**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)*

**The Alternative 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**

*Bucket Game*

*Equipment Needed: Two Buckets (or large plastic flowerpots, florist buckets)*

 *Beanbags (or small sponge balls)*

 *Two Hoops (or masking tape)*

*Set up – Place one bucket upside down on the floor in the middle of the playing area.*

 *– Place the second bucket the right way up on top of the other bucket.*

 *– Place the two hoops either side of the bucket ‘tower’ an equal distance away.*

*– Place an even number of beanbags in each hoop. If you can match colours it can help with managing the game, so four green in one hoop and four yellow in the other hoop.*

*All three areas should be in line with each other.*

*Hoop Buckets Hoop*

*This game is a team game with the aim being the first team to knock the bucket off the other bucket.*

*Split the group into two teams. Make sure there is an equal mix of ages and abilities in each team.*

*Seat each group in a line beyond the hoops and the playing area.*

*Number each player and ensure that the abilities of the respective numbers in each team is even. EG -both number 1’s are roughly the same age and ability, No 5’s might be older but again roughly equal in age and ability. Adults can also take part but should only play against another adult (ideally).*

*The game begins when the Leader calls a number. The players with that number in each team stand in the hoop and throw each beanbag in turn to try and knock the bucket off. They do not have to take it in turns or wait for the other team player. It is a race to knock the bucket off.*

*Once they have used all their beanbags they return to their seat, even if the other player is still throwing. If the bucket is knocked off then ‘celebrate!!’ that is the end of that go.*

*Leader can call random numbers out or call the numbers in turn.*

*The distance of the hoops to the bucket should be set appropriately to the age and ability of the group.*

*Pillar Ball*

*Equipment Needed: 1 metre length of drainpipe (ideally 15cm diameter, but standard will do)*

 *1 large sponge ball*

*Set up - Stand the drainpipe ‘pillar’ in the middle of your playing area.*

*This is a group game, working together to knock the pipe over.*

*The whole group stand in a large circle around the pipe (at least 2m from the pillar).*

*Everyone can join in this game, children and adults if they would like.*

*Ask for a volunteer to guard the pillar. Their job is to defend the pillar from being knocked down by the ball. They can move around the pillar, but not touch it.*

*The rest of the group have to us the ball to knock the pillar down. They are not allowed to move from the circle (except to retrieve the ball). They need to work together and fast, passing the ball around the group to catch the ‘guard’ off-guard.*

*Once someone knocks the pillar down, they become the guard and the previous guard rejoins the circle.*

*For younger children, you could use a smaller item for the pillar such as the inner tube from wrapping paper or kitchen roll. Maybe tape a few together so they stand easier but can be knocked over easier too. Keep to the large ball as this easier to handle for this fast-moving game.*

**Today’s theme is *that God can help us face the scary Giants we fear***

**The Big Story – *Scary Giants -*  1 Samuel 17**

Props

* toy sheep or shepherds’ staff
* measuring tape
* a chair (optional)
* Toy armour or cardboard homemade armour items

Reader 1 Do you ever think that you are too young to be used by God for anything really important?

Reader 2 Well yeah! I mean why would God use little me for anything really important, there are so many other people who are much bigger and taller and stronger than me!

Reader 1 Well one of best-known stories in the whole Bible is about a young child who God used to do an amazing thing. Even though there were lots of other adults around much stronger, much bigger than him.

Reader 2 Did he walk on water?

Reader 1 No

Reader 2 Did he share his lunch?

Reader 1 No, shall I tell you?

Reader 2 Ummmm, ok then.

Reader 1 This took place a very long time ago, long before Jesus was on the Earth although the boy in the story is related to Jesus but many years before Jesus. David was an ancestor of Jesus. He was also the youngest of his family he had 7 older brothers and three of them…

Reader 2 Seven? (interrupting) That is far too many brothers! Do you think they all had to share a bedroom?

Reader 1 I don’t know, I don’t know if they had a bedroom. But I do know that three of the brothers were old enough to go to war and fight with the Army of Saul who was the king of the nation of Israel. While David stayed at home to look after the sheep.

(toy sheep or shepherds’ staff)

Reader 2 I bet he wanted to go and fight too, who would want to stay at home to look after some smelly animals? A war is where all the action is! What a bummer for David.

Reader 1 Well you might think that and I can understand why but actually looking after the sheep was also very dangerous.

Reader 2 What’s dangerous about looking after sheep all they do is wander around eating grass and getting lost every so often and that is about it.

Reader 1 Well it was dangerous because at that time Lions and bears would often try to steal the sheep and kill and eat them and so it was David’s job to scare them away or fight them off and protect the sheep.

Reader 2 He would do that even when he was young. That is incredible.

Reader 1 I know but there is even more to the story. One day Jesse who is David’s Dad sent David to go and take some food to his brothers who were fighting in the war. So David took the food and went to see his brothers and while David was there he saw a terrifying sight. A huge mountain of a man named Goliath who was about three meters tall.

Reader 2 3 meters tall, are you sure?

Reader 1 Yes I’m sure 3 meters tall. Do you have a measuring tape to see how tall that is?

Reader 2 Its funny you should ask me that, yes I do. (Takes out the measuring tape and counts as each meter is revealed. Optional Reader 1 or a volunteer could stand on a chair and hold the top of the tape to demonstrate how tall Goliath was) 3 meters that is huge!

Reader 1 I know. And not only was he tall but he was strong and scary. Goliath would come to the front of all the people and challenge anyone to fight him and whoever won would win the whole battle for everyone. It was no surprise that no one would fight him. Day after day he came out morning and evening and challenged anyone from Saul’s army to fight him.

Reader 2 I can understand that who want’s to fight a giant?

Reader 1 I should have said no one except for David.

Reader 2 David? But you said David was only young. And that his older brothers and lot’s of other adults were there in the army!?

Reader 1 That is right. But when David heard what Goliath was saying and challenging the army of God’s people, David knew something had to be done.

Reader 2 Yeah run away and hide that’s what had to be done

Reader 1 Well David didn’t think that way. He was taken to see Saul the king who asked him why he thought he could take on Goliath?

Reader 2 Great question Saul, I was wondering that myself as it happens.

Reader 1 David told the king about his experience of fighting off and killing lions and bears to protect the sheep and that God who had protected him then, would also protect him against Goliath.

Reader 2 Yeah coz’ that makes total sense

Reader 1 The king wasn’t sure either so he suggested that David wear his own armour to protect him.

Reader 2 Brilliant, every soldier needs armour for protection right.

Reader 1 Do you have any?

Reader 2 Well it’s funny you should ask that because yes I do. (reveal the armour)

Reader 1 David tried on the Kings Armour. (Ask volunteers to try on the armour) The trouble was it did fit David it was made for Saul and David felt really uncomfortable in it and he couldn’t really move the way he was used to. So David decided to take the armour off...

Reader 2 and go back to his sheep ?

Reader 1 No, he didn’t go back home to the sheep instead he went out to face Goliath without the armour but just with 5 smooth stones from the stream and his own sling.

Reader 2 You can’t be serious?

Reader 1 I am serious, that is what happened. David went out and faced Goliath. And Goliath looked at David and laughed he shouted insults at David. David looked at Goliath and he said this battle is God’s battle and God will protect me. Then Goliath moved towards David and David ran towards Goliath and David took one of the stones out of his bag, loaded it into the sling and fired. The stone flew through the air and hit Goliath square on the forehead and knocked Goliath down. Face first, splat on the ground.

Reader 2 I didn’t see that coming

Reader 1 Neither did Goliath! David then ran to Goliath picked up Goliath’s sword and killed him. David had won the battle for the whole of Saul’s army.

**Creative Adventure**

**– Puppets**

You will need:

2 wooden spoons. One Large and one small (or one large wooden spoon and a lolly stick)

Card and coloured papers

Pens

Sticky glue and tape

Foil or shiny card for the armour

Pipe cleaners

Have some creative fun making 2 puppets to retell the story.

One LARGE one for Goliath and a small one for David

Simply use the spoon as a base for the person puppet.

Add card to give the body outline, leaving space at the base to hold the puppet

Draw on faces and detail

Add pipe cleaners for the arms and hands

Use foil or coloured card to add armour, sword and shield to Goliath and simple clothes to David, a simple string sling can be added

Once they are ready, the group can enjoy using them to retell the story

**Adaptations**

For younger children you could provide all the pieces for the body and armour etc already cut out ready for sticking on, leaving older children the opportunity to create their own.

Some children might like to make a simpler outline version for using as shadow puppets.

Wondering questions to use during creative time:

I wonder How David felt when he stood in front of the Giant Goliath

I wonder If there are any giants in your life

I wonder what we can do about our own Giants

**The Adventure Map**

Explain the Adventure Map and how a lot of the books were written hundreds and thousands of years before Jesus came to Earth. However, a lot of the stories in the Bible before the birth of Jesus, talk of his coming and set out how God wants us to live our lives.

Take the young people to the Adventure Map that you have created on the wall. Get the children to find where on the Map today’s story came from. Choose one or some of the things created by the children 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: Find five ways you can challenge your own fears and help others challenge their own fears in a positive way.

**Adventurers Go!**

So, today we have heard how God helps us face the Giants we are scared of, just as David was able to beat the scary Goliath.

**Prayers (choose one/both)**

*Father God,*

*Whether we are big or small, sometimes there are things that scare us, or make us anxious or afraid.*

*As we leave this place now, help us to remember that we don’t have to face anything on our own,*

*But that you are there to help and guide us, to help us make wise decisions and to give us strength and courage every step of the way. Amen.*

**Active Prayer**

Give each child a box (ideally show box size)

Ask them to draw or write on the box, the things that feel lie giants in their life. The things that want to ask God to help them with.

Invite the group to stack their boxes on a table top, to create their giant

Stand back from the table and give every child a small soft ball or pair of socks in a ball

Pray the prayer together and on amen everyone throws their ball at the stack to knock it down

**Father God**

**Thank you that you are always with us**

**Thank you that when we are scared or standing I front of a giant, you are with us**

**Help us to be brave,**

**Help us to remember that together we are stronger**

**Thank you that we can trust in you**

**AMEN**

**End Prayer Every Session: All together**

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

**Adventurers go! Amen**

*Then on a separate page you will need to do a list of all the things that the leader will need for the games, story and craft (and prayer) and complete a risk assessment for the session.*