

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:

Abigail - Peacemaker

1 Samuel 25 verses 1 to 35



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.

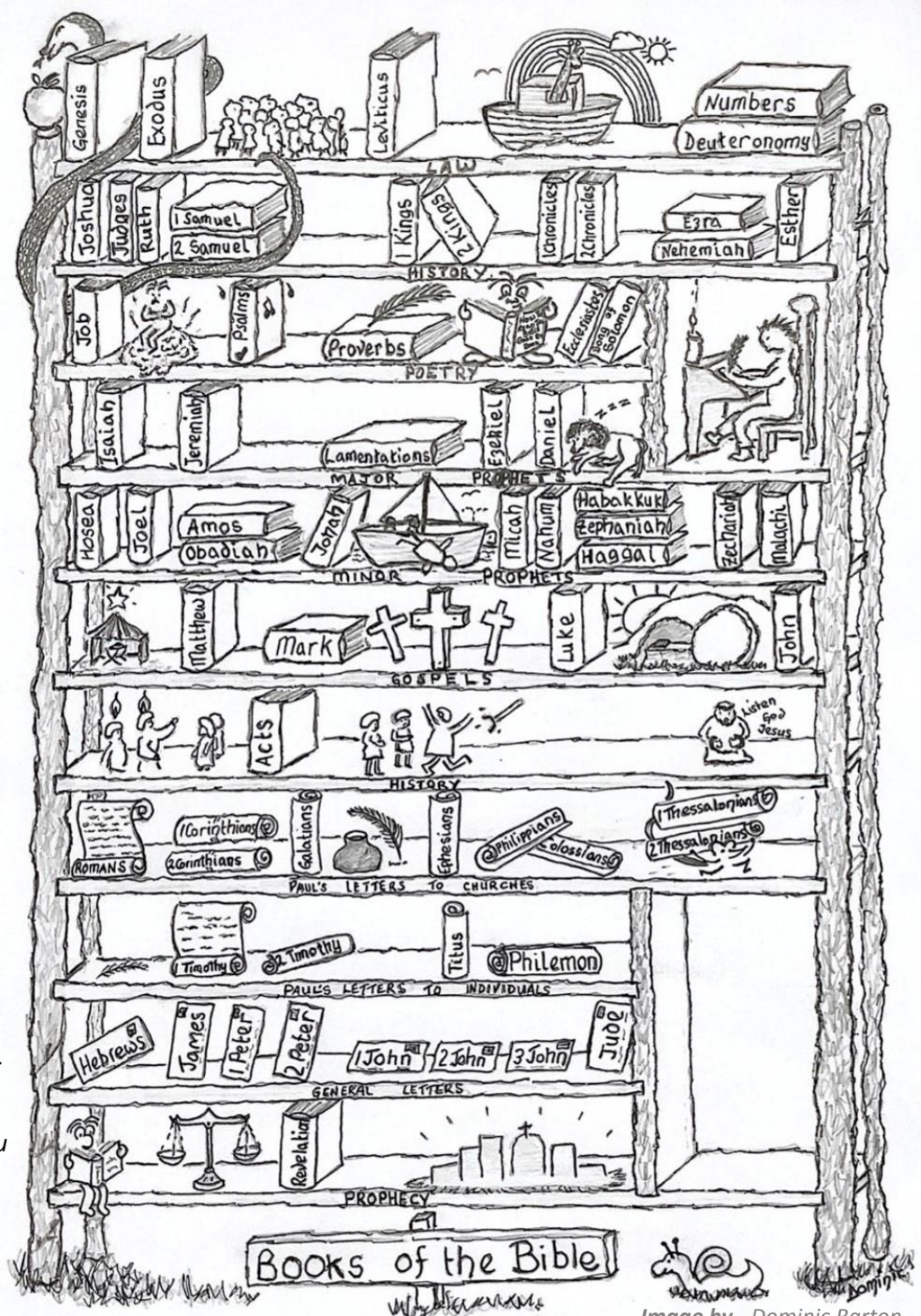
The New Testament tells us the stories of Jesus and his followers. There are 27 books in the New Testament.



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 – 1 Kings

The first book of Samuel was written around 900 BCE and was written by at least 4 different people including Samuel. The book tells the stories of the Prophet Samuel and King Saul and includes stories of young David who would become King.

The story of Abigail saving the day encourages us to consider how we can be peacemakers in a world that needs more peace.

The Story – 1 Samuel 25 v 1 – 35 (The International Children's Bible)

Now Samuel died. All the Israelites met and had a time of sadness for him. They buried him at his home in Ramah.

Then David moved to the Desert of Maon. A man in Maon who had land at Carmel was very rich. He had 3,000 sheep and 1,000 goats. He was cutting the wool off his sheep at Carmel. His name was Nabal, and he was a descendant of Caleb. His wife was named Abigail. She was a wise and beautiful woman. But Nabal was cruel and mean.

David was in the desert. He heard that Nabal was cutting the wool from his sheep. So he sent ten young men. He told them, "Go to Nabal at Carmel. Greet him for me. Say to Nabal, 'May you and your family have good health! And may all who belong to you have good health. I have heard that you are cutting the wool from your sheep. When your shepherds were with us, we did nothing wrong to them. All the time your shepherds were at Carmel, we stole nothing from them. Ask your servants, and they will tell you. We come at a happy time. So for this reason, be kind to my young men. Please give them anything you can find for them. Please do this for your son David.'"

When the men arrived, they gave the message to Nabal. But Nabal insulted them. He answered them, "Who is David? Who is this son of Jesse? Many slaves are running away from their masters today! I have bread and water. And I have meat that I killed for my servants who cut the wool. But I won't give it to men I don't know."

David's men went back and told him all Nabal had said. Then David said to them, "Put on your swords!" So they put on their swords, and David put on his also. About 400 men went with David. But 200 men stayed with the supplies.

One of Nabal's servants spoke to Abigail, Nabal's wife. He said, "David sent messengers from the desert to greet our master. But Nabal insulted them. These men were very good to us. They did nothing wrong to us. They stole nothing from us during all the time we were out in the field with them. Night and day they protected us. They were like a wall around us while we were with them caring for the sheep. Now think about it, and decide what you can do. Terrible trouble is coming to our master and all his family. Nabal is such a wicked man that no one can even talk to him."

Abigail hurried. She took 200 loaves of bread, 2 leather bags full of wine and 5 cooked sheep. She took about a bushel of cooked grain, 100 cakes of raisins and 200 cakes of pressed figs. She put all these on donkeys. Then she told her servants, "Go on. I'll follow you." But she did not tell her husband.

Abigail rode her donkey and came down into the mountain ravine. There she met David and his men coming down toward her.

David had just said, "It's been useless! I watched over Nabal's property in the desert. I made sure none of his sheep were missing. I did good to him, but he has paid me back with evil. May God punish me terribly if I let just one of Nabal's family live until tomorrow."

When Abigail saw David, she quickly got off her donkey. She bowed face down on the ground before David. She lay at David's feet. She said, "My master, let the blame be on me! Please let me talk to you! Listen to what I say. My master, don't pay attention to this worthless man Nabal. He is the same as his name. His name means 'fool,' and he is truly foolish. But I, your servant, didn't see the men you sent. The Lord has kept you from killing and punishing people yourself. As surely as the Lord lives and as surely as you live, may your enemies become like Nabal! I have brought a gift to you. Please give it to the men who follow you. Please forgive my wrong. The Lord will certainly let your family have many kings. He will do this because you fight his battles. As long as you live, people will find nothing bad in you. A man might chase you to kill you. But the Lord your God will keep you alive. He will throw away your enemies' lives as he would throw a stone from a sling. The Lord will keep all his promises about good things for you. He will make you leader over Israel. Then you won't feel guilty. You won't have problems about killing innocent people and punishing them yourself. Please remember me when the Lord brings you success."

David answered Abigail, "Praise the Lord, the God of Israel. He sent you to meet me. May you be blessed for your wisdom. You have kept me from killing or punishing people today. As surely as the Lord, the God of Israel, lives, he has kept me from hurting you. If you hadn't come quickly to meet me, no one belonging to Nabal would have lived until tomorrow."

Then David accepted Abigail's gifts. He told her, "Go home in peace. I have heard your words, and I will do what you have asked."

Online versions of the story

Watch and Listen

Animation by Lifekids <https://www.youtube.com/watch?v=pSJmjKVR404>

Abigail saves the day in puppets <https://www.youtube.com/watch?v=iPqdoPkgJl4>

Children around the world share peace <https://www.youtube.com/watch?v=ur2Ea42Ej5U>

Douglas the puppet teaches about peace <https://www.youtube.com/watch?v=kJX-Hks-pvk>

Dance and Sing

Peace song by Jack Hartmann <https://www.youtube.com/watch?v=F62L1TaDIUk>

Peace in Christ by Ryan Crosby and Dad <https://www.youtube.com/watch?v=Waitmz6C100>

Hymn of Peace https://www.youtube.com/watch?v=xIQAykpkbhw&feature=emb_logo

Peace like a river by CJ and friends <https://www.youtube.com/watch?v=d6085sLXCMS>

Peace of God by Bible Lullabies <https://www.youtube.com/watch?v=-nIrlGm4REc>

Dinner table Chat Activities

How can we help people today in brave ways?

What do we mean by the word peace?

What does peace mean to each of you? Peace can mean different things to different people.

Is peace inside or outside of us or both?

Ideas to Retell/Explore the Story

Be Peacemakers

In Galatians 5 we read that the Fruits of the Spirit are for everyone and peace is one of them. Jesus is the Prince of Peace and God gives us his peace in our lives. How can we share God's peace in practical ways?

Peace Babies

You will need: a packet of Jelly Babies.

Open the packet of jelly babies. Look at the different colours and flavours: strawberry, lime, blackcurrant, lemon, raspberry, and orange. Which ones are your favourites? How do you eat them? Do you bite the heads off first?

Did you know that 'jelly babies' were first launched in 1918 to celebrate the end of the First World War? They were called 'Peace Babies' and quickly became popular. During the Second World War production ceased because of a shortage of ingredients. They were 'reborn' in 1953, renamed 'Jelly Babies'.

In 1989 each of the six 'babies' was given a name and an identity. If you look at the illustrations and descriptions on the Bassett's packaging you will see them: Pink Baby Bonny wears a nappy and frilly bonnet. She is always crawling into mischief! Green Boofuls is soft-hearted and cries a lot, even when he is happy! Bumper is orange, wears a bum-bag, and bumps into things! Bubbles has her hair in a ponytail and is yellow. Bigheart is grey and always puts his friends first. Brilliant is the red leader of the gang. They are all different, altogether in the bag. Peace is enjoyed when people of different ages, interests and appearances live together in harmony. (Wouldn't a bag of jelly babies be dull if the sweets were all one colour and flavour!)

Being a peacemaker doesn't mean being soft (like a jelly baby). You need to be strong, fair, being ready to share, and live happily together.

Modern Parables

These books tell familiar stories that explore the themes of the story.

Enemy Pie by Derek Munson - https://www.youtube.com/watch?v=x2FoGf_Fx0

The 2 monsters – David McKee - <https://www.youtube.com/watch?v=DvDL9kBOD78>

Bing – The Toy Party -

<https://www.bbc.co.uk/iplayer/episode/b05w8l4v/binq-series-1-76-toy-party>

and maybe to read yourself...

War and Peas – Michael Foreman - <https://www.youtube.com/watch?v=cnAu8Sr-TwY>

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:

Abigail - Peacemaker

1 Samuel 25 verses 1 to 35



Something
with rainbow
colours for
God's promise



Feathers



A toy dressed
as Abigail

A tightly fastened plastic
bottle – 2/3 filled with warm
water, glitter glue, glitter
and food colouring. Shake
up and watch as it settles.



As with all small things, please be aware of the risk of these being put into mouths, eyes noses or ears. Please supervise small children!

Pray Together

A meditation and prayer – Letting go and giving thanks

Make a fist and cross your arms. Think about something that upsets you or you are cross about. This could be something you are feeling yourself or something in the world. As you sit, think about what your feeling might look like. Imagine a colour, sound, taste, texture, and smell. Imagine the sensations of God coming in and turning those cross, angry feelings into love. Let yourself relax and unfold your arms.

Slowly unclench your hands and, as you open your hand, think about things you want thank God for. As your hands are fully open, lay them on your lap. Be aware of your breathing, in and out, and imagine breathing in good things and breathing out bad.

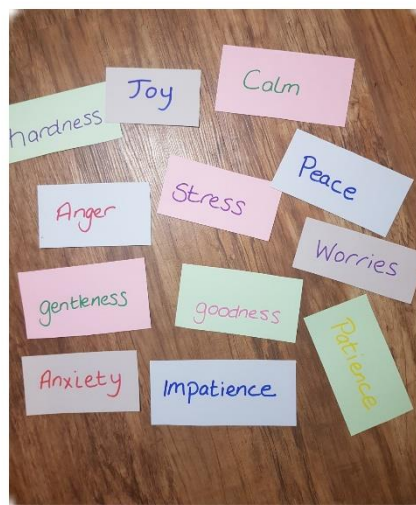
A Prayer

**Dear God, help us to breathe in of you,
Breathe in joy and breathe out worries,
breathe in peace and breathe out stress,
breathe in patience and breathe out impatience,
breathe in goodness and breathe out anger,
breathe in gentleness and breathe out hardness.
Breathe in calm and breathe out anxiety.**

Dear God, breathe through us today that we may know more of you.



You could write the words on cards and use them to help you pray as you match up the breath in and out words.



Pray Together

Praying with Poppies

Find a poppy that you have, or you can make one using the craft idea in this pack, or you can even cut out some hearts and a black circle and place these together to form a poppy. You could stick this to paper or a lollipop stick.



Look at your poppy. Poppies are bright and cheerful flowers: say thank you to God for the people you love and ask God to give them peace.

Look at the red petals - red can remind us of danger or anger. Ask God to be close to people who face danger today, or are angry and cross, and bring them peace.

Place your hand over the whole poppy. Poppies are fragile and need to be cared for gently. Ask God to care for people who are hurting or sad; ask God to be close to them and bring them peace.

Place your finger in the centre and ask God to be close to you and give you peace.

Pray Together

Soften our hearts

'Create in me a pure heart, God. Make my spirit right again.' Psalm 51:10

You will need: Cut out heart shapes
String
A small branch or something to hang the hearts from

Lay out the hearts in front of you. You can do this as a family together around the table. Sit quietly, looking at the hearts, and think about your family and your friends, the people at your school or at work or in your neighbourhood or church. Think of all the people you love and pick up a heart and lay it in front of you. Now think about situations where you might have upset somebody by what you have said or done. Take a heart and crumple it tightly in your hand and then smooth it out. As you smooth it out, ask God to help you think before you say unkind words or cross words and to smooth out the situation.



Hang the smooth and the crumpled hearts on the branch. As you hang the hearts on the branch say the names of the people you have prayed for either quietly to yourself or out loud.

I wonder whether you have ever been a peacemaker?

I wonder what calms you down when you are angry?

I wonder where God is in all this?



I wonder whether Abigail was nervous when she went to see King David?

I wonder why Abigail's story is less well known than most events in the Bible?



TO DO TOGETHER...

Poppies

You will need: Clean used plastic bottles
(it needs to be ones with a bobbly base like a fizzy drinks bottle, not a flat base like a squash bottle)
Paint
PVA glue

What you do:

Cut the bottom off the fizzy drinks bottle. Using sandpaper, rub the inside so that the paint will stick. Mix the paint and the glue half and half. Use this mix to paint the inside of the bottle bottom. Your poppy could be red, white, purple or black. Then paint a black middle to complete the poppy. If you want to mount them, you could use double sided tape to stick them onto cloth or paper. If you want to make a display to go outside on a cloth or net, you will need a drill to make a hole in the bottom of the bottle (grown-ups, you will need to do this bit as it's quite tricky) and a split pin to put through the hole and fasten it to be cloth or net.



What do the different poppy colours mean?

Red poppy: Memorial to World War One and following conflicts

They say that the red poppy represents remembrance and hope.

Purple poppy: To remember animal victims of war

Black poppy: Remembering African, black and Caribbean communities' contribution to the war effort - as servicemen and servicewomen, and as civilians.

White poppy: Remembers people who died in conflict, but focuses on achieving peace and challenging the way we look at war.



TO DO TOGETHER...

Enemy Pie

You will need: Ready rolled pastry.
Tin of Fruit Filling
(or fruit such as apples and blackberries, rhubarb etc)
Sprinkle of Kindness
Spoonful of trust
Handful of laughter
Touch of respect
Dash of loyalty

What you do:

To make this pie, you need to want to fix a hurt between you and someone else; making a friend by mixing kindness, trust, laughter, respect and loyalty into this recipe.

If you are using pastry, you will need to roll it out, and cut it to the shape of your dish, cover it with baking parchment, and then put some rice or lentils onto it to weigh it down.

Bake in the oven (190° Gas mark 5): after 10 mins, take it out of the oven and take off the rice and baking parchment, then bake for another 10 mins.

Make your filling whilst the base is cooling and then fill your pastry case. Cut some strips of pastry and create a lattice effect: this helps to let all the meanness, angeriness, jealousy, and betrayal out.

Bake in the oven (190° Gas mark 5) for 20mins, until it is golden brown and then sprinkle with caster sugar.

Maybe you could send half to the person you want to build a bridge of friendship with and both eat it at the same time.





TO DO TOGETHER...

Wheel of Choices

You will need: Cardboard
List of choices
Pens and pencils

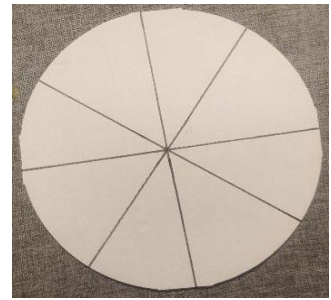
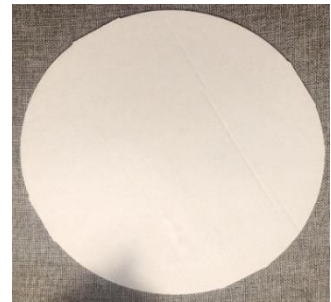
What you do:

Make a list of choices you could use to solve a problem. (walk away; use I words; have a family meeting; count to 10; play a different game; draw or write how you feel; say sorry.)

Cut the card into a circle and then divide it into 8 sections, write or draw your selection of choices, and make it as colourful as possible.

When you have a conflict which need solving, use your wheel of choices to help you decide which is the best thing to resolve it.

You could make a second circle of card which remains undecorated and just has one segment cut out. If you fasten this on top of the wheel of choices using a split pin through the middle of both circles, you could turn it round so that each choice is visible in turn. This might give you more time to think about each one as an option. You might even find that, once you've thought about the options and chosen one which is right for the situation, you feel much calmer about the whole situation anyway!



Walking the Way

Living the life of Jesus today

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

At Home:

It is not unusual for families to have niggles and fallings out from time to time. Let's spend this week being peacemakers at home. You may have heard of telegrams – we are going to write happygrams instead – a short note with just one or two sentences – for members of our family. Use a small piece of paper. Maybe you want to write that you are sorry for something you did or said. Maybe you just want to write something nice to someone else. Hide your message somewhere they'll find it – in a lunchbox or a makeup bag or a toolbox or the cutlery drawer.

Outside:

Find some nice smooth pebbles and paint a simple poppy on each. If you don't want to paint a poppy, you could have a go at painting a dove, or just the word "peace". See if you can sneakily leave a painted pebble on a neighbour's doorstep without them spotting you. As you put the pebble down, ask God to give the people in that house God's peace.

For Others:

When you're out for a walk in your neighbourhood, take some bubble mix with you. At different points on your journey, blow some bubbles to blow away any hurt. As they pop, ask God to shower the people in that area with peace and happiness. The bubbles are our prayer, the pop is our AMEN!



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