

## **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 family or friends via the internet.*

*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!***



*With many varieties of activities and things to do to help explore the theme. Look out for this 'hands on' symbol.*

### ***This week's Bible story is:***

Turn It Off And On Again  
Genesis 32 verses 1-8  
Genesis 33 verses 1-12



## 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.

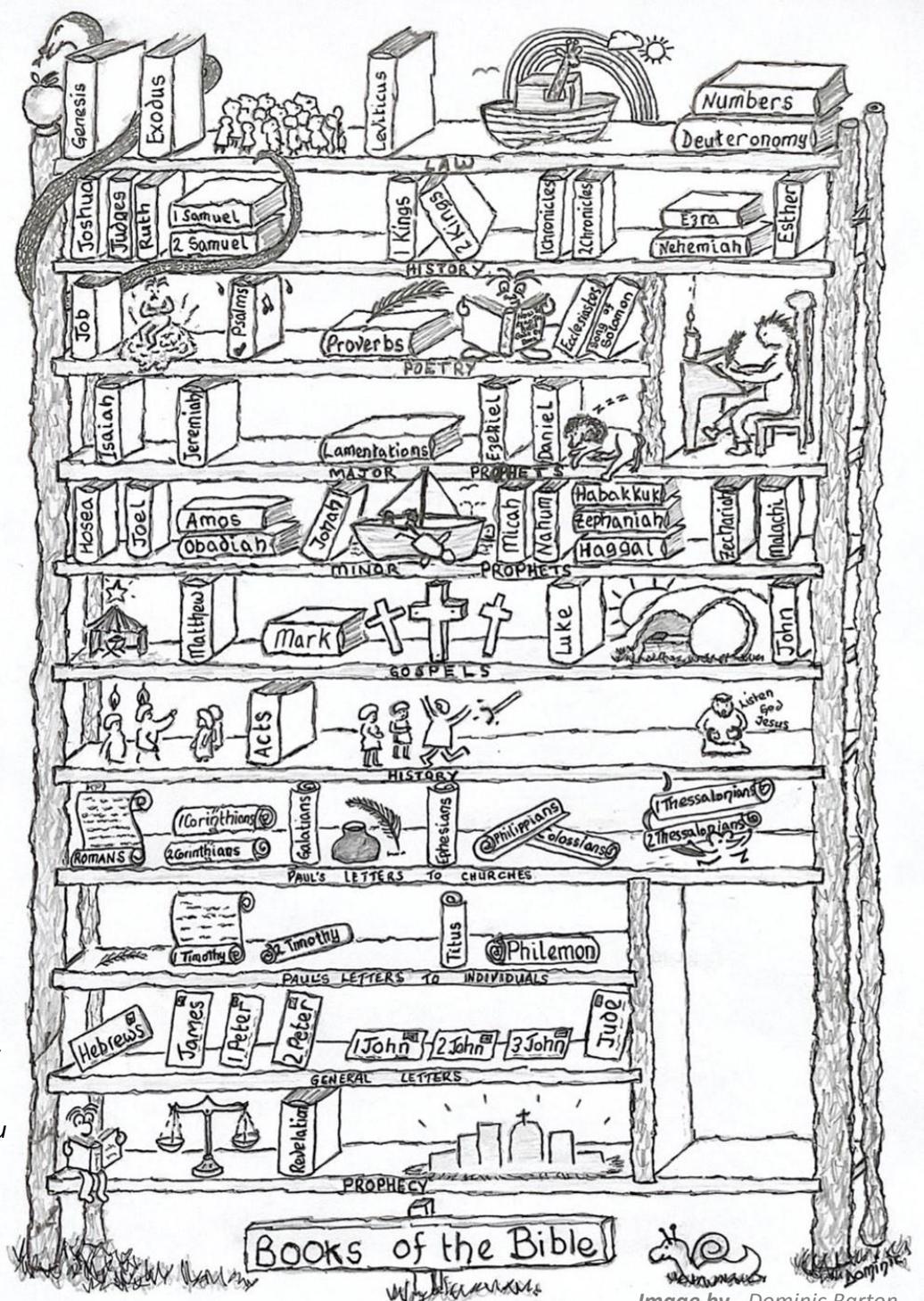
The New Testament tells us the stories of Jesus and his followers. There are 27 books in the New Testament.



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: Genesis**

The book of Genesis was written around 1430 BC; Moses is believed to be the author. It is the first book in the Bible and covers a span of 2,000 years. The book tells the stories of how the world was made and the stories of the first people. Genesis is a book of two halves. The first half (chapters 1 – 11) tells the stories of all that happened before Abraham, including Creation, the flood, and the Tower of Babel. The second half (chapters 12 – 50) tells the stories of the people who would become the start of the nation of Israel, including Abraham, Jacob, and his son Joseph.

In this story we continue the story of the twin brothers, Jacob and Esau who have been separated for 22 years and return to each other to find the relationship they have never had.

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

#### **Watch and Listen**

Esau Forgives Jacob by Redding Christian Fellowship

<https://www.youtube.com/watch?v=LZhqAGb9qFQ>

Jacob and Esau meet again (for toddlers) by Care Bear bible Stories

<https://www.youtube.com/watch?v=FOU3rc8pFAA>

Told in Lego by Nomad Brickfilms <https://www.youtube.com/watch?v=-LtuU0oUQkY>

Esau forgives Jacob by Kids in the Word bible series

<https://www.youtube.com/watch?v=q45XaZmijg>

Children show us what forgiveness is using a chalk board

[https://www.youtube.com/watch?v=lbwVHAV\\_qU4](https://www.youtube.com/watch?v=lbwVHAV_qU4)

#### **Dance and Sing**

Feels good when were together by Rend Collective Kids

<https://www.youtube.com/watch?v=bPwsm5-inRM>

Big Family of God by Nick and Becky Drake

<https://www.youtube.com/watch?v=UEvJzOxm6zs>

My best friend by Hillsong Kids <https://www.youtube.com/watch?v=7JFjruVrraq>

Forgive one another by We are United [https://www.youtube.com/watch?v=kZ\\_wCZ1qPN4](https://www.youtube.com/watch?v=kZ_wCZ1qPN4)

Just for fun from BBC children in need 2009 All the CBeebies characters come together to sing about being together <https://www.youtube.com/watch?v=voOPK3--9c>

**The Story: Genesis 32 verses 1-8 and Genesis 33 verses 1-12**  
(from *The International Children's Bible*)

When Jacob also went his way, the angels of God met him. When Jacob saw them, he said, "This is the camp of God!" So Jacob named that place Mahanaim.

Jacob's brother Esau was living in the area called Seir in the country of Edom. Jacob sent messengers to Esau. Jacob told the messengers, "Give this message to my master Esau: 'This is what Jacob, your servant, says: I have lived with Laban and have remained there until now. I have cattle, donkeys, flocks, and male and female servants. I send this message to you and ask you to accept us.'"

The messengers returned to Jacob and said, "We went to your brother Esau. He is coming to meet you. And he has 400 men with him."

Then Jacob was very afraid and worried. He divided the people who were with him into two camps. He also divided all the flocks, herds and camels into two camps. Jacob thought, "Esau might come and destroy one camp. But the other camp can run away and be saved."

Jacob looked up and saw Esau coming. With him were 400 men. So Jacob divided his children among Leah, Rachel and the two slave girls. Jacob put the slave girls with their children first. Then he put Leah and her children behind them. And he put Rachel and Joseph last. Jacob himself went out in front of them. He bowed down flat on the ground seven times as he was walking toward his brother.

But Esau ran to meet Jacob. Esau put his arms around him and hugged him. Then Esau kissed him, and they both cried. Esau looked up and saw the women and children. He asked, "Who are these people with you?"

Jacob answered, "These are the children God has given me. God has been good to me, your servant."

Then the two slave girls and their children came up to Esau. They bowed down flat on the earth before him. Then Leah and her children came up to Esau. They also bowed down flat on the earth. Last of all, Joseph and Rachel came up to Esau. And they, too, bowed down flat before him.

Esau said, "I saw many herds as I was coming here. Why did you bring them?"

Jacob answered, "They were to please you, my master."

But Esau said, "I already have enough, my brother. Keep what you have."

Jacob said, "No! Please! If I have pleased you, then please accept the gift I give you. I am very happy to see your face again. It is like seeing the face of God because you have accepted me. So I beg you to accept the gift I give you. God has been very good to me. And I have more than I need." And because Jacob begged, Esau accepted the gift.

Then Esau said, "Let us get going. I will travel with you."

## Ideas to Retell/Explore the Story

### **The story retold using drama and puppets**

*This is a great story, full of emotion and drama. Have some fun retelling it together using drama or the puppets in our messy play section.*

*You could be enthusiastic with some bowing down and pleading for forgiveness.*

### **Jubilee - a time for resetting**

*Explore the story of the jubilee in the Bible. (This is not the Queen's jubilee – it's God's). You might find page 8 in the URC Celebrate Together Book helpful or read about it in Leviticus 25 v 9 – 11.*

*It was a time when everything was reset. A new start for everyone and creation. Debts were written off, slaves were freed, people forgave each other, even the land was given a rest from being harvested.*

*This story reminds us that it is good to put things right and start again.*

*Are there people you need to forgive or reach out to?*

*Are there things that you need to put right or reset?*

*A year of Jubilee is a fabulous time to take action.*

## **Table Top Activity**

### **Rub Out and Start Again**

*After exploring the story, gather around a large piece of paper and give everyone a pencil and rubber.*

*The pencil and rubber remind us that we can always get rid of mistakes and start again.*

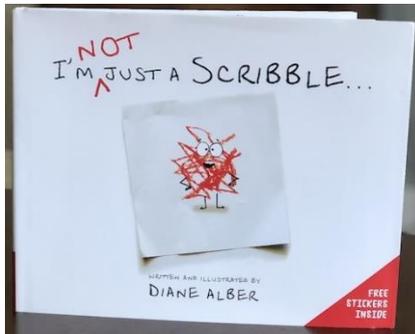
*Take turns to draw or write things that you want to put right or change.*

*Once you have discussed them, rub them out as an act of getting rid of them.*

*Then you have a clean sheet to write or draw what you will do instead.*

*This can be your prompt for prayer and action over the coming days.*

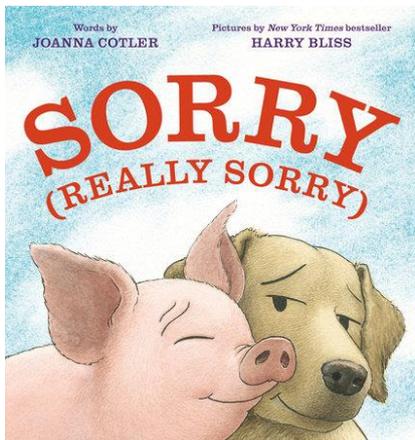
### Modern Parables – books that explore the same theme



#### **'I'm Not Just a Scribble'** by Diane Alber

Scribble just wants to play, but no one wants to play. Will Scribble be able to forgive them so they can all come back together?

<https://www.youtube.com/watch?v=qRuO9bGD108>



#### **'Sorry (Really Sorry)'** by Joanna Cotler

We meet different animals around the farm, they are being mean to each other and refusing to apologise. All their friendships are affected. How will they put things right and get back together again?

[https://www.youtube.com/watch?v=3hLMw\\_OiHjc](https://www.youtube.com/watch?v=3hLMw_OiHjc)

### Table Top Discussions

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

- Which of the brothers do you relate to most in this story? And why?
- How easy is it to say sorry and make up with others? What stops us?
- Share your stories together of times when you have fallen out with someone and how you put things right (or didn't).
- What does this story say to us about ourselves, God and others? Where do we see God's love in this story?
- What do you think the brothers were thinking or feeling about each other during the 20 years they were apart?
- Do you think we should ALWAYS try to mend relationships that are broken?

## 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.



Something with a nice smell

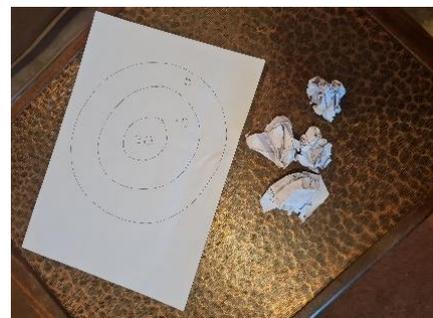
Something that is hugging or that you can make hug each other



Something with rainbow colours for God's promise



Something that feels fluffy or hairy



A target / throwing game

## Pray Together

### Time to Pause and Reset



*In our story today we have seen how things can change when we make time to listen to God and speak with him.*

*Find yourself a calm quiet space and think of all the things you have been involved with today and this week. Are there some you would like to reset, make better, change? Chat with God, explain those things that are on your mind, ask him to help you do things a new way, a better way.*

*When life gets busy, God is still with us. Thank God that in those busy times God is with you, there to help, comfort and support. Amen*

### Gentleness and Forgiveness

*Mixing water with cornflour creates something called 'Oobleck' a liquid that acts like a liquid when moved gently and like a solid when put under pressure.*

**You will need:** Cornflour  
Water (about half as much as the cornflour)



*Mix the water and cornflour together and then pour the mixture onto a tray.*

*Take some time to play with the oobleck. Feel how it moves if you are gentle with it and how, if you press firmly or slap your hand in the mixture, it becomes solid. As you do this, think about how you can be gentle with your words and actions rather than harsh and aggressive.*

*Press down firmly with your hand in the oobleck and watch how the shape of your hand disappears as the surface becomes liquid again.*



Use the questions from the story section:

- Are there people you need to forgive or reach out to?
- Are there things that you need to put right or reset?
- Write their names or the things slowly in the oobleck and ask God to help you speak and act with gentleness and forgiveness and to set things right.

## Pray Together

### Magnetic Prayers

**You will need:** A magnet  
Some pipe cleaners

When two magnets are close, they create pushing or pulling forces on one another. The two ends of a magnet are known as the north pole and the south pole. If you try to put two magnets together with the same poles pointing towards each other, the magnets will push away from each other. If you put two magnets together with different poles pointing towards one another, the magnets will pull towards each other.

Jacob and Esau were like the magnets - even from birth they had been like the two same poles repelling each other even though they were brothers.



If you have two magnets, play with them to see how they repel and attract each other.

Make two pipe cleaner figures - one to be you and the other to be someone who you find it challenging to be with. Use the magnet to draw the two figures together. Think about how God helps us to forgive people who have hurt us and helps us to mend our broken relationships. Use the magnet hold the two figures together. Ask God to mend your broken relationship.

### Dear God

*Forgive us when we get angry, or storm off, or sulk,  
when we think we are right and others are wrong,  
when it's easier to get cross  
than to admit we were wrong or say sorry.*

*Forgiving God,  
you forgive us.  
Help us to forgive others.  
Help us to forgive ourselves.  
Amen.*

*I wonder how each of  
the brothers felt  
before they met  
again?*

*I wonder whether  
you find it easy to  
say sorry?*

*I wonder how it feels to  
make things right with  
someone you've fallen  
out with?*



*I wonder if you know  
any other Bible stories  
about people reunited  
after falling out?*

*I wonder whether  
forgiving is the same  
as forgetting or  
whether it is different?*



## To Do Together...



### **Paper Puppet**

**You will need:** Paper  
String or thread  
Glue  
Sticks (optional)  
Sellotape (optional)

#### **What to do:**

*Cut out a body shape with a head and decorate it.*

*Cut eight strips of paper, these will be folded to create arms and legs.*

*Join two of the strips at right angles.*

*Fold them over each other to create a concertina type strip, securing at the end with glue. Repeat this for the other strips. These will form the arms and the legs.*

*Join the arms and legs to the body.*

*Tape threads to the end of the arms and fasten these to the stick.*

*You will need to make two puppets – one for Jacob and one for Esau. How will you decorate them to show the difference between the two twins? Can you use your puppets to retell the story?*



To Do Together...

If you would like a more challenging craft, then have a go at making a marionette.



**Marionette Puppet**

**You will need:** 17 beads  
String or thread  
Sticks  
Sellotape (optional)

**What you do:**

Cut a piece of thick thread to roughly 50cm long. Thread one bead on (1) until it is about half way along the thread. Now fold the thread in half, so that one half goes through the bead (already threaded) and the other half goes over the bead. Hold both ends of the thread together and thread both ends through another bigger bead (2). You have now made a body (chest and abdomen).

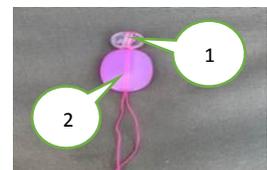
Take one of the hanging threads and thread four beads onto it to make a leg. Once the fourth bead is on, loop the thread back over that fourth bead to hold it in place, like you did with the 'chest' bead. Now return the thread back up through the remaining three leg beads.

Use the other hanging thread to repeat this method to make the other leg. You should end up with two pieces of thread at the 'hip' of your puppet. Thread both of these through the large 'abdomen' bead and then split them to the left and the right of your puppet as these are going to form the arms.

On each of the hanging threads, thread on three beads to make an arm. Once the third bead is on, loop the thread back over, just as you did for the legs (but with one less bead!) and return the thread back through the remaining two arm beads. When both threads are back at the body end of the arms, feed them up through the 'chest' bead. You should now have a body, two arms and two legs, with the threads sticking out the top of your puppet.

Thread one last bead on to both threads to make a head and then tie a knot big enough to secure the beads. Your puppet is nearly ready.

Make a cross shape by fastening two lollipop sticks or other sticks together. Fasten the ends of the thread which are sticking out from the head of your puppet to the centre of the cross as this will keep your puppet upright. Use two more pieces of thread, each tied to the end of one of the puppet's arms and to the end of one of the sticks as in the photo. Hold your sticks and practice making your puppet move around.



To Do Together...

**Etch-a-Sketch**

**You will need:** Small tray, plastic pocket or cling film  
Sand or salt



**What you do:**

Put a small amount of sand into a plastic pocket and seal it to make sure the sand doesn't escape. Try and get as much air out of the pocket as you can. Alternatively, you can use two pieces of cling film with some sand in the middle and sealed on all four sides. Be careful with this as it is delicate, so only use your finger to draw with. Draw your pictures and then shake to erase it and start again.

You can make this more easily by simply putting some sand into a tray, draw or write in it and then shake it gently to erase the message.

The brothers in the story had to erase all the things that had happened in the past to build their relationship again and be reunited. What sort of things might you write or draw in the sand to help you think about this?



## To Do Together...

### 2 Ingredients Recipes

**You will need:** 2 ingredients (we used chocolate and eggs)

**What you do:**

Make your recipe using the two ingredients. As you create the food, think about how different the ingredients are and how they combine together to make something delicious.

Jacob and Esau were very different but they reunited as brothers and that led to something special.



#### Chocolate Cake

225g chocolate chips

4 large eggs

Preheat the oven to 325°F (170°C). Grease a round cake tin and line with parchment paper.

Put the chocolate chips in a microwave-safe bowl and melt completely, about 1 minute.

Separate the egg yolks from the whites and then whisk the whites until soft peaks form, using an electric hand mixer if you have one.

Add the egg yolks, one at a time, into the bowl of melted chocolate and stir together.

Gently fold in the whipped egg whites, adding 1/3 at a time.

Pour the mixture into the prepared cake pan and smooth the top. Bake the cake for 30 minutes.

Once the cake is cool to touch, you can gently turn it out onto a serving plate.

# Walking the Way

Living the life of Jesus today

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

**Everyday Faith:**

*In the Lord's Prayer, we ask God to forgive us in the same way that we forgive other people who do us wrong. It's not always easy to forgive others, but it's not easy to bear a grudge either and putting things right with other people can really feel good. Why not try praying the Lord's Prayer every day this week and making a special effort to think about not holding on to grudges but making relationships right again wherever you can.*

**Scrapbooking:**

*Consider writing an apology note to someone you may have upset, or perhaps it is an apology note to God for things you may have done wrong. The apology note can then be stuck in your scrapbook. If you are feeling brave, you may even show the apology note to the person it is intended for. If there is nothing you feel the need to apologise for, perhaps draw a picture in your scrapbook, of a time when someone said sorry to you.*

**Take it Further:**

**Research Kintsugi:**

*This is the Japanese art of repairing broken ceramics. Rather than the broken item being thrown away it is repaired using gold paint, making it even more beautiful:*

*<https://www.youtube.com/watch?v=dpaRWJ3AxeQ>. Why not see if you can repair a broken ceramic in your house, giving you the opportunity to talk through relationships together.*



**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](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.*

