

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:

Desert Smackdown
Matthew 4 verses 1 - 11



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.

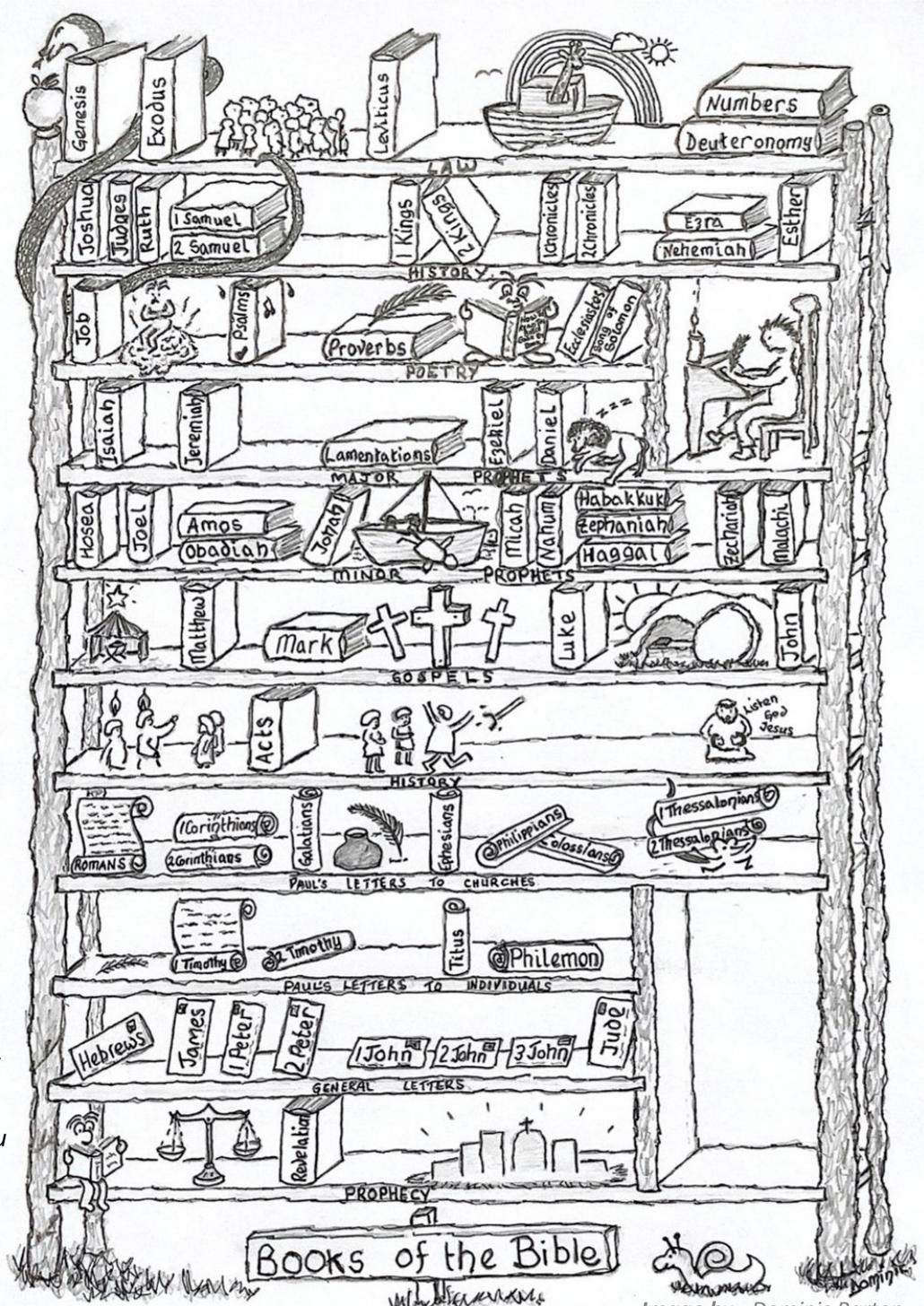


Image by - Dominic Barton

Bible context – Matthew

The book of Matthew was written around 60 AD by the disciple of the same name. Matthew was a tax collector before he decided to follow Jesus and he often writes for the Jews, showing how Old Testament prophecies are fulfilled in Jesus as the promised king.

This story tells what happened in the desert. After Jesus had been baptised, he went into the desert on his own to prepare himself for the work he was going to do. It sets the scene that Jesus is more powerful than the devil - and he didn't even need a lightsabre.

Online versions of the story

Watch and Listen

Cartoon by Saddleback Kids <https://www.youtube.com/watch?v=mc-x4qKY6Wc>

A reflective cartoon <https://www.youtube.com/watch?v=O5bfxGNMY9c>

Children retelling the story by PursueGodKids

<https://www.youtube.com/watch?v=1EbMGyzaAYw>

Animation short by Faith bible <https://www.youtube.com/watch?v=dchKrbF0m9c>

Dance and Sing

Be bold Be Strong by VBS Kids <https://www.youtube.com/watch?v=zRvCUz6KFB4>

You make me brave by Bethel Music <https://www.youtube.com/watch?v=H8F3I05ZXW0>

Undefeated champion by Powerpack <https://www.youtube.com/watch?v=Vrb64iDrOE>

You will be found by One Voice Choir <https://www.youtube.com/watch?v=P7VLUI1Kdnk>

Jesus You're my superhero <https://www.youtube.com/watch?v=1FY4C930M2Y>

The Story – Matthew 4 v 1-11 (The International Children’s Bible)

Then the Spirit led Jesus into the desert to be tempted by the devil. Jesus ate nothing for 40 days and nights. After this, he was very hungry. The devil came to Jesus to tempt him. The devil said, “If you are the Son of God, tell these rocks to become bread.”

Jesus answered, “It is written in the Scriptures, ‘A person does not live only by eating bread. But a person lives by everything the Lord says.’ ”

Then the devil led Jesus to the holy city of Jerusalem. He put Jesus on a very high place of the Temple. The devil said, “If you are the Son of God, jump off. It is written in the Scriptures,

‘He has put his angels in charge of you.

They will catch you with their hands.

And you will not hit your foot on a rock.’ ”

Psalm 91:11-12

Jesus answered him, “It also says in the Scriptures, ‘Do not test the Lord your God.’ ”

Then the devil led Jesus to the top of a very high mountain. He showed Jesus all the kingdoms of the world and all the great things that are in those kingdoms. The devil said, “If you will bow down and worship me, I will give you all these things.”

Jesus said to the devil, “Go away from me, Satan! It is written in the Scriptures, ‘You must worship the Lord your God. Serve only him!’ ”

So the devil left Jesus. And then some angels came to Jesus and helped him.

Scriptures quoted from the International Children’s Bible®, copyright© 1986, 1988, 1999, 2015 by Tommy Nelson. Used by permission.

Ideas to Retell/Explore the Story

Retell or Re-enact the Story

This story is fabulous for a chance to perform it. Decide who will be Jesus and who will be the devil, then off you go (don’t forget to have some angels to comfort Jesus after he wins). Use drama or make some puppets.... or how about using sand (or something similar such as salt) to draw scenes from the story?

Fighting Back, Positively

When Jesus was tempted in the desert he used the Bible (The first five books) to answer and fight back. The Bible is a piece of our armour and we use it to fight spiritual battles and make wise choices.

Use the game attached to match the temptations with possible responses from the Bible. You could cut the slips out to play a matching game. Or a simpler version would be to reply with positive and encouraging words.

Have Your own Battles – Just for fun

See who the champion is for different types of battles. How about having a thumb war battle? You could even make a little boxing ring for your thumbs to peep through. Or how about a toe war battle? Remove your socks and sit on the floor facing each other, feet together; interlink your big toes and try to pull your opponent’s leg over to the left (Bit like an arm wrestle). You could see who is the strongest in an arm wrestle. Or how about playing a game of word war- sit facing each other and take it in turns to say one word at a time, beginning with a starting word and taking it in turns to respond to each other’s words with a word associated with it. Or how about having a family tug of war or make yourself some lightsabres and have some fun. What other ‘battles’ can you think of having?

Table Top Discussions

Each day over a mealtime, have a quick conversation. Here are a few questions to get you going.

I wonder what Jesus did for 40 days and nights in the desert?

How do you think Jesus felt when the devil came near in the desert?

What are the temptations that come your way? Do you think the Bible can help? What/Who else might help?

In the story, God sent angels to comfort and help Jesus; how do you think God comforts and helps us now?

What is the one temptation you would find hard to resist?

Temptation	Bible’s Response
To tell a lie	<u>Colossians 3:9-10</u> Do not lie to each other,
To steal something	<u>Ephesians 4:28</u> Anyone who has been stealing must steal no longer,
To be mean to someone	<u>1 Corinthians 13:4-7</u> Love is patient, love is kind.
To say you are not a Christian	<u>Romans 1:16-17</u> For I am not ashamed of the gospel,
To say rude or hurtful words	<u>Ephesians 4:29-30</u> Do not let any unkind talk come out of your mouths,
Friends are trying to make you do something wrong	<u>Matthew 5:16</u> In the same way, let your light shine before others, so that they may see your good works
To be greedy	<u>Proverbs 28:25</u> A greedy man stirs up trouble,



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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:

Desert Smackdown
Matthew 4 verses 1 - 11



One toy or small person to represent Jesus

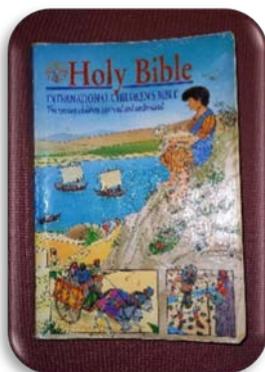
Stones or pebbles



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!



Sand or a tray of flour or dry couscous



A children's Bible



Something with rainbow colours for God's

Pray Together

Treasure in the Sand

You will need: Small circles of card
Sand in a tray

Jesus was in the wilderness and alone, far away from those people he loved. Rather like us. There are people we would like to be close to but we are unable to be with them right now.



Think of the people you treasure and draw a picture or write their name on a coin shape. Take the coins and hide them in the sand.

Take it in turns to dig into the sand and find a coin. Thank God for the person who is on the coin and all they mean to you. Ask God to bless them.



Pray Together

Bible Prayers

Sometimes we find it hard to find the right words to say when we pray. Jesus used the Bible to fight back in the desert and the Bible also helps us to pray. When we are lost for words to talk to God, we can use the Bible to help us. The book of Psalms has lots of verses that help us pray when we are happy, sad, lonely, worried, and so much more.

As a family, find Bible verses that help you to talk to God about how you are feeling. Write out the verse or print it out and decorate it. Put the verses up in places where you will see them through the week. Perhaps find a Bible verse for someone in your family and put it on their pillow or in their pocket.



Here are a few verses to start with:

- Jeremiah 29:12 Then you will call on me and come and pray to me, and I will listen to you.
- Psalm 17 :6 I call to you, God and you answer me. Listen to me now
- Psalm 17 :8 Keep me as the apple of your eye; hide me in the shadow of your wings
- Numbers 6:24-26 'The Lord bless you and keep you; the Lord make his face shine on you and be gracious to you; the Lord turn his face towards you and give you peace.'
- Psalm 23 The Lord is my shepherd. I have everything I need. He gives me rest in green pastures. He leads me to calm water.
- Psalm 55:22 Give your worries to the Lord. He will take care of you. He will never let good people down.

Pray Together

Comfort Food Prayers

At the end of the Bible story, angels came to Jesus to help him. There are times when we all need to be comforted.

Make a comfort crumble pudding. A crumble pudding is always comforting, especially on a cold day.



Measure out the ingredients:

100 butter (cold) cut into small pieces

125g plain flour

75g sugar

Put the butter in a mixing bowl and add the flour. Use your fingers to rub the butter into the flour until it looks like breadcrumbs.

As you do this, think about the time Jesus spent in the wilderness. God was close to Jesus and God is close to you, no matter how you are feeling.

Keep rubbing the mixture until it looks like breadcrumbs.

Stir in the sugar.

Put the crumble over the fruit of your choice, apple always goes down well.

Bake the crumble for 45–55 minutes, or until the top is lightly brown.

Sit together to eat and share the crumble, giving thanks to God for the good things that have happened in your day and asking God to be with you in the challenges.

Enjoy eating your comfort food together.

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

*I wonder why
Jesus went into
the desert?*

*I wonder whether you
have ever been tempted
to show off or do the
wrong thing to get
friends?*



*I wonder what helps you
to say no when you feel
tempted to do something
wrong or unhelpful?*

*I wonder what Jesus saw
when he was tempted
and how temptation
appears to us?*



TO DO TOGETHER...

Angels

When Jesus was being tempted, angels came to help him. Angels are God's messengers sent to bring news or help. We often think of angels being to do with Christmas but they are mentioned many times in the Bible at all sorts of different times.

You will need: Paper
Card
Colouring material
Scissors
Glue
String

What you do:

The angels we are going to make do not have to have wings as not all angels have wings.



Copy the template or draw your own angels. Stick them onto some scrap cardboard, colour and cut them out. If you want to give them wings, you could use a heart shape and attach it behind your angel if you want. You can make a small hole at the top of the angel and thread string/ wool through if you want to be able to hang it up.



You may want to leave these angels for people to find, or you could decorate your home or your garden. You could make and send one to someone who needs help and cheering up.



TO DO TOGETHER...

Sand Pictures

You will need: Sand or salt
(you can colour this if you wish using some powder food colouring and putting it in a tub with the salt and shaking it)
Glue stick
Card



What you do:

Decide on your image and draw it out in glue. Make it a simple bold image as they work best. Be generous with the glue as the sand will stick better.

Shake the sand over the glue, then carefully shake your paper so that the surplus sand or salt falls off and leaves your picture behind.

You could use 2 colours to make a more colourful picture.



Pancakes

The Tuesday before Lent is pancake day, but why do we eat pancakes on Pancake Tuesday?
Our friends at URC Youth Scotland can tell you more

<https://youtu.be/iU5--2mdDEE>

The URC intergenerational Lent pack, *Walking towards Easter Together*, has a book of recipes which you can find here:

https://urc.org.uk/images/Lent/Easter_recipes_print.pdf. Why not use the pancake recipe from here on Tuesday and enjoy a feast before Lent begins.





TO DO TOGETHER...

Lightsabres

When Jesus was battling with temptation in the desert, he didn't use a sword or even a lightsabre to defeat the devil, he used words from the scripture.

(Scripture are the words from a holy book – our holy book is the Bible but Jesus would have been using the Jewish holy book. The words from Jesus' scriptures are in our Bibles too)

You will need: Pen torch
Card
Large sheet of baking parchment / tracing paper
Sticky tape

What you do:

Roll up the baking parchment around the pen torch and secure with sticky tape. Roll up the card to form a handle around the parchment and secure in place. Light the torch and you have your lightsabre.

Make two of them and have a lightsabre war with someone else.

If you want, you could colour the parchment with coloured pencils to make a different coloured lightsabre. You will have to do your own sound effects, though.

While you play, remember that words can be as powerful as any weapon and we must be careful how we use them. Like Jesus, we can use words from God to help us stay on the right path.





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Walking the Way

Living the life of Jesus today

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

At Home:

During Lent people often give something up, like chocolate or coffee. It's about learning to be tempted and building up the strength of mind to resist it. Other people try to take up a new habit during Lent like reading their Bible or trying to eat together as a family every day. Have a think about whether there is anything you could give up or a new habit you could take up, maybe just for this week, maybe right through until Easter.

Outside:

Jesus went away into the desert to pray. We often feel closer to God when we're outside. Go for a walk or a bike ride as a family somewhere which helps you feel close to God.

For Others:

The first day of Lent is called Ash Wednesday. Many people have a mark put on their foreheads with ash, making the sign of a cross, to say sorry to God for the times they give in to temptation. Is there someone you need to say sorry to? How could you put things right?



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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
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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Templates

