**Welcome (Parents and Carers asked to stay until after the Opening Prayer)**

Welcome back to Friends on Faith Adventures. We are looking forward to going on a journey and nobody knows where we will end up. All we know is we have got our crate filled with adventure and an open path ahead. So, hold on tight and enjoy the ride!!

Let’s hear about FOFA bear and FOFA cam’s adventures this week and how everyone got on with the Walking the Way challenge. (Encourage everyone, including parents and carers, to join in.)

**The Opening Prayer**

We are friends together *(shake hands with both palms facing towards body)*

On a faith adventure *(point to forehead with thumb. Hold other hand with palm facing up and bring the side of your first hand down so that it goes across the palm of the second hand just below the fingers)*

With the Bible as our mapbook *(draw cross with thumbnail on back of hand then put hands together and open like a book)*

And Jesus as our guide *(use index fingers to point into palm of each hand in turn).*

God, be with us in all that we do *(point up, then make index finger into a hook shape and move down as though pulling down towards you)*

And go with us wherever we go *(point outwards)*

Amen *(two thumbs up with hands apart, bring hands together)*

**Alternative Opening Prayer**

Lord help us to be:

**P**repared for adventure

**I**n all we do.

**L**oving and caring,

**O**pen to others

**T**ogether as one community

**S**haring the love of Jesus on our way.

Amen

**Fun together**

**What you need:**

* ring doughnuts
* string

Before the game begins tie a string round each doughnut. Make sure the string is long enough that it dangles down when someone holds it but short enough that someone on their knees could still reach it with their mouth.

Once the doughnuts are ready, split the group into pairs with one of the pair standing holding the string with the doughnut dangling down. The other should kneel and put their hands behind their back and try to eat the doughnut off the string without touching it with their hands or licking their lips. Play until everyone has had a turn.

**Don’t laugh!**

Choose one participant to be the ‘self-controlled one’. The rest of the group need to make them laugh by pulling silly faces and saying funny things, however they are not allowed to touch the person. The ‘self-controlled one’ must resist the temptation of laughing or smiling. When they can resist no longer and laugh or smile, it is someone else’s turn to be the ‘self-controlled one’. If you have a large group or varying aged children, this game could be played in pairs instead.

**Today’s theme is about how we might be tempted to do something that we know is wrong, but that God can help us to do the right thing.**

**The Big Story – Jesus is tempted in the desert - *Mark ch4 v 1-11***

What you need:

* Builder’s tray or a large cloth
* Sand
* Little person to represent Jesus and a question mark or thought bubble shape cut out of card to represent the tempter
* A tower made of Lego or blocks
* Stone
* A couple of houses (Made from Lego perhaps)

Gather everyone round in a circle sat on the floor. The leader of the story is to settle themselves into the circle too – ensuring everyone can see. Lay out the cloth/ tray and spread the sand on it, smoothing the sand out. Keep the other items in the sack.

*[Smooth the sand]*

What a lonely place – nothing but sand. Sandy desert. Hot, hot, hot in the day and cold, cold, cold at night. A lonely, lonely place.

*[Place Jesus onto the sand or choose a child to place him there]*

Jesus went into the desert to be by himself. He wanted to be able to think clearly and to spend time with God. He had been there for 40 days and 40 nights without any food. There was a voice, the voice of temptation.

*[Bring out the tempter image, direct it at Jesus]*

Jesus, you say you are God’s son. Well, if you are, then you must be able to turn this stone

*{Bring out the stone}* into bread. You must be soooooo hungry by now?

 *“I wonder…. what Jesus did?”*

Jesus looked at the tempter. He looked at the stone. Jesus refused - of course he was hungry, but he told the tempter that food isn’t the only thing that keeps us alive. God’s word does too.

The tempter was not ready to give up on Jesus just yet. Instead, he took him to a cliff on the edge of the town of Jerusalem.

*[Bring the tower out and move Jesus and tempter to it]*

He said, “if you are God’s son, then surely you could jump off here and God would send angels to save you, so you do not get hurt.”

Jesus was not tempted though. It didn’t matter whether it was true or not that God would send angels to save him. He answered that the Bible says that we mustn’t test God.

Still not put off, the tempter took Jesus high above to look at the towns and kingdoms below.

*[Take out the houses and set Jesus and the tempter near them]*

This could be all yours, you could have all this if you just let me be your master and do as I tell you.

Jesus was now angry.

*[Step Jesus back from the tempter]*

“Get away from me,” Jesus shouted at the devil, “I will only worship the Lord my God, just like the Bible tells me to.”

The tempter left not managing to tempt Jesus and Jesus returned, ready to start teaching and healing and sharing the good news about God’s love.

*[Remove the tempter]*

I wonder how Jesus was able to resist temptation like that….?

**Creative adventure**

You will need:

Card

Scissors

Aluminium foil

Sticky safety badge [*https://www.amazon.co.uk/pengxiaomei-Adhesive-Crafting-Nametags-Ribbons/dp/B07KR2G24M*](https://www.amazon.co.uk/pengxiaomei-Adhesive-Crafting-Nametags-Ribbons/dp/B07KR2G24M)

What you do: Jesus used the Bible like a shield to help protect him against temptation. Cut out a small shield shape from card and cover it with aluminium foil to make it shiny. Using a blunt pencil or a stylus, draw a shape on the foil. You might draw a fish, a cross or you might write a word or two that helps you remember God’s strength. Stick a safety fastener on the back to make a badge. When you wear it, remember that God’s word can protect you and keep you safe from temptation.

Wondering questions to use during creative time:

I wonder …what tempts you?

I wonder …what you can do to resist temptation?

I wonder …if temptation is ever a good thing?

**The Adventure Map**

Explain the Adventure Map and how a lot of the books were written shortly after Jesus’s time. They tell us about what Jesus said and did and how his friends lived their lives, sharing with others how to be good followers of Jesus.

Take the group to the Adventure Map that you have created on the wall. Get the group to find where on the Map today’s story came from. Choose one or some of the things created by the group to be photographed and attach this to the wall to create a visual reminder of where the story came from and your adventure together. The aim is that in a year you will have lots of reminders of the stories and where in the Bible they come from. Use a piece of string or ribbon to connect the photo of the craft work to the book of the Bible.

**Walking the Way**

**This is a time to invite the parents and carers back in to share what the children have been up to during the session. They will also be here to hear about the Walking the Way challenge and the tasks (should they choose to accept them) that the children (and parents) are about to undertake.**

For the Younger: FOFA the bear

This is FOFA. FOFA likes nothing more than to go on an adventure; FOFA is a little more adventurous than me. FOFA believes that faith is a journey and that’s why FOFA would love to take you on a journey with him and walk the way of God in our everyday lives. Each session FOFA would like to go home with one of you and add to FOFA’s scrapbook of things you do together. FOFA doesn’t mind if you draw a picture of what you have done, take a photograph or just write a story about it. FOFA also doesn’t mind if you just come and tell the rest of us what you got up to together. But because FOFA’s memory isn’t very good as FOFA’s brains are made of stuffing, it would be better to save the memories in the book if you can. At the end of our time together we can always remember the great adventures we have been on together with FOFA and hopefully you will walk a little closer with God.

For the Older: FOFA cam

This camera is your window on the world. You have one shot at this, so choose carefully. You will be given a very precious piece of equipment – a FOFA cam. You have one photo to take with the camera, that records one thing – a way you have met the challenge. If there are other people in the photo, please ask their permission first and explain this photo will be put on display here. Bring back the camera and your photo next time to share your moment - and remember you only have ONE shot at this!

Every time we will choose someone to take FOFA bear and someone to take FOFA cam to help them with the challenge – but we can all have a go at the challenge!

Our Walking the Way Challenge this time is: Keep a piece of sand paper somewhere close by at home or in your pocket when you go to school. When you are feeling tempted, touch it to remember that things may seem tough and rough, but Jesus can help you.

**Adventurers Go!**

So, today we have heard how everyone is tempted, even Jesus was. We discussed how easy it is to give into temptation but that with some tools given to us by God we can try and resist temptation that is not good for us.

**Prayers (choose one/both)**

Dear Jesus,

Well done on resisting temptation in the desert!

Please help us to resist temptation too.

Give us the tools we need to make good choices and help us not to encourage others to do the things we know are wrong.

Amen

**Active Prayer**

*What you need:*

* Sand paper (enough for each to take home)
* Bible open at Hebrews ch2 v18
* Fluffy material

Lay the sand paper in one area, the open Bible in another and the fluffy material in another (but all within the same room) The group starts at the sand paper, feeling it, and are asked to think about difficult/ rough/ hard times……………when ready they are to move onto the bible verse and read it and think about how God can help us when we feel tempted. Lastly move to the fluffy material, while feeling it, encourage the group to think about how God can help us help others who may feel tempted too. Allow the group to take home a piece of sand paper to use for the walking the way activity.

**End Prayer Every Session: All together**

**We are Friends on Faith Adventures, travelling together with God.**

**Adventurers go! Amen**

**What you need for this session**

* Sugary ring doughnuts
* String
* Card
* Aluminium foil
* Glue
* Safety badge fastener
* Builder’s tray or a large cloth
* Sand
* Little person to represent Jesus and one to represent the devil
* A tower made of Lego or blocks
* Stone
* A couple of houses (Made from Lego perhaps)
* Sand paper (enough each to take home)
* Bible open at Hebrews ch2 v18

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| --- | --- | --- | --- | --- |
| **Location** | **Possible hazard** | **Action required** | **Action taken** | **Signature** |
| **During session** | Use of doughnuts possible allergic reaction | Check for food intolerance/ allergy with children |  |  |
| **During session** | Use of laminator could burn hands | Adult to operate  | .  |  |
| **During session** | Use off scissors possible cutting of hands | Use rounded end scissors or closely supervise young children |  |  |

* Fluffy material

