**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

**Capture the flag!**

What you need:

* 2 flags

Divide the group into two teams. Each team is to move to opposite ends of the room, that is their base. In each base should be a flag. The aim of the game is for each team to capture the opposing team’s flag by crossing the room and picking it up. Each team protects their flag by tagging anyone on the opposite team anyone who tries to capture their flag. When someone has been tagged (touched), then they are to stand where they are and can only be released when one of their team mates touches them. Play a few rounds of the game.

**Dressing up for a cake!**

* Cake (check whether this needs to be gluten or lactose free)
* Woolly hat
* Scarf
* Gloves
* Blunt knife
* Cutting board
* Dice

Participants should stand or sit in a circle with the cake on a plate in the centre of the circle. Everyone should take turns throwing the dice. If someone throws a six, they should put on the hat, gloves and scarf and then try to cut a piece of cake to eat. While this happens, the taking of turns throwing the dice should continue until either the person has cut and eaten a piece of cake (The person would then take off the hat, scarf and gloves and take their place back in the circle) or someone else has thrown a 6 and they should be given the hat, scarf and gloves to put on instead. Play a few rounds. Lead into the theme by saying that they are going to hear a story about dressing up, but not in real clothes like in today’s game, but in spiritual clothes offered to us by God.

**Today’s theme explores what it means to have God’s protection in our lives.**

**The Big Story: Ephesians ch6 v10-18 – Dressed by God**

**What you will need:**

* Dressing up items of armour (if possible)
* shoes

OR

* Write on some labels that can be stuck on a person with the words:
* The BELT of truth
* A HELMET of salvation
* The SHOES of gospel and peace
* The BREASTPLATE of righteousness
* The SHIELD of faith
* The SWORD of the spirit

*As each item of armour is mentioned, dress someone up with the dressing up armour, or stick labels where those items of armour would go. Everyone else could act out putting on each part of the armour as the story goes on.*

READER 1: Ok, I have a special suit with me today to dress up in

READER 2: Are you going to a wedding then?

READER 1: Huh? No……….not that sort of suit

READER 2: Oh……………are you going to be Iron Man? [Imitate Iron Man shooting from his wrist and make a pow noise]

READER 1: No, no…………although I do love Iron Man - his suit is pretty cool!

READER 2: Then what sort of suit is it? Hopefully not your birthday suit!!!

READER 1 [Dips into the bag and brings out suit of armour or a picture of one]

READER 2: Armour! Wow….I love armour. Are we pretending to be knights of a castle? Can I be Sir Shoutalot?

READER 1: Something like that. We are certainly going to talk about how it helps us in battles and keeps us protected!

READER 2: This sounds good, I like these kinds of stories………

READER 1: The suit of armour I want to tell you about is from the Bible! God gives us bits of armour to help us with things that happen to us each day

READER 2: You mean like when we are crossing the road and when we are playing football?

READER 1: It’s more the battles that you cannot see, like worry, confusion, lies, temptation – that sort of thing.

READER 2: [Picks up helmet and either puts it on or passes it to the volunteer] What about this helmet, what does that do?

READER 1: The Bible calls it the Helmet of salvation, that means the helmet that saves. What Jesus taught us and when Jesus died, it made a way for us to go to heaven one day. But it’s more than that, Jesus rose from the dead to show that he can save us – we can choose him to be our friend.

READER 2: My friend uses the word evil sometimes when she’s talking about the wrong things in the world. What does that mean?

READER 1: We give things names to help us understand them. Good things in the world like love, truth, peace, calm are the things that help everyone to be friends and are part of God whereas hate, lies, anger and disruption bring pain and sadness, so we sometimes give it the name evil as it is not part of who God is.

Reader 2: Ok, let’s look at the next bit of armour. What’s this called, I can’t remember?

READER 1: Breastplate……because it goes here on the chest [Picks up breastplate and either puts it on or passes it to the volunteer]

READER 2: But what is it for? Protecting your heart?

READER 1: It is a bit actually. It’s to help us to follow our heart and see how to help others. It’s called the breastplate of righteousness, which really just means doing the right thing.

READER 2: Wow…so a helmet and a breastplate, what’s next?

READER 1: Hmmm……now let’s see, a belt!

READER 2: A belt? Really, how is that supposed to be useful in battle? I guess it would be useful to stop your trousers falling down?

READER 1: It’s called, (in dramatic voice) the belt of truth [Picks up belt and either puts it on or passes it to the volunteer]

READER 2: Ah ok, truth, I get that one…….so it helps you to basically tell the truth and act in an honest way.

READER 1: Yes, and to help you think about who can be relied on to be truthful to you too. God is always truthful.

READER 2: So I can always trust God, and God will help me understand who else I can trust? Got it. Is there any more armour I can wear?

READER 1 You cannot have a suit of armour without a shield. [Picks up shield and either puts it on or passes it to the volunteer]

READER 2: Let me guess, the shield of love?

READER 1: Close again, it’s a shield of faith. We need to have faith that God will be with us and help us, even though we can’t see God or feel God. Faith is about believing in God’s love.

READER 2: So that’s the whole armour then?

READER 1: Not quite, we still need two more bits of armour….

READER 2: Oh let me guess what they are………um……oh I know a sword and a, a, what else?

READER 1: Shoes!

REDAER 2: Of course…………….shoes………………shoes? really? [Picks up shoes and either puts them on or passes it to the volunteer]

READER 1: Well, we all need to wear shoes to protect our feet but we also need shoes to help us to walk to where God wants us to go and to walk through life with peace in our heart.

READER 2: That makes sense, and the sword must be to represent something really important. [Picks up sword, does a few swipes through the air with it, and either puts it on or passes it to the volunteer]

READER 1: That’s right. It represents the Bible, God’s holy book, and God’s holy spirit which is like God inside us, showing us the way. If we follow God’s word and God’s holy spirit, then we can’t go far wrong.

READER 2: I wonder how we get this armour and how it helps us stay true to God?

**Creative Adventure**

**Big protection**

What you need:

* wallpaper
* marker pen
* felt tips
* tin foil
* material
* glue
* card
* scissors

Activity

As a group create a person wearing the armour of God. Layout a long sheet of wallpaper, long enough for one of the group to lie down on, then use the marker pen to draw round the shape of the person. This will be the template for your creation. Ensure your ‘person’ has:

The BELT of truth

A HELMET of salvation

The SHOES of gospel and peace

The BREASTPLATE of righteousness

The SHEILD of faith

The SWORD of the spirit

Think carefully about how to create the person. Be as creative as you can, for instance cover a card sword with tin foil, use material for shoes. However you make each element of the person, ensure there is a title showing what each one is…………….sword of spirit/ shoes of peace etc.

Wondering questions to use during creative time:

I wonder why the writer chose to talk about armour in this Bible verse?  
I wonder what words you would use to describe the ways in which God strengthens you?  
I wonder when you need to wear the armour of God?

**The Adventure Map**

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

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

**Walking the Way**

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

For the Younger: FOFA the bear

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

For the Older: FOFA cam

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

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

Our Walking the Way Challenge this time is: As a family visit a local museum or somewhere that has a suit of armour. Have a good look at it and see how solid and strong it is, talk about the armour of God and how each part of it are strong solid tools from God. You could take some paper with you and draw the armour.

**Adventurers Go!**

So today we have heard how God has provided us with tools to help us life the way he would like, with honesty, with peace, with trust, with the understanding that God is our protector from things that try to lead us in the wrong direction. God’s protection is described as a suit of armour, an armour that we can put on and know that God is with us.

**Prayers (choose one/both)**

Prayer

Protector God help us to put on your armour:

The BELT of truth

The HELMET of salvation

The SHOES of the gospel and of peace

The BREASTPLATE of righteousness

The SHIELD of faith

The SWORD of the spirit

Amen

Active Prayer  
**Walk with God**

What you need:

* sticky labels
* pens

Ensure everyone has a sticky label and a pen. Encourage them to write a prayer on the label. If they are unsure of what to write or if there is extra room on the label, write the words ‘wear the shoes of the gospel’. Then peel off the backing and stick the label on the inside of the person’s shoe. Explain that as they put on and take off those shoes each day, read the sticker to remind them that God and his protection is always with them.

**End Prayer Every Session: Altogether**

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

**Adventurers go! Amen**

**What you will need:**

* Cake
* Woolly hat
* Scarf
* Gloves
* Blunt knife
* Cutting board
* Dice
* wallpaper
* marker pen
* felt tips
* tin foil
* material
* glue
* card
* scissors
* sticky labels
* pens
* 2 flags

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Location** | **Possible hazard** | **Action required** | **Action taken** | **Signature** |
| **During session** | Use of scissors during craft time, chance of cutting fingers | Supervise while using scissors, use appropriate aged scissors |  |  |
| **During session** | Risk of injury during running in the game | Supervise game and remind everyone to be careful |  |  |
| **During session** | Allergy to ingredients in the cake | Check if there are allergies, use gluten or diary free cake |  |  |
| **During session** | Use of knife in game | Supervise use of the knife, use a blunt dinner knife |  |  |