

## 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:

## Feeling SO Sad Lamentations 5



From



and



Illustration by  
Intvgene on Flickr

## 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.

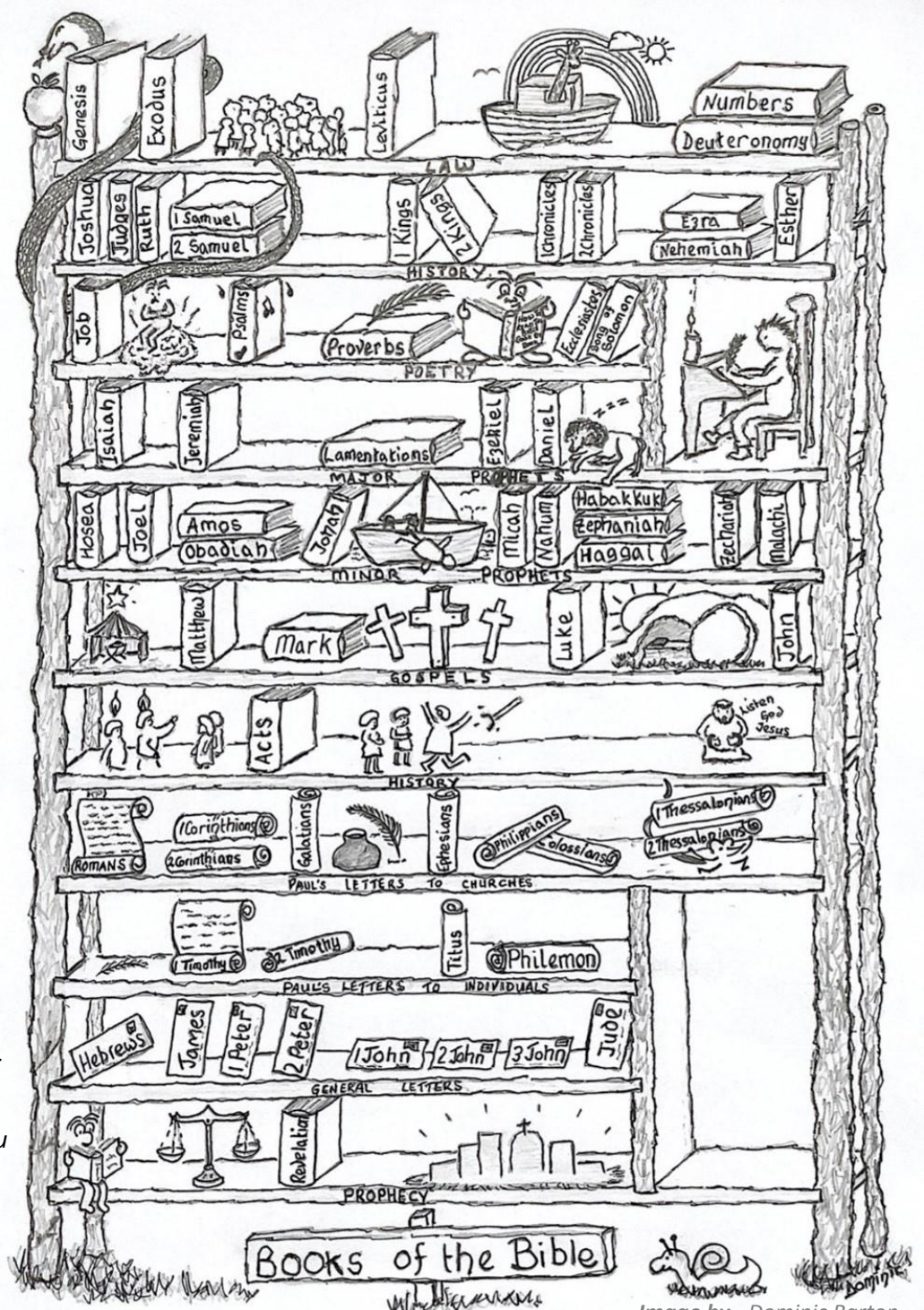
The New Testament tells us the stories of Jesus and his followers. There are 27 books in the New Testament.



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: Lamentations**

We are unsure who wrote the book of Lamentations, but many people believe it might have been the Prophet Jeremiah, around 585 BC. It is the only prophecy book in the bible that looks backwards more than it looks forwards. This book gives a glimpse into the phrase 'dwelling on the past.' Lamentations means a passionate expression of grief or sorrow, weeping. The book is sometimes called the song of sorrows. Jerusalem has been destroyed and the writer is looking at the destruction with sadness, but still finds ways of remembering that God is there.

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

#### **Watch and Listen**

Lamentations for Kids (Gods love never fails) by IPA Church Children and Youth

[https://www.youtube.com/watch?v=x7ZIU\\_1ddvQ](https://www.youtube.com/watch?v=x7ZIU_1ddvQ)

Sad, Kids exploring their feelings by Uniland Kids <https://www.youtube.com/watch?v=doNjhtvqps>

A spot of sadness by Diane Alber (dealing with sadness)

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

Happy and Sad by Sesame Studios <https://www.youtube.com/watch?v=4Rh6H8fa4UM>

#### **Dance and Sing**

There is power by Yancy [https://www.youtube.com/watch?v=PAsf\\_yqkWs](https://www.youtube.com/watch?v=PAsf_yqkWs)

I am not alone by Kari Jobe <https://www.youtube.com/watch?v=Ow4OfW4DP9s>

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

Pray by Vineyard Kids <https://www.youtube.com/watch?v=b7iP09OqPFq>

Lord, I need you by Matt Maher <https://www.youtube.com/watch?v=LuvfMDhTyMA>

[\(2\) Rend Collective Live - Weep With Me - YouTube](#)

### **The Story: Lamentations 5 verses 14, 15, 17, 19 and 21 (from The International Children's Bible)**

*The older leaders no longer sit at the city gates.*

*The young men no longer make music.*

*We have no more joy in our hearts.*

*Our dancing has turned into sadness.*

*Because of this we are afraid.*

*Because of these things our eyes are dim.*

*But you rule forever, Lord.*

*You will be King from now on.*

*Bring us back to you, Lord. We will return.*

*Make our days as they were before.*

*Scripture quotations are taken from the International Children's Bible®,  
copyright © 1986, 1988, 1999, 2015 by Tommy Nelson. Used by permission.*

## Ideas to Retell/Explore the Story

### **Feeling Sad**

*I feel moany and groany,  
And too sad to play,  
You can't cheer me up,  
It's been raining all day!*

*The cake has been finished,  
There are peas on my plate,  
Don't expect me to listen,  
Whilst you tell me they're great.*

*The dog licked my ice-cream,  
And my best friend's moved house,  
There's a ghost in my wardrobe –  
Or perhaps it's a mouse.*

*My mash is too hot,  
The paddling pool's cold,  
My cosiest jumper,  
Has a big, gaping hole.*

*Sit with me, cuddle me,  
Allow me to weep,  
I've remembered that library books,  
Aren't mine to keep.*

*Don't shout at me, sigh at me,  
Tell me I'm bad,  
Roll your eyes wearily,  
Or demand I be glad.*

*Hold my hand gently,  
Tell me you'll stay,  
Say: "Sadness won't last,  
Tomorrow's a new day."*

### **Sit With Me....**

*The back step was his favourite place to sit when he was feeling gloomy and sad. There were plenty of stones to kick and it was out of the way. He closed his eyes and tried to imagine what he would look like as a cartoon. Probably bluey-grey with his own personal rain cloud!*

*It had been a horrible day and, to make things worse, he'd slammed his favourite mug down angrily on the kitchen table and it had broken. He hadn't meant to.....*

*Every time Mum passed she would shout out something like 'Cheer up' or 'Try a smile!' Grandma reminded him that there were lots of people around the world who were having much worse days. Neither of them made him feel any better.*

*His friend had messaged - telling him to forget about it. Everyone else at school would forget about it soon enough, what was the point in worrying? (Oh, and they were taking bikes to the park later if he wanted to come.) That didn't help.*

*/Cont...*

*Then his sister appeared.*

*As if things needed to get any worse.*

*She didn't ruffle his hair or call him a wimp. She didn't shout or force him to say a single word. Maybe she wasn't working undercover for Mum after all.*

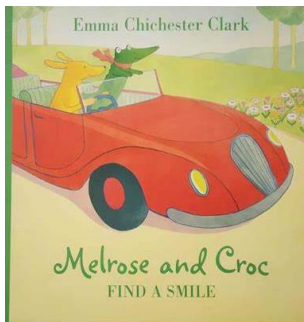
*She sat.*

*The silence lasted for a very long time but it wasn't awkward.*

*"Sorry it's been a bad day! You don't have to talk about it but you can if you want to."*

*That was all she needed to say. Then they let the calming quiet wash over them again.*

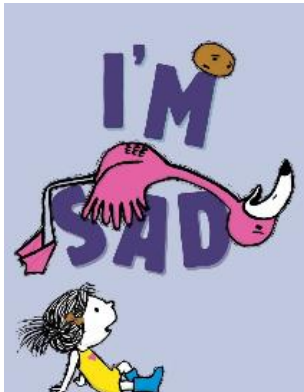
### **Modern Parables – books that explore the same theme**



**'Melrose and Croc Find a Smile'** by **Emma Chichester Clarke**

*Melrose has lost his smile and little green croc is going to show him all the things he can do to find a smile.*

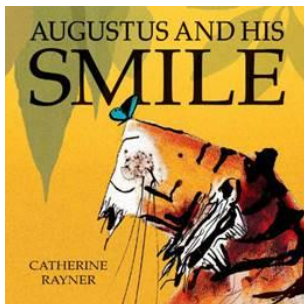
[https://www.youtube.com/watch?v=WavDn0zJG\\_I](https://www.youtube.com/watch?v=WavDn0zJG_I)



**'I'm Sad'** by **Michael Ian Black**

*A flamingo is sad. His friends (a little girl and a potato) explore sadness together and decide its ok to be sad sometimes.*

<https://www.youtube.com/watch?v=e0i-uvyY10o>



**'Augustus and His Smile'** by **Catherine Rayner**

*(CBeebies bedtime stories)*

*Augustus is a tiger who has lost his smile. He sets off into the forest to find it. Will he find it?*

<https://www.youtube.com/watch?v=3CPIGXh0EkI>

### **Any of the Winnie-the Pooh stories about Eeyore**

*It occurred to Pooh and Piglet that they hadn't heard from Eeyore for several days, so they put on their hats and coats and trotted across the Hundred Acre Wood to Eeyore's stick house. Inside the house was Eeyore.*

*"Hello Eeyore," said Pooh.*

*"Hello Pooh. Hello Piglet," said Eeyore, in a Glum Sounding Voice.*

*"We just thought we'd check in on you," said Piglet, "because we hadn't heard from you, and so we wanted to know if you were okay."*

*Eeyore was silent for a moment. "Am I okay?" he asked, eventually. "Well, I don't know, to be honest. Are any of us really okay? That's what I ask myself. All I can tell you, Pooh and Piglet, is that right now I feel really rather Sad, and Alone, and Not Much Fun To Be Around At All. Which is why I haven't bothered you. Because you wouldn't want to waste your time hanging out with someone who is Sad, and Alone, and Not Much Fun To Be Around At All, would you now."*

*Pooh looked at Piglet, and Piglet looked at Pooh, and they both sat down, one on either side of Eeyore in his stick house.*

*Eeyore looked at them in surprise. "What are you doing?"*

*"We're sitting here with you," said Pooh, "because we are your friends. And true friends don't care if someone is feeling Sad, or Alone, or Not Much Fun To Be Around At All. True friends are there for you anyway. And so here we are."*

*"Oh," said Eeyore. "Oh." And the three of them sat there in silence, and while Pooh and Piglet said nothing at all; somehow, almost imperceptibly, Eeyore started to feel a very tiny little bit better.*

*Because Pooh and Piglet were There. No more; no less.*

*(In the style of A.A.Milne by Kathryn Wallace)*

### **Table Top Discussions**

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

- *What makes you sad? What helps you when you are feeling sad?*
- *Have there been times when you have seen God, with you in your sadness?*
- *Do you know someone is sad at the moment? I wonder what you can do to support them?*
- *Can you think of any other bible stories where someone was sad? Explore them together and see what the stories can say to us about sadness.*
- *Do you think there were times when Jesus was sad? I wonder why he was sad?*

## 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 rainbow colours  
for God's promise



A sad face, maybe drawn  
on a paper plate or  
wooden spoon, or use a  
sad-faced toy.



A handkerchief or  
tissues



A variety of fabrics and items –  
thinking about feeling blue

## **Pray Together**

### **Blanket Prayer**

*Wrap a blanket around your shoulders, like it's giving you a big hug.*

*Pray here.....*

***Thank you that you are a listening God:***

***You wait with me,***

***You wonder with me,***

***You weep with me.***

*Roll up in a ball and let the blanket cover you completely.*

*Pray here.....*

***Thank you that you are a caring God:***

***You have known me since before I was born,***

***You are here now,***

***You don't even need me to speak my sadness out loud.***

*Lay the blanket flat on the floor then crawl underneath it to the other side.*

*Pray here.....*

***Thank you that you are a journeying God:***

***You are always with me,***

***You know what lies ahead,***

***You won't leave me to travel alone.***

***Amen***



## Pray Together

### Jar of Tears Prayer

The Bible tells us that God sees our tears and keeps a record of them (Psalm 56 v 8). This is a beautiful image that reminds us that God sees everything. God knows when we are sad, and God is with us at those times.

This prayer can help us pray about things that are making us or those we know, sad.

**What you need:** A bottle/pot/jar  
Coloured paper/card



Take a bottle/pot/jar and place it where you will be praying. You might like to decorate it.

Cut some tear drops in two contrasting colours. I chose blue and yellow.

When you pray, draw or write on the tear drops the things that are making you sad at the moment and place them in the pot as you bring them to God in prayer. You could say a simple prayer as you drop them in, for example, "God, see my tears and the things that are making me sad. Be with me in my sadness."

Then, using the contrasting colours, place a tear drop in the jar as a reminder that God is with you in your sadness and shares in your sorrow. You could say a simple prayer as you drop them in, for example, "Thank you, God, that you are with me in my happiness and my sadness. You care and you love me."



## Pray Together

### **Holding You in the Light:**

**What you need:** Little play person/teddy  
Torch  
Somewhere dark

*“Holding you in the light” is something that the group of believers called Quakers say when they pray for someone. This prayer is about holding people in the light of God.*



*Find or create a dark place (an excuse to make a den out of blankets).*

*Hold the play person/ teddy in one hand and a torch in the other.*

*First hold the play person/teddy in the darkness.*

*Think about some of the ‘dark’ places people may be where they feel sad or alone. Maybe you know people who are sick, or lonely, maybe someone they love has died or they are just feeling low. You might even want to think about anything that’s on your own mind too.*

*Now very slowly move your hand so that the play person/teddy is in the light from the torch.*

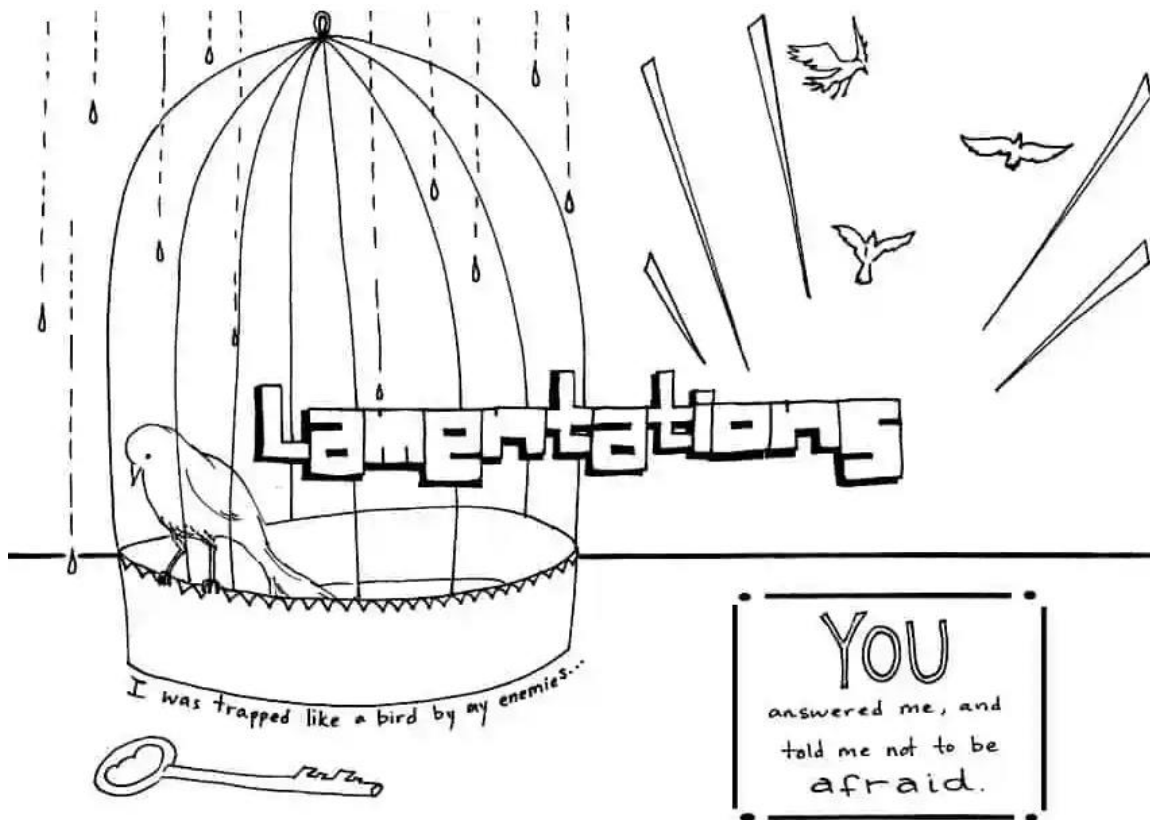
*When we pray, we are bringing people from the dark places into the light of God’s love.*

*As the light shines on the play person/teddy, pray that God’s love will fill and surround the people you thought about.*

I wonder what  
sadness looks and  
feels like?

I wonder how you  
can tell when  
someone is  
feeling sad?

I wonder who helps  
you when you are  
feeling sad?



Mandy Grace '14

ministry-to-children.com

I wonder if God  
ever gets sad?

I wonder if sadness is  
ever a good or  
positive experience?

Illustration by  
Mandy Grace from Ministry-to-children.com



**To Do Together...**

**Small Play**

**What you need:** Any soft toys/ small world/ lego characters

If you do not have small world characters, you could make your own. Fold an A4 piece of paper in half and seal each side, leaving the bottom open. Draw a face/ person on it and insert your hand inside and use as a glove puppet. Or why not decorate the inserts from toilet rolls to look like people?

Use the characters to act out some different situations that might make someone feel sad. Think together about the different responses we could have. Some ideas could be: when you've lost something, when a pet has died, when someone you love is hurting.... What else can you think of? How might your character be feeling and acting, and how could someone else help them?

You may wish to create a picture story using these characters in different 'scenes' by taking photos of them. You could even create your own stopmotion story.

<https://cloudstopmotion.com/>

As you play together, think about these words:

***'We have no more joy in our hearts.  
Our dancing has turned into sadness. Bring us back to you, Lord.  
Make our days as they were before.'***





## To Do Together...

### Send a Smile Craft

*This activity is a way of noticing someone else who is sad at the moment and sending them your smile as an encouragement. It's a way of saying "I noticed you have lost your smile and wanted to send you one of mine to let you know I care and I'm here for you, and I hope you find your smile again soon."*

*You can be as creative as you like with the smile that you make and send.*

*It can be a hand drawn/painted picture, it could be a collage on a card, or a photo of your family's smiles. It could be a decorated biscuit or a sewn 3D smile. How do you enjoy being creative? Use your skills to design and make a smile then send it to the person you are thinking about.*

*Here are some that we made.....*





## To Do Together...

### **Magic Painting**

**What you need:** Watery paint  
Paint brush  
Wax crayons  
White paper

*Use the wax crayons to make a bright scribble on the white paper (any colour paper will work, but white is most effective). Sometimes life can be quite messy and jumbled up too.*

*Add a few drops of water to some paint to make it a little watery.*

*Start painting over the wax colouring. We can let God's love wash over us, especially when things are messy. God's love fills every bit of our lives.*

*As the paint starts to dry, the wax crayon scribble will still come through (if this doesn't happen add a few more drops of water to the paint) but we can remember that, even though being with God doesn't always take the messy times away, God is with us in them and we do not face it alone. In fact, sometimes God can take what's a bit messy and turn it into something beautiful.*



# Walking the Way

Living the life of Jesus today

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

**Everyday Faith:**

*Remember the book of Psalms is made up of songs to God by ordinary people, many of them written by David. Some are joyful, praise songs, but some are what is called "laments" which means sad songs which tell God how fed up the singer feels. It's good to share all our emotions with God. Think about how you are feeling right now. You may be feeling happy or sad, confident or worried, angry or calm. Choose an emotion that describes how you feel and write or make up a few short sentences each evening to share your feelings with God.*

**Scrapbooking:**

*Last week you designed an angry monster. This week, think about what sadness looks and feels like. Can you design a sadness monster? It would probably look very different. Draw or collage it and then write some of the words that you associate with sadness around it. Beneath it, you could write "I waited patiently for the Lord. He turned to me and heard my cry." Psalm 40: 1*

**Take it Further:**

*Everyone gets sad and low sometimes. It is really normal and natural and we should not be afraid of it. But it's also very important to look after our own mental health. Why not have a look at these videos from Child mental health week 2022 which was last February. Six familiar faces from TV and sport share their own personal stories about growth through adversity. You could watch them and talk about them together.*



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: [lorrainewebb@urc.org.uk](mailto: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*

*Nicola Grieves (Eastern Synod), Judy Harris (National Synod of Wales), Sharon Lloyd (Programme Assistant for CYW), Hannah Middleton (Northern Synod), Philip Ray (Wessex Synod, North), Lorraine Webb (Programme Officer for CYW), Ruth White (Wessex Synod, South) and Jo West, on behalf of the CYDO+ and Children's and Youth Work team.*



The  
United  
Reformed  
Church