



The
United
Reformed
Church

families on faith adventures SUMMER

@ home

Welcome to Families on Faith Adventures @ Home Summer '22

This resource has been put together for you by the United Reformed Church Children's and Youth Work team and 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.

This bumper edition is designed to take you through the weeks of the summer holidays (with a little bit on either side as Scotland's holidays are slightly different to those in England and Wales). You might like to pick and choose bits to do, or do one fruit of the spirit each week, or simply freestyle it! But have fun, enjoy the sunshine and your free time, and we'll see you again in September for more Families on Faith Adventures @ 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:

Fruits of The Spirit



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



From



and



The
United
Reformed
Church Youth

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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.

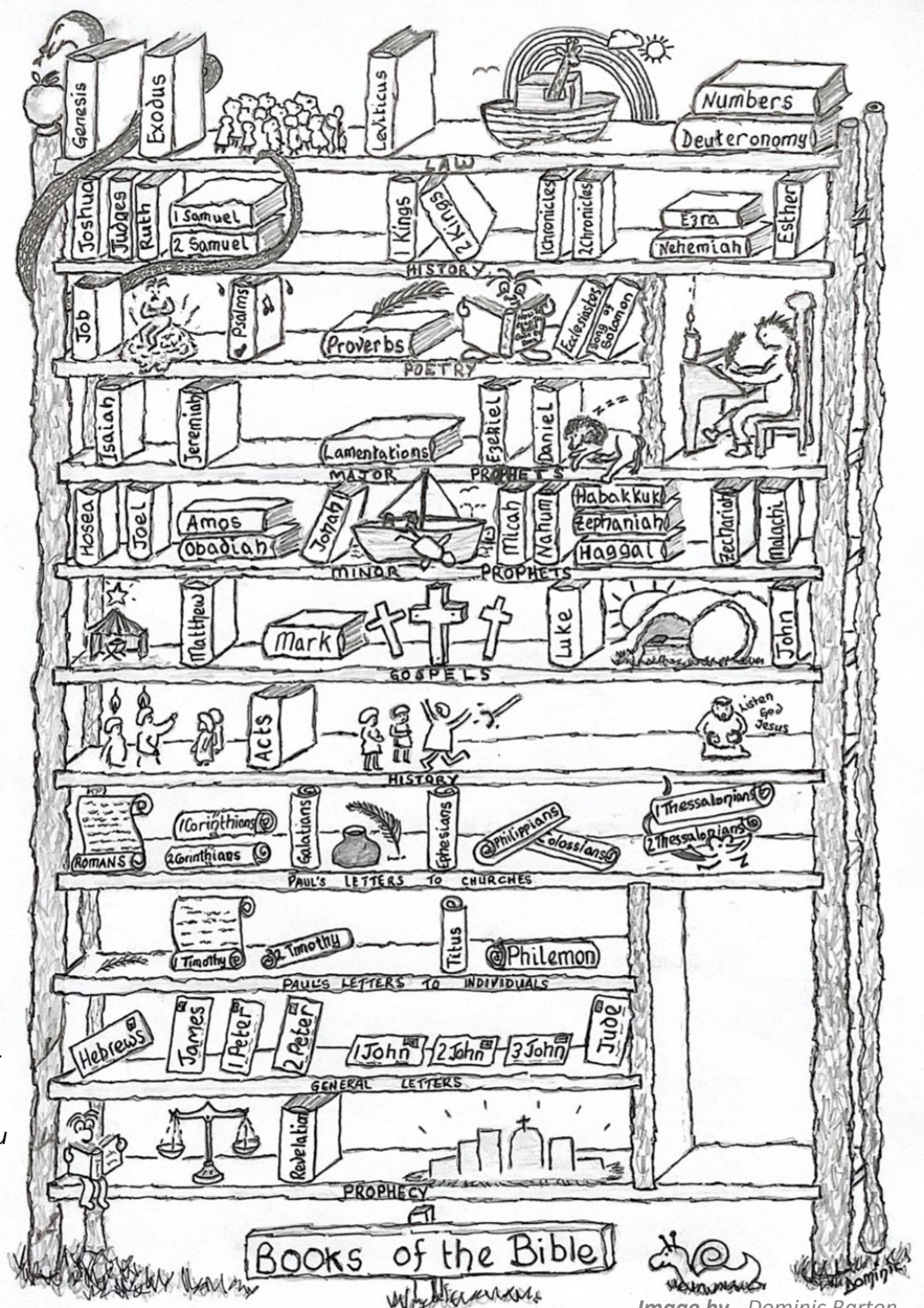
The New Testament tells us the stories of Jesus and his followers. There are 27 books in the New Testament.



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.



Introduction exploring the Fruit of the Holy Spirit

Bible context: Galatians

The apostle Paul wrote the book of Galatians around 50 AD. It is a letter written to the churches in Galatia; they are still living under the old laws and Paul is writing to them to encourage them to be free. He reminds them that Jesus came to show us how to live and the fruits of the spirit are part of that.

In this Summer bumper edition, we will explore each of the nine fruits of the Holy Spirit in turn. The story can be found in the book of Galatians 5 v 22 - 25

The story shows us the types of 'fruits' or characteristics that might be found in Christians. I wonder what God will say to you and your families as you explore together this summer.

Online versions of the story

Watch and Listen

Fruit of the Spirit by Crossroads Kids <https://www.youtube.com/watch?v=Wq8bK6r4XRq>

Dance and Sing

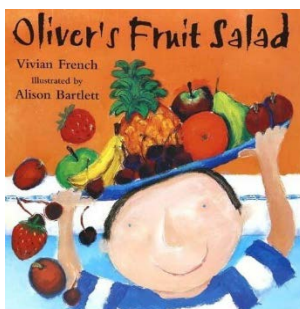
The fruit of the spirit by GO Fish Kids Music <https://www.youtube.com/watch?v=f-ejASgf1VE>

The Story: Galatians 5 verses 22-25 (from Revised Standard Version Bible)

By contrast, the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control. There is no law against such things. And those who belong to Christ Jesus have crucified the flesh with its passions and desires. If we live by the Spirit, let us also be guided by the Spirit.

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Modern Parables – books that explore the same theme



'Oliver's Fruit salad' by Vivian French read by Mr Moon
<https://www.youtube.com/watch?v=ASF1tevsErQ>

Oliver has visited his grandad who grows lots of fruit. He loves to learn about different fruits, but does he like to eat them too?

Table Top Discussions

Each day over a mealtime, have a quick conversation.

- Which of the fruits of the Spirit do you think is most important and why?
- Which fruits have you seen in others today?

Pray Together

Pray Tray!



Using a box lid or a cereal packet cut in half create a tray. Decorate the tray with pictures cut out from magazines or create your own design.

For each fruit of the spirit there will be an item to make or collect for that prayer activity. You can keep the items together in the tray and use it for your prayer time.

*Dear Jesus,
Help us to grow the Fruits of your Spirit in us
So that we can be more like you
In all we do and say
Amen*



To Do Together...



Fruity Straw Toppers

You might want to begin by creating something which shows the whole story. Here is one simple idea.



Straw toppers - Make your own straw toppers using the templates attached or draw your own fruit onto card, then make two holes and thread your straw through. As you drink from your straw you can think of all your fruit represents and think about how you may show this characteristic of a disciple of Jesus.



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Walking
the Way

Living the life of Jesus today

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

Walking the way challenges – for your scrapbook, try to take a photo or find a picture in a magazine or newspaper or even find a news report that reminds you of each of the fruits of the spirit. Over the weeks of the summer, try to choose a day to focus on each of the nine fruits of the spirit and think of ways God may be asking you to show those qualities. For example, for one whole day you might practise being extra patient with others, another day you might try to exercise some self-control and do the things that need to be done instead of just doing what you want to do. If you do it secretly, I wonder if anyone will spot the difference?

Week One – Love



The Story: Mark 12 verses 29 - 31 (from *The International Children's Bible*)

Jesus answered, "The most important command is this: 'Listen, people of Israel! The Lord our God, he is the only Lord. Love the Lord your God. Love him with all your heart, all your soul, all your mind, and all your strength.' The second most important command is this: 'Love your neighbour as you love yourself.' These two commands are the most important commands."

Online versions of the story

Watch and Listen

Jesus reveals the Greatest Commandment - told using hands

https://www.youtube.com/watch?v=v_SVpWee2MA

Dance and Sing

God's Love is Big by Allstars Kids Worship

<https://www.youtube.com/watch?v=ss-qCvdMAMc>

Explore the Story

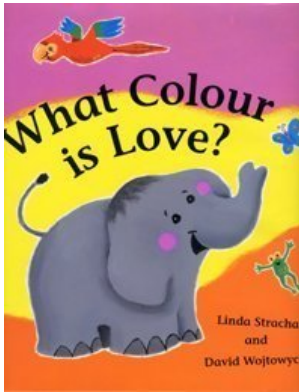
Jesus said we should love God and love others.

Love is the most important fruit; everything else flows from out from love. Jesus said if we love each other, people will see and know that we are God's disciples.



Create a jar of love – Decorate a jar and place it on the table or somewhere everyone can see it. Each day discuss where you have seen love that day and capture it on paper. You could start the sentence with Love is.....

Modern Parables – books that explore the same theme



'What Colour is Love?'

by Linda Strachan and David Wojtowycz

<https://www.youtube.com/watch?v=XrXYyAFssJ4>

Little Grey elephant is wondering what colour love is. He visits all the colourful creatures in the forest to find out. What colour do you think it might be?

Table Top Discussions

The Bible tells us that God is love. What does God's love look like?

What can we do this week to put our love into action?

I wonder what it means to say that God is love?

Pray Together

'Love your neighbour as you love yourself.'

Make a simple heart or use a heart shape that you have.

God loves everyone and wants the best for their lives. As you hold the heart, think about the people who you want to know God's love. Quietly name the people you are thinking about.

As you continue to hold the heart, think about the people that you find hard to love sometimes and ask God to help you show them love.

Ask God to help you share God's love with others.



*Dear Jesus,
Help us to grow the fruits of your Spirit in us
So that we can be more like you
In all we do and say
Grow in us the kindness of loving
everyone we meet day by day,
as you taught us to us do...*

To Do Together...

Love Bugs

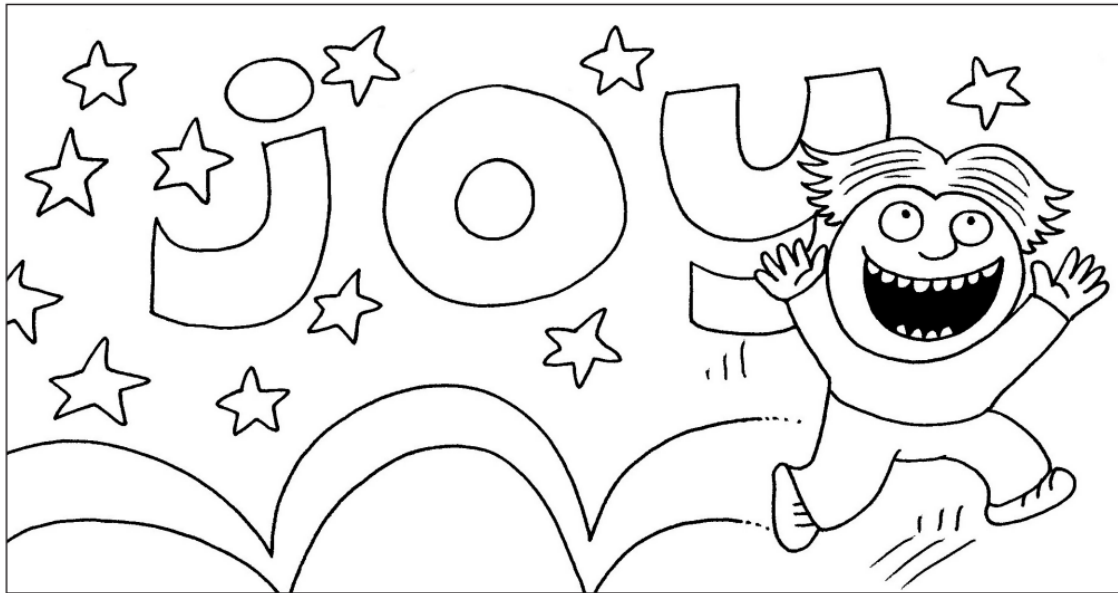
You will need: Heart shapes
Pipe cleaners
Kitchen roll core



What you do:

Create a love bug using some heart shapes and other bits and pieces. Be creative - what love bugs can you make and who could you give your love bug to? Our love bugs can remind us that we are commanded to love one another, to love God and to love ourselves as children of God.

Week Two – Joy



The Story: Nehemiah 8 verses 9 - 10 (from The International Children's Bible)

Then Nehemiah the governor and Ezra the priest and teacher spoke up. And the Levites who were teaching spoke up. They said to all the people, "This is a holy day to the Lord your God. Don't be sad or cry." All the people had been crying as they listened to the words of the Teachings.

Nehemiah said, "Go and enjoy good food and sweet drinks. Send some to people who have none. Today is a holy day to the Lord. Don't be sad. The joy of the Lord will make you strong."

Online versions of the story

Watch and Listen

The Joy of the Lord explained by Douglas the puppet
<https://www.youtube.com/watch?v=UQwHnmRBSHU>

Dance and Sing

Joy of the Lord by Rend Collective
https://www.youtube.com/watch?v=fcG9HApTC_Q

Explore the Story

How is joy different from happiness?

The bible tells us that it's a deep down joy which is more than a surface happiness. It comes from God's spirit in your life and it bubbles up for others to see.



Braided Thoughts - Think about how God's joy can give you strength in situations as you make plaits together. The threads by themselves are weaker than when they are plaited together. When God's spirit is in our lives, we are stronger than we were before, we are not alone. No matter the situation, God is with us and that gives us reassurance and deep joy.

Modern Parables – books that explore the same theme



'Joy' by Corrinne Averiss

https://www.youtube.com/watch?v=Ni_lxS6Xsy8

A little girl goes on a joy hunt to give Nana her Whoosh (Happiness) back.

Table Top Discussions

Who is the most joyful person you know?

What is the difference between joy of the Lord and other joy?

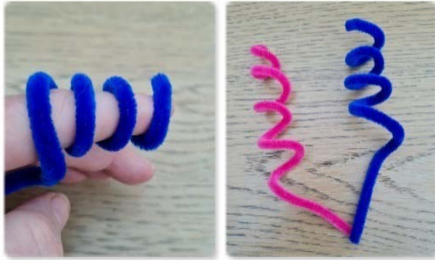
How can joy make us strong?

I wonder when you last experienced joy?

Pray Together

"This day is holy to our Lord. Do not grieve, for the joy of the LORD is your strength."

Nehemiah 8:10



Joy Springs

Joy is a deep-down joy which bubbles up inside us and is like a spring which is difficult to contain.



Wind a pipe cleaner around your finger to make a spring. Think about all the things that make you bubble with a deep-down excitement; it might be an event, a person or a place.

Hold the spring in your hand and say thank you to God. Ask God to fill you until you are overflowing with joy.

*Dear Jesus,
Help us to grow the fruits of your Spirit in us
So that we can be more like you*

*In all we do and say
Grow in us joy which is overflowing
that celebrates and rejoices
and is visible to others...*



To Do Together...

Bubble painting butterflies

You will need: Paint
A straw
Bubble mixture or washing up liquid
Paper

What you do:

Mix some paint with bubble mixture or washing up liquid.

Blow through the straw to create some bubbles in the paint.

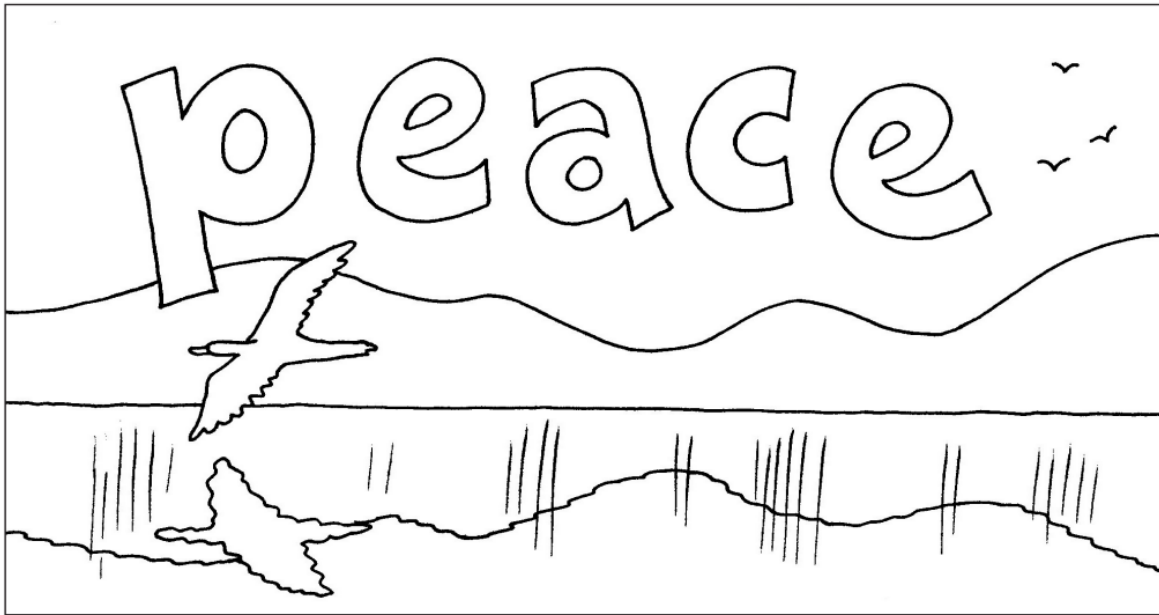
(Be careful not to suck up any of the mixture)

Place a piece of paper on top of the bubbles to leave an imprint of the bubbles: you may want to repeat this to get a good image on your paper. Cut your bubble printed paper into a butterfly and hang it outside.

The spirit of joy bubbles up from deep within us and flies like a butterfly, to land on other people for them to see.



Week Three – Peace



The Story: John 14 verse 27 (from *The International Children's Bible*)

Jesus said, "I leave you peace. My peace I give you. I do not give it to you as the world does. So don't let your hearts be troubled. Don't be afraid."

Online versions of the story

Watch and Listen

A fun science experiment by Professor Germex exploring the peace of God by Kids in Action
<https://www.youtube.com/watch?v=YDxxjksCzt4>

Dance and Sing

Peace like a river by Listener Kids

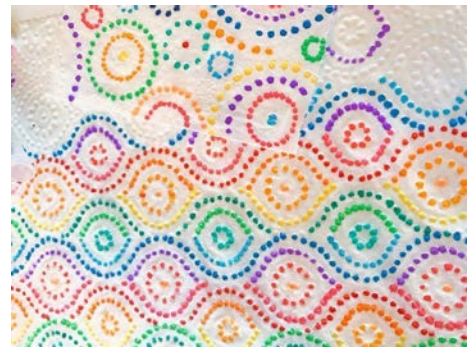
<https://www.youtube.com/watch?v=7it5W1FVtTs>

Explore the Story

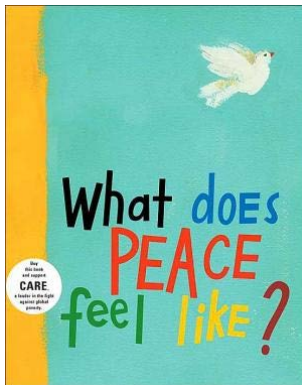
The Peace that God gives is different from the peace that world gives us. It is a calming peace that passes all our own understanding. It is a peace that is deep within us and comes from knowing that God is holding us in the palm of his hands.



Calming colouring: Some people use mindfulness colouring to help them relax, and focus. As you discuss this week, try using a paper towel as a calming tool. Simply decorate the patterns with coloured pens.



Modern Parables – books that explore the same theme



'What does peace feel like?'

By **V. Radunsky**

<https://www.youtube.com/watch?v=KIF3JhpiNtA>

Children all around the world just like you, wonder together about what peace feels like, sounds like, smells like and so on. A great discussion starter.

Table Top Discussions

Some people use weighted blankets to help with their anxiety, I wonder how God's peace is similar to a weighted blanket? How else could you describe God's peace?

What does peace mean to you?

I wonder if there's a special place where you feel most at peace?

Pray Together

Jesus said, "I leave you peace. My peace I give you. I do not give it to you as the world does. So don't let your hearts be troubled. Don't be afraid."

God holds us in the palm of his hands and gives us a deep peace more than we can understand.

Find something that helps you to feel calm, something that you can hold in your hand as you pray. You could use a smooth stone and decorate it to remind you of God's Peace.

Find a space to sit quietly and hold the stone in your hand. Wrap your hand around it and think about the things that make you feel anxious or stressed. What are your worries? Tell God about them and ask God to give you peace.



*Dear Jesus,
Help us to grow the Fruits of your Spirit in us
So that we can be more like you
In all we do and say
Grown in us a sense of your deep peace
in our homes and in our school wherever we are;
a peace that is even more than we can understand...*

To Do Together...



Tennis ball labyrinth

You will need: A tennis ball
A felt pen

What you do:

Take a tennis ball and trace over the pattern already on it to make it stand out. If you don't have a tennis ball, you could use any ball and draw the pattern on it.

Find some inner peace, by tracing your finger over your tennis ball, tracer ball and turning it slowly in your hand.



Week Four – Patience



The Story: *Psalm 37 verses 7 - 8 (from The International Children's Bible)*

Wait and trust the Lord.

Don't be upset when others get rich or when someone else's plans succeed.

Don't get angry.

Don't be upset; it only leads to trouble.

Online versions of the story

Watch and Listen

Herbert the Snail by Wesley's Wuppets

Follow the song story of Herbert the snail who learns about God's patience

<https://www.youtube.com/watch?v=iL1BRPEjMZA>

Dance and Sing

Gotta wait by Sovereign Grace Music

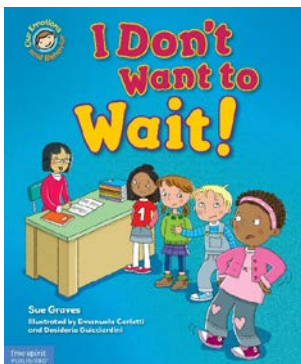
https://www.youtube.com/watch?v=QV_tGcMwuk8

Explore the Story

It can be difficult to wait for things. Patience is something we all need more of, especially in our fast paced, instant life. It can help to think of waiting for God's timing not our own.

Not now, but soon - Make a promise to each other this week to do something nice for each other. You could tell each other a little bit of what you have in store for each other, but you are not going to do/give it just yet. Each time you see each other, ask: "Is it time for you to keep your promise?" And if it's not time, reply with "Not now, but soon." See how long you can make each other wait patiently for the surprise.

Modern Parables – books that explore the same theme



'I don't want to wait!' By Sue Graves

<https://youtu.be/Til4wn36S5s>

Maisie never likes to wait, and we will see the consequences.

Table Top Discussions

How easy do you find waiting? Are you a patient person? What's the longest you have had to be patient for? Share your stories together.

Can you think of any bible stories about waiting? What do they teach us about patience?

How easy is it to wait for God's promises?

I wonder why God sometimes makes us wait?

Pray Together

Wait and trust the Lord.

Psalm 37:7



Make a clock face - it can be any size. Cut out a circle of card or use an old CD. Put the numbers around the outside of the circle and make hands from card. Stick the hands to the clock face or, if you have one, use a paper fastener to attach the hands so that you can move them around the clock.

Sometimes we want to rush to do something quickly or we get impatient waiting for something to happen. It is good to take time and to slow down with God. Hold your clock and think about times when you need to slow down and be patient. Sit in quietly in your favourite comfy place and be still with God.

As you sit, speak to God in your head and share where you would like to be more patient. Ask God to help you have more patience in your life.

*Dear Jesus,
Help us to grow the fruits of your Spirit in us
So that we can be more like you
In all we do and say
Grow in us patience and stillness.
Help us sometimes to slow down
to take time to be with you...*

 **To Do Together...**

Patience Food

You will need: 500g strong white flour, plus extra for dusting
2 tsp salt
7g sachet fast-action yeast
3 tbsp olive oil
300ml water

What you do:



Mix 500g strong white flour, 2 tsp salt and a 7g sachet of fast-action yeast in a large bowl. Make a well in the centre, then add 3 tbsp olive oil and 300ml water, and mix well. If the dough seems a little stiff, add another 1-2 tbsp water and mix well. Put it onto a lightly floured board and knead for around 10 mins. Once the dough is smooth, place it in a lightly oiled bowl and cover with cling film.



Now you need to be **patient** for 1 hour until doubled in size.

Line a loaf tin or baking tray with baking parchment. Knock back the dough (punch the air out and pull the dough in on itself) then gently mould the dough into a ball.



Now place it on the baking tin/tray. Now you need to be **patient** for a further hour until doubles in size.

Heat oven to 220C/fan 200C/gas 7.

Dust the loaf with some extra flour.



Now be **patient** and bake for 25-30 mins until golden brown and the loaf sounds hollow when tapped underneath. Cool on a wire rack.

If you don't want to make bread, why not make some Jelly, or freeze some grapes or banana, and be patient until you can eat them.

Waiting for God's word in a busy place can be hard but God gives us the Fruit of the Spirit to help us to be patient.

Week Five – Kindness



The Story: Proverbs 16 verses 23 - 24 (from The International Children's Bible)

A wise person's mind tells him what to say.

This helps him to teach others better.

Pleasant words are like a honeycomb.

They make a person happy and healthy.

Online versions of the story

Watch and Listen

Kindness by Pursue God Kids

<https://www.youtube.com/watch?v=5Qj5MabxKAU>

Dance and Sing

Give a little kindness by Elevate Kids Worship

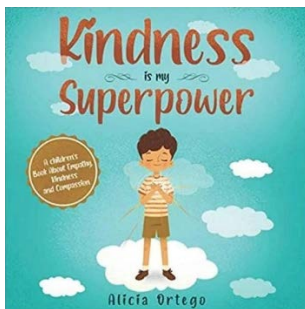
<https://www.youtube.com/watch?v=fCwbGMHpDYq>

Explore the Story

Kindness is what love looks like on the outside. It's the things we say and the things we do that show love to others. The passage tells us that kind words are as sweet as honey. There is power in our actions and our words, power to help people or power to harm them. Which will you choose to use?

Kindness mission: *This week, find ways to be kind to each person as you spend time with your friends and family. Find ways to show your love to others and wear your love on the outside as kindness. Don't forget, it can include words. You could leave little positive, kind words for people to find.*

Modern Parables – books that explore the same theme



'Kindness is My Superpower' by Alicia Ortego

<https://www.youtube.com/watch?v=JAIPk3m3wh4>

A little girl learns what it means to be kind and how it can be a superpower helping those around her

Table Top Discussions

What would the world look like if everybody were kind for one day?

Can you think of examples, of how God is kind?

I wonder whether kindness and love are the same thing or different?

Pray Together

'Pleasant words are like a honeycomb. They make a person happy and healthy.'

Proverbs 16:24



Create the word **'kindness'**. You could cut out the letters from a magazine or use any letters that you have, for example scrabble letters or stickers.



Take the word you have made and either hold it or put it in front of you. Think about how a simple act of kindness in what you say or do can help others. Talk to God about people who you know who might be sad or alone and ask God to help you show them kindness.

*Dear Jesus,
Help us to grow the fruits of your Spirit in us
So that we can be more like you
In all we do and say
Grow in us your kindness
Help me to speak words of kindness
And smile each day, sharing your love with others...*



To Do Together...

Kind Words to the World



You will need: Some chalk
Some kind words

What you do:

Are we kind with our words and how do we share those kind words with others? Why not do this?

On the pavement or a wall, write some kind words to share with other people as they pass by.

Kindness is what love looks like on the outside!



Week Six – Goodness / Generosity



The Story: 2 Corinthians 9 verses 6 - 7 (from *The International Children's Bible*)

Remember this: The person who plants a little will have a small harvest. But the person who plants a lot will have a big harvest. Each one should give, then, what he has decided in his heart to give. He should not give if it makes him sad. And he should not give if he thinks he is forced to give. God loves the person who gives happily.

Online versions of the story

Watch and Listen

Generosity by Crossroads Kids

<https://www.youtube.com/watch?v=VyXe25LycY>

Dance and Sing

Our God's Generous by Nick and Becky Drake

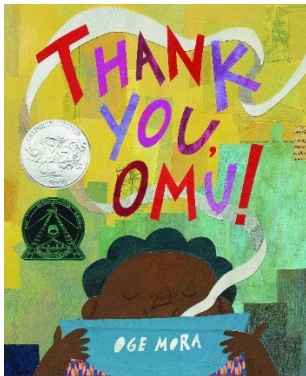
<https://www.youtube.com/watch?v=xea8Y0llJyc>

Explore the Story

This passage reminds us that God loves a cheerful giver. No matter how much or how little we have, God encourages us to give to others. It is how we share God's love with others. Now more than ever, there are many opportunities around us to give generously.

Do it: Discuss as a family and decide what can you give this week, as individuals and as a family. Who will you share God's love with by giving generously?

Modern Parables – books that explore the same theme



'Thank You Omu' by **Oge Mora** read by **Mr Conlin**

<https://www.youtube.com/watch?v=Hbts2TRRyhU>

Omu is making thick red stew. The fabulous smell attracts many people to her door, all for a taste of the stew. When it's time for her supper, Omu has none left. She then finds that her generosity has come back to visit her.

Table Top Discussions

What is the difference between sharing and giving generously?

How do we give generously if we only have a little?

I wonder if you can share about a time someone showed generosity to you?

Pray Together

'God loves the person who gives happily.'

2 Corinthians 9:7



Draw around your hand and cut it out. Stick a heart onto the palm of the hand reminding you of God's love and how we can share this love generously.

Ask God to help you to show generosity to others. Think about families, friends and neighbours and ask God to bless them.

Dear Jesus,

Help us to grow the fruits of your Spirit in us

So that we can be more like you

In all we do and say

Grow in us generosity

as we care and share with our families, friends and neighbours, those near to us and those far away...



To Do Together...

Ninja Givers

You will need: Black clothes
Something to give to someone.



What you do:

Have some fun dressing up as a ninja, practice your ninja moves and then deliver something to someone else as quickly and quietly as a ninja. Share God's love with others by being a cheerful ninja giver.



Week Seven – Faithfulness



The Story: Hebrews 10 verses 22 - 23 (from *The International Children's Bible*)

So let us come near to God with a sincere heart and a sure faith. We have been cleansed and made free from feelings of guilt. And our bodies have been washed with pure water.

Let us hold firmly to the hope that we have confessed. We can trust God to do what he promised.

Online versions of the story

Watch and Listen

Short Animated Bible study in faithfulness for children by The Bible Applied

<https://www.youtube.com/watch?v=86tMU03M2Ss>

Dance and Sing

All Through History by Nick and Becky Drake

<https://www.youtube.com/watch?v=hQS2HHayr38>

Explore the Story

This passage tells us that we can rest and enjoy life, knowing that God is faithful. We can trust God to do whatever he has promised, such as never leave us. It is easier to trust in someone when there are stories of how they have been faithful to others. The Holy Spirit can help us to show the same faithfulness to God so that others can see that we trust God completely.

This week share your stories with each other about times when God has been faithful to you.

Modern Parables – books that explore the same theme



'Maybe God is Like That Too' by Jennifer Grant

<https://www.youtube.com/watch?v=0kw32hmxYLq>

A little boy is trying to find out where God is in the world and finds out that God is where there is peace, joy, faithfulness, generosity and all the gifts of the Holy Spirit.

Table Top Discussions

God is faithful, God is always with us. Where have you seen God this week?

What does it mean to be faithful?

I wonder whether there are times when you find it hard to be faithful to God?

Pray Together

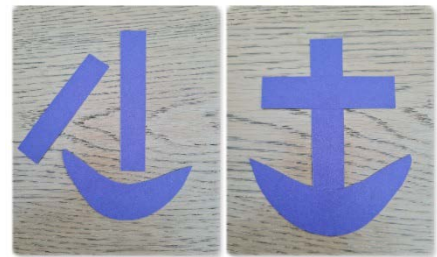
*'Let us hold firmly to the hope that we have confessed.
We can trust God to do what he promised.'*

Hebrews 10:23

Anchors keep ships steady in stormy seas. They are strong and stop them floating away.



Take a longer and a shorter piece of paper or card and glue them together to make a cross shape. The cross reminds us that we can ask Jesus to help us to be strong and to be with us when times are hard and scary. Stick a semi-circle or crescent shape on the bottom of the cross to make an anchor.



Hold onto the anchor and ask Jesus to be like an anchor in your life.

Dear Jesus,

Help us to grow the fruits of your Spirit in us

So that we can be more like you

In all we do and say

Grow in us faithfulness

Help us to stay strong and steady

When times are hard or scary...



To Do Together...



Door Stops

You will need: Something heavy (e.g. a tin, some rice)
A sock
Some cotton wool or stuffing.

What you do:

Place your heavy object inside a sock and pad it out with the stuffing to make it soft on the outside. We made our sock into a smiling boot. I wonder what you could make to hold a door open.



Being faithful means that, although we may be soft on the outside, we are hard core in the centre and will not move from your side. We can be faithful just as God is faithful and is always with us, holding us fast during difficult times.

Week Eight – Gentleness



The Story: *Philippians 4 verse 5 (from The International Children's Bible)*

Let all men see that you are gentle and kind. The Lord is coming soon.

Online versions of the story

Watch and Listen

Gentleness by Kids Christian Object Lessons

<https://www.youtube.com/watch?v=rTx4cbWDZC8>

Dance and Sing

Gentle like Jesus by St Helen Music

<https://www.youtube.com/watch?v=IT7yylyRMe4>

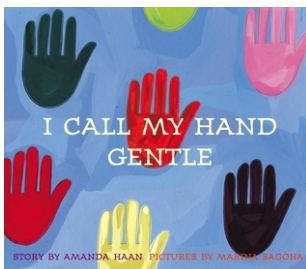
Explore the Story

As Christians, with God's spirit living in our lives, we are called not just to be gentle but to show it for others to see. The world isn't always a gentle place to live. What difference can gentleness make in our world?



Practice the skill of being gentle: Choose something fragile to take care of. It might be a seedling or a plant, it could be a pet, or even a fresh egg or an origami shape. Choose something and take it with you all week, taking care of it and being gentle with it. Show it to each other at the end of the week, so everyone can see how you got on.

Modern Parables – books that explore the same theme



'I Call my Hand Gentle' by Amanda Haan

<https://www.youtube.com/watch?v=rA1vVUfN3I8>

A girl explains why she calls her hand Gentle and how it is used in gentle ways.

Table Top Discussions

Jesus was gentle. What does this mean? What did we see in his life that shows he was gentle?

If we are to be like Jesus, what does gentleness look like in our lives, in our words and actions?

I wonder if being gentle is just about the way you touch things or if there's another way to be gentle too?

Pray Together

'Let all men see that you are gentle and kind. The Lord is coming soon.'

Philippians 4:5

Sometimes we can be rough in the way we talk and behave with others.

Touch the feather and feel how gentle and soft it is. Ask God to give you more gentleness and to help you be gentle towards others in words and actions.

*Dear Jesus,
Help us to grow the fruits of your Spirit in us
So that we can be more like you
In all we do and say
Grow gentleness in us
Give us a sense of forgiveness
To forgive and forgive
And know we are forgiven...*





To Do Together...



Gentle Eggs

You will need:

- A safety pin
- A toothpick
- A straw
- A measuring jug or bowl
- Pens and other art materials to decorate

What you do:

Sit an egg in your egg box to steady it. Holding the egg still, carefully tap and push a hole in the top centre of the egg with your safety pin. Once you have made the hole, carefully push one end of the pin in as far as it will go to widen it. Repeat this on the other side but make a slightly bigger hole to make the insides come out easily. Take the toothpick and insert it into the hole; stir it around to help break up the yolk and make it easier to remove the insides.

Hold the egg over a measuring jug or a sink, with the bigger hole facing down. Use a straw to flush out the contents of the egg by placing the tip of the straw over the hole and blowing hard- it can take a minute to get going, so be patient. You will know that it's all out when it becomes lighter and you are just blowing out bubbles of egg white, followed by air.

Clean the shell by holding it carefully under running hot water from the kitchen tap. Wipe carefully with kitchen paper and leave to dry. Now you're ready to decorate it however you like.

Eggs may look strong but need to be treated carefully. We need to be gentle with people because others can 'break' when treated carelessly by the world.



Week Nine – Self-Control



The Story: James 1 verses 19 - 21 (from The International Children's Bible)

My dear brothers, always be willing to listen and slow to speak. Do not become angry easily. Anger will not help you live a good life as God wants. So put out of your life every evil thing and every kind of wrong you do. Don't be proud but accept God's teaching that is planted in your hearts. This teaching can save your souls.

Online versions of the story

Watch and Listen

Self Control by Pursue God Kids

<https://www.youtube.com/watch?v=JoVHsNyttl0>

Dance and Sing

Give me self-control by Sovereign Grace Kids

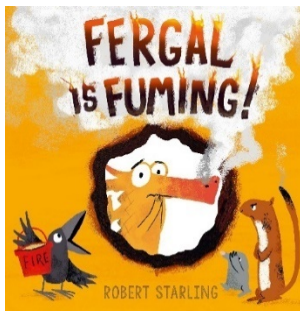
<https://www.youtube.com/watch?v=hnzMUcxGVZE>

Explore the Story

Explore – Self-control is something all of us need at some point, some of us more than others. This passage reminds us that we need to go slower, to take time, to take a breath, and not be too quick to react. It is about staying in control of your emotions and responses.

Stop, think say: This week challenge each other to work on your self-control by using the ‘stop, think and say’ method. When someone or something is annoying you and you want to react negatively, STOP don’t react straight away, THINK give yourself thinking time to plan how you are going to react, take a breath, SAY what you need to but remember to be gentle.

Modern Parables – books that explore the same theme



‘Fergal is Fuming’ by Robert Starling

https://www.youtube.com/watch?v=pyKb6dqLx_s

Fergal is a fiery little dragon who needs to learn how to cool down and have some self-control.

Table Top Discussions

What are the times in your day that you need self-control for?

What do you find works for you as a top tip for having self-control?

How can God help us to have self-control?

I wonder if you can share about a time when you needed some self-control. Did you manage it?

Pray Together

'Always be willing to listen and slow to speak. Do not become angry easily.'

James 1:9

Zipped U (buttoned up)



Self-control is about staying in control of your emotions and responses.

Find a zip, or you could use a button or a paper clip. All these things help hold things together.

Sometimes, when we get angry or sad, we find it hard not to shout or hit or say something mean.

Hold the zip, button, or paper clip in your hand. If you have a zip, start with it open and slowly slide the zip closed. Ask God to help you to stay in control of your anger, to slow down and be able to hold yourself together.

Dear Jesus,

Help us to grow the fruits of your Spirit in us
So that we can be more like you
In all we do and say

Grow in us the fruit of self-control
in all our relationships day by day,
hold us together and help us to stay calm
when things all feel too much...

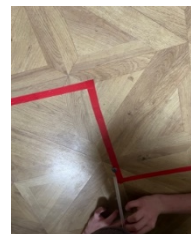


To Do Together...



Marble Control

You will need: Some tape
A straw
A marble



What you do:

Make a pattern on the floor with coloured tape. Or draw a line outside with chalk.

Place a marble at one end and, using a straw, carefully blow it along the line. You need to take your time and be controlled because if you blow too hard it will come off the line.

We need to go slower, to take time, to take a breath, and not be too quick to react.

We need to stay in control the things we do or say so that we can follow God's path.



families on faith adventures SUMMER

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: lorrainewebb@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

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