**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**

What you will need:

* Parachute or king size flat sheet
* Beach ball

**Keeping the sea calm.**

Get the children to stand round the edge of the sheet and take hold of an edge. Once each child has hold of the edge of the sheet/parachute, place the beach ball on top and the aim is to get the ball to travel around the edge of sheet/parachute without stopping or falling off. They can only do this lifting the material up and down.

**Rough sea game.**

Get the children to stand round the edge of the sheet/ parachute and take hold of an edge again. Split the group into two teams/sides then throw the ball onto the sheet/parachute and the aim is for each team to try to get the ball to come off the parachute/sheet on the side of their team. They can only do this by wafting the sheet/parachute up and down.

**The Big Story: Mark 4 – Calming the storm .**

You will need in the bag:

* Umbrella
* Blue Sheet
* A rubber dinghy
* Water Spray/Water pistol

(Reader gives Reader 2 an umbrella)

Reader 1: You might need this today!

Reader 2: (looks at goggles quizzically) Why would I need an umbrella?

Reader 1: Because things are going to get all stormy.

Reader 2: Stormzy, Great, I love Stormzy : “Blinded By Your Grace”, “Shut Up”

Reader 1: Woah, that’s a bit rude. You could have just asked me to stop talking!

Reader 2: No, “Shut Up” is a song by Stormzy.

Reader 1: No, you’ve lost me. What are you talking about? Who said anything about singers and songs?

Reader 2: You said that we were going to get all Stormzy – and Stormzy is my favourite singer.

Reader 1: STORMY I said Stormy! You know wind, rain…

Reader 2: Oh sorry, my mistake!

Reader 1: So we start where Jesus and his friends had been out and about telling people about God’s love, and they had gathered quite a crowd.

Reader 2: It’s no surprise. He was a great story teller!

Reader 1: We aren’t going to hear one of his stories today: we are going to hear about what happened after they left the people. There were so many people and Jesus was getting tired so he said to his friends, “Come on, let’s get in a boat and cross the lake and then we can get some time to ourselves”

Reader 2: That’s a good idea - we all need a bit of peace occasionally.

Reader 1: (looks at reader 2) Tell me about it!

(Get the three children to get in the rubber dinghy)

Reader 1: Now Jesus was very tired and decided that he would go and have a lie down.

Reader 2: Fair enough, it must be hard work being the Son of God.

Reader 1: He soon was fast asleep on the boat.

(Get one of the children to lie down and put a cover over them)

Reader 2: Ahhh, doesn’t he look peaceful?

Reader 1: Well, yes, and the lake looked peaceful too….. until he fell asleep. Suddenly a wind started to blow.

(Take out blue sheet from the bag and get two children to start waving it like the sea)

Reader 2: Wow, look at those waves! That’s a big storm brewing alright. But it’s not very wet.

(Reader 1 goes in the bag and gets out a water spray/water pistol and sprays Reader 2 in the face)

Reader 1: See, I told you that you would need that umbrella.

Reader 2: Thanks!

Reader 1: The waves got bigger and bigger and the water started coming into the boat, but Jesus just slept.

Reader 2: Wow, he is a heavy sleeper!

Reader 1: The friends were worried. They were going to sink, they would probably drown!! They woke Jesus and told him that they were going to die. The storm was just too big for their little boat! They said to him “Do you not care if we drown?”

Reader 2: How could Jesus sleep through all of that? I bet he was scared when he finally woke up.

Reader 1: Jesus got up and he shouted at the wind and the rain, simply saying “Quiet! Be still”

Reader 2: Yeah, like that was going to work!

Reader 1: Well, you say that, but just as soon as he said it, the wind died down, the rain stopped falling and the lake was calm just like when they set off. Jesus said to his friends, “Why are you so afraid? Do you still have no faith?”

Reader 2: Well, I don’t think anyone expects a man to be able to calm a storm, especially not just by telling it to be quiet!

Reader 1: That’s what the disciples said. They were really puzzled: “Who is this man? Even the wind and the waves obey him!” But Jesus isn’t just a man, he really was the Son of God. He had told his friend this, but now they knew that Jesus really was someone special.

Reader 2: Wow, that is crazy! I wonder whether we would stay calm in the same situation?

**Creative Adventure**

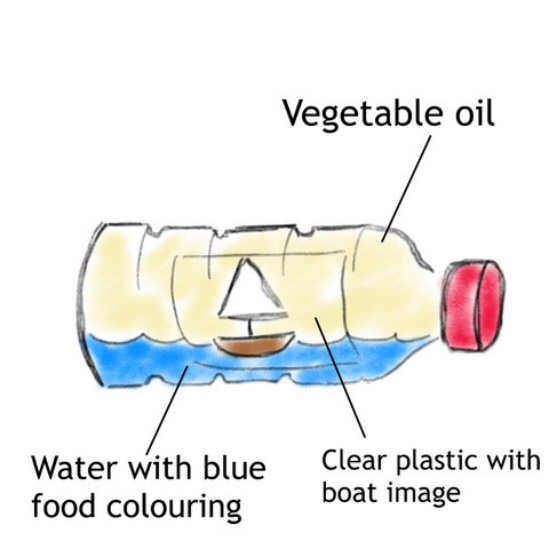
**Creative Gifts!**

What you need:

* Plastic clear bottles
* Blue food colouring
* Vegetable cooking oil
* Sharpie pens
* Scissors
* Duct tape

Activity

Get the children to draw a picture of boat on the outside of the clear plastic bottle using the sharpie pens. Half fill the bottle with water and add some of the blue food colouring. This should make the boat look like it is floating on the water. Then pour the oil in to the bottle so that there is a 3cm layer on top of the water when stood upright. Attach the lid tightly and tape firmly in place.

Tilt the bottle horizontally so that the blue liquid reaches level with the bottom of the boat. Then shake the bottle and the two liquids will mix so that it looks like the water is above the boat. Rest the bottle horizontally again and leave to settle. The water will separate from the oil and the waves will go back to a calm level.

Wondering questions to use during creative time:  
I wonder why Jesus just didn’t get up and calm the storm?  
I wonder what the friends thought Jesus would do to help them?  
I wonder if we have times when we need to trust Jesus in difficult situations?

**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 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: to think about things that calm you and calm others when you are getting stressed or anxious.

**Adventurers Go!**

So today we have heard how Jesus calmed the storm and at the same time brought calm to his friends when they were getting anxious. When we are anxious and afraid, Jesus will be there for us and to calm us and help keep us safe. But first we have to trust him and ask him to be with us in the stormy times.

**Prayers (choose one/both)**

Prayer  
When things get tough, Jesus bring your calm.

When things get rough, Jesus bring your calm.

When things get shaky, Jesus bring your calm.

Be with us when we are relaxed and when we are anxious, when we are happy and when we are worried, today and every day.

Amen

Active Prayer  
Hold the edges of the sheet/parachute again.

Encourage the children and volunteers to share with you things that make them worried or anxious.

For each thing, the leader can say “Whenever we ……..” (e.g. whenever we have too much to do and too little time to do it; whenever we have a test; whenever we are being bullied; etc) and the children make the parachute/sheet go up and down madly like a stormy sea.

Then the leader will say “Peace, be still” and everyone lowers the parachute/sheet to the ground.

When the prayer is over, everyone raise the parachute/sheet high over their heads on the “A” of Amen and then let go and shout “-men” as it flutters to the ground.

**End Prayer Every Session: Altogether**

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

**Adventurers go! Amen**

**What you will need:**

**Game:**

* Parachute or king size flat sheet
* Beach ball

**Story:**

* Umbrella
* Blue Sheet
* A rubber dinghy
* Water Spray/Water pistol

**Craft:**

* Plastic clear bottles
* Blue food colouring
* Vegetable cooking oil
* Sharpie pens
* Scissors

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| --- | --- | --- | --- | --- |
| **Location** | **Possible hazard** | **Action required** | **Action taken** | **Signature** |
| **During session** | Use of sharpies and food colouring possible staining of clothes | Consider handing out protective clothing | Closely supervise activity and offer protective clothing if required |  |
| **During session** | Use of oil in the craft | Possible allergies and damage to building if spilt | Check allergy information and supervise closely. Clear up any spillages immediately to avoid slips and falls. |  |
| **During session** | Scissors cutting hands | Use child friendly scissors | Closely supervises the activity |  |