed us first!”*

*Here comes a small boy, a quiet young chap  
He’s got a small bag that he held in his lap  
The disciples look at him and shoo him away  
“For what could YOU bring?” they all laughingly say.  
“I bring you my picnic, two fish and some bread.  
I know it’s not much – maybe some could be fed.  
I bring you my kindness, I’m eager to share,  
I may only be small, but small people can care.”*

*And here comes Jesus, he smiles and he says,  
“Your kindness has helped meet their needs for today.”  
He blesses the fish and the bread with a prayer  
And the disciples find more than enough there to share!  
“I bring food in abundance for everyone here.  
When everyone’s eaten there’ll still be food spare.  
But more I bring you, food from heaven above  
More than ever you need, for I bring you God’s love.”*

*So bring your excitement, your wanting to hear  
Bring all your doubts and your questions and fears,  
Bring what you have, even though it be small,  
Be willing to share as you answer God’s call.  
For Jesus will heal you and feed you and more,  
He will take what you bring and will use it for sure.  
You’ll be filled with God’s love, it’s just like Jesus said:  
God’s love’s in abundance - like heavenly bread.*

## **Ideas to retell/explore the story**

### **Family Picnic**

*This story is a good excuse for a family picnic. Each person could bring something to the picnic in a bag or lunchbox. Set your blanket down on the ground – you could even do this indoors if you choose as indoor picnics can be just as much fun! If needed, use picnic chairs to sit on for those who find sitting on the floor (or getting up from it) difficult. Read the story together, and when you get to the part where the boy offers his packed lunch to Jesus, get out the food you have brought and lay it out on the blanket. When you get to the part where Jesus blesses the food, say grace together: “Thank you God for our food” or “Thank you God for feeding our bodies with food and feeding our hearts with your love”. Then share and eat the food together, remembering to thank each other for what you’ve each brought to the picnic too.*

Listen to Nicola tell the story on <https://youtu.be/L1v7iUCdoMQ>

And here is the same story for under fives <https://youtu.be/OLdedY6YUIo>

### **The Five Thousand**

Have a look at the amazing picture painted by Eularia Clarke called *The Five Thousand* <https://www.methodist.org.uk/our-faith/reflecting-on-faith/the-methodist-modern-art-collection/index-of-works/the-five-thousand-eularia-clarke/>

*Who can you see in the picture? Which one might be you? The story mentions 5000 men – how many women and children do you think there might have been too? Perhaps while you listen to the story you could draw your own picture as a family of lots of people eating together in a big picnic. Remember to include yourselves. Who else needs to be in the picture?*

## **Dinner table Chat Activities**

### **What do you bring to the table?**

*Have a chat about your favourite foods – if you could plan a favourite day’s menu, what would be on it? Are there any foods you all like? Now have a think about your family – what does each person contribute to the family? What are your favourite characteristics or actions of each person, which combine together to help your family run more smoothly, support each other, care for each other? And as a family, what do you bring to others?*

### **What about social distancing?**

*It seems strange at the moment to talk about big picnics, crowds of people, sharing food. Can you think of different examples of people doing something small but making a big difference? Or different times when God has given us what we need?*

## 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.

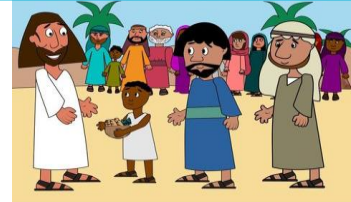


Use a box or a bag to hold the treasures and encourage any little ones to explore what's in the box/bag each week to go with the Bible story.

## This week's Bible story is:

What do you bring?

John 6



Something with  
rainbow colours  
for God's promise



Lunchbox



Bread rolls

Photos of people  
you trust

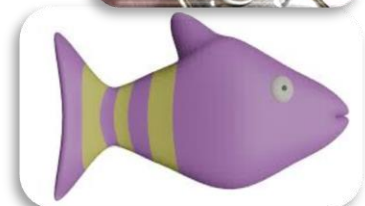


A toy dressed  
as Jesus



Green fabric, rug  
or blanket or a  
picnic blanket to  
sit on

Toy fish, model fish  
or tinned fish





## Pray Together

### What can I bring?

Using the bread from the template (included in the pack), write or draw on the back of the bread one good thing you think you could do in the week ahead.

Sit quietly, with eyes closed, and picture yourself doing the thing you have put on your pieces of bread. Play some music quietly as everyone places their bread onto a plate together.

As the music plays, one person reads the prayer



### Dear God,

*In the story of the feeding of the five thousand, one boy was generous with his food and that led to the whole crowd having enough to eat. Help us to remember that every little good thing we do makes the world a happier place; and help us to play our part in the week ahead.*

*Amen.*

*Prayer adapted from Roots for Churches*

### Toast Prayers

#### Jesus said, 'I am the bread of Life' (John)



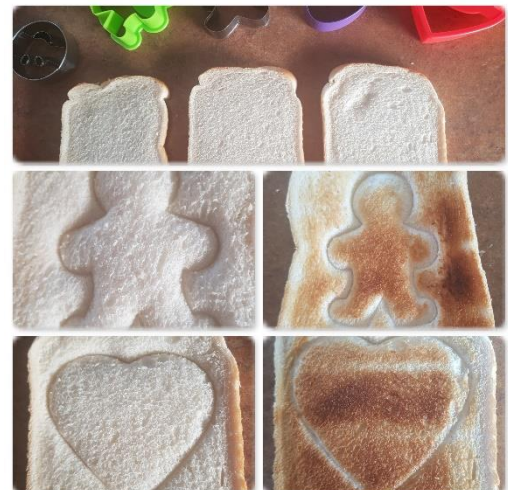
Make an imprint in a piece of bread - either a picture or word. Think about your prayers and the shape that you make. Here are some ideas: -

Praying for others- stars or flowers

Love, saying sorry, or forgiveness - heart shapes

Thank you- the shape of something you want to thank God for.

Toast the bread and your image will stand out. As you eat the toast, say thank you to God for the food you have to eat and for the people who love you.



### Dear God

*Please make me grateful for the food I have, and may I always be ready to share my blessings. Amen.*



## Pray Together

### Growing Bubbles



Cut the bottom off a small plastic water bottle. Using an odd or old sock, place the sock over the open end of the bottle and turn down the top to make it secure. If the sock slips, use an elastic band to make it secure. To make a rainbow effect, put a few drops of colouring around the sock. In a small bowl, mix a good squeeze of washing up liquid with half a cup of water. Dip the sock into the liquid and then blow through the top of the bottle and watch the bubbles grow through the sock.



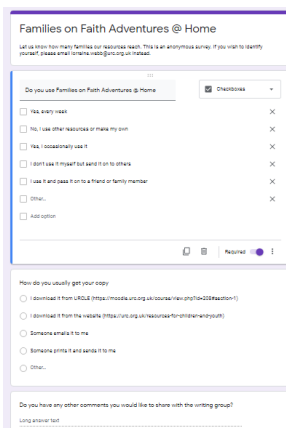
When Jesus had fed the crowd, there was so much food to spare that the disciples collected 12 baskets full of leftovers. God provided abundantly - and does for us today too. God gives us what we need, and more to share with others. As you watch the bubbles grow, think of someone you would like to pray for – a friend, family member or someone from church or school. Say Thank you,

God, for...

Please bless these people with everything they need, and more to share. Amen.



## Can you help us?



Families on Faith Adventures @ Home

Let us know how many families use resources such as this in an anonymous survey. If you wish to identify yourself please email [lorraine.webb@urc.org.uk](mailto:lorraine.webb@urc.org.uk) instead.

Do you use Families on Faith Adventures @ Home?

- Yes, every week
- No, I use other resources or make my own
- Yes, I occasionally use it
- I don't use it myself but send it on to others
- I use it and pass it on to a friend or family member
- Other...
- Add option

How do you usually get your copy?

- I download it from URCLife (<https://resources.urc.org.uk/courses/new-childrens2022/faithadventures/>)
- I download it from the website (<https://resources.urc.org.uk/resources/faithadventures/>)
- Someone emails it to me
- Someone prints it and sends it to me
- Other...

Do you have any other comments you would like to share with the writing group?

long answer text

### Let us know if you use this resource

The survey will only take seconds to complete and is completely anonymous. It will help us to know whether to continue providing Families on Faith Adventures @ Home after Christmas.

<https://forms.gle/K35JMyQL1LbPJADT8>

or

or you could email us at [lorraine.webb@urc.org.uk](mailto:lorraine.webb@urc.org.uk)



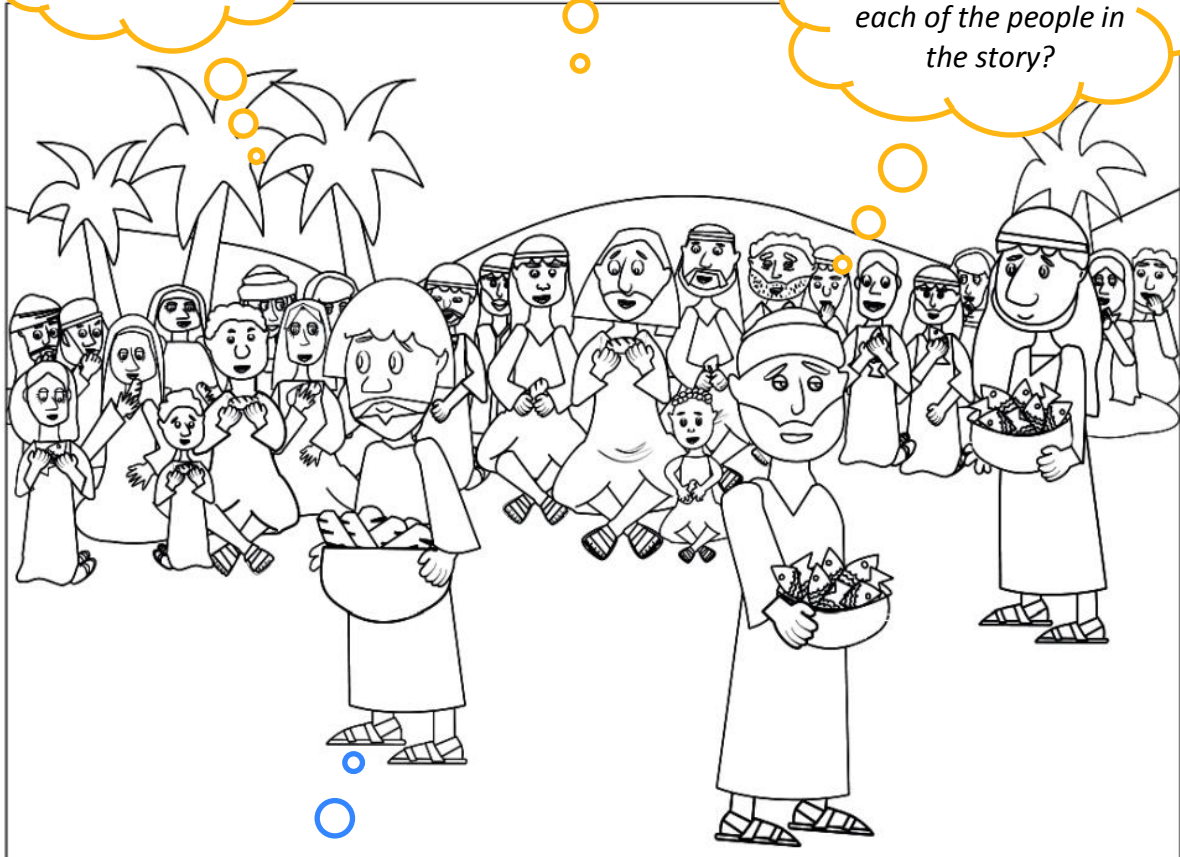
# families on faith adventures

at home

*I wonder which is  
your favourite  
part of the story?*

*I wonder why you  
think Jesus didn't  
just feed the people  
straight away?*

*I wonder what  
happened next for  
each of the people in  
the story?*



*I wonder what amazing  
things God could do with  
the little acts of kindness  
we can offer?*

*I wonder what Jesus  
meant when he said he  
was the Bread of Life?*



## TO DO TOGETHER...

### Feeding our Feathered Friends

*It's not only people who get hungry. We can provide food for the hungry in other ways – by making a bird feeder. These are especially important for the winter months, but the birds like food at any time! God blesses our acts of kindness to God's creation as well as to God's people.*



#### **You will need:**

A large orange  
Some bird seed, nuts, dried fruit  
Some lard  
(vegetarian lard works just fine)  
A sharp knife  
A mixing bowl  
Some wooden skewers or dowel  
Scissors and string

#### **What you do:**

*Very carefully use the knife to cut the orange in half (this will need a grown up to help or supervise).*

*Use a spoon to scoop out the insides of the orange. This can make a tasty treat for you for later!*

*Use your fingers to mix together the lard with all the dry ingredients that the birds might enjoy.*

*When the mixture is ready, press it firmly into the two empty orange peels.*

*Firmly press the skewers or dowel through the orange peel and the mix to make four perches for the birds to stand on while they eat. You may need some help from a grown-up with this bit.*

*Cut four equal bits of string. Tie the end of a piece of string to each of the skewers, then join the other end of all four pieces of string together so that your bird feeder hangs level.*

*With a fifth piece of string, tie your bird feeder up to the branch of a tree or somewhere it can hang free and wait for the hungry birds to spot it.*





**TO DO TOGETHER...**

**Picnic basket**



*In the Bible story today, a very small meal of five loaves and two fishes fed a crowd of people more than 5,000. Make the picnic basket and then have a go at telling someone else the story using your own 5 loaves and two fish.*

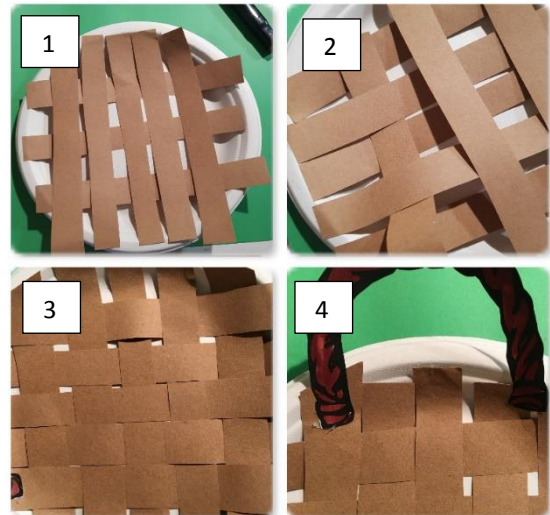
*Colour in your sheet of loaves and fishes and cut them out, ready to fill your basket later. Or, of course, you could draw or make your own. You could also make some handles out of card.*

*Cut a sheet of A4 paper into 1.5cm wide lengths.*

*Place them across the paper plate (picture 1). Now weave the strip over and under each other (picture 2).*

*When you have woven all the strips, stick all the ends down to the paper plate and trim off any bits that are overhanging (picture 3).*

*Stick the handles to the side of the plate (picture 4).*



*You can now add your loaves and fishes to the basket.*

*If you make the butter biscuits below, you could also use your basket to hold those and pass it round to share.*





## TO DO TOGETHER...

### Butter Biscuits – Loaves and Fish

**You will need:**

|      |                                 |
|------|---------------------------------|
| 100g | butter (room temp, so softened) |
| 50g  | caster sugar                    |
| 150g | self-raising flour              |

#### What to do:

Preheat your oven to 180°C/fan 160°C/gas 4.

Measure the butter into a bowl and beat to soften. Gradually add the sugar, continue to beat, and then gradually add the flour, continuing to beat. Bring the mixture together eventually with your hands to form a dough.

Form the dough into small balls (we made five, because of five loaves in the story), and also five larger balls.

Place the small balls on a baking tray which is lightly buttered or lined with greaseproof paper. Make sure you leave lots of space between them as they will get bigger!

Mould the larger balls into the shape of fish (we made five so there were a few spares just in case!). Place these on the baking tray as well, remembering to leave lots of space around them.

Using a fork, press the smaller balls to flatten them, leaving a groovy pattern on the top. (The fork might stick to the dough, so you can dip the fork in a little water first.)

Bake all your biscuits in the oven for 15-20 minutes until a pale golden colour.

Lift off the baking tray and leave to cool completely on a wire rack. Once cool, you can decorate them or leave them plain. We used coloured writing icing for ease but any icing will work. Or just dust them with some icing sugar (cover areas to create a pattern if you feel very creative).

Share them around and enjoy – take care as they make a lot of crumbs!





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# Walking the Way

Living the life of Jesus today

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

**At Home:**

*Try to get into the habit, whenever you have something to eat, of thanking God for your food and for those who supply it to you. Remember to thank the person who prepared it for you too.*

**Outside:**

*Most of the time Jesus did his miracles and his teaching outside and he travelled to lots of different places. While you are out and about this week, look out for signs of God's goodness. How many different kinds of food and drink can you spot, different kinds of tree and flower, different people sharing a smile or lending a hand or doing something kind for someone else?*

**For Others:**

*Ask God to show you how you can use your gifts and talents or the things that you have to help make a difference in some way. Your smallest kindness can multiply as people often pay it forward.*

### ***How can we use Families on Faith Adventures@Home online?***



*We have been asked to give some guidelines as to how to facilitate these activities being done over Zoom or similar platforms.*

*While this resource is aimed at families at home, engaging in their own selection from the activities to do individually or (preferably) together, we are aware that many churches are taking advantage of it as a resource for their children's work or junior church/Sunday school while they are unable to meet face to face. We are delighted that the material is proving to meet these needs too.*

*It is our belief that a large percentage of the material is suitable for doing with a group of children over Zoom, or indeed for grandparents to do online with their grandchildren. Zoom is ideal for story-telling and discussion; the equipment needed for crafts is all easy to come by and could be sent out in craft packages in advance (this is one of the reasons why we have not linked Families on Faith Adventures @ Home to the lectionary so that resources can be used in any order and at any time); many of our stories and activities have YouTube links – both general and to our YouTube channel - all that's needed is a little creativity.*

*You can find more ideas to use on Zoom (or other video conferencing platforms) on <https://moodle.urc.org.uk/course/view.php?id=208>, together with guidelines for the safe use of video conferencing/social media and codes of conduct for their use.*



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### **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](mailto: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.*





Templates

