**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**

**Game: Guess that tune**

What you need:

* a set of up to 10 cards with familiar songs titles written on them (e.g. nursery rhymes, pop songs, etc)
* A dice – big if possible <https://www.amazon.co.uk/Learning-Resources-Foam-Dot-Dice/dp/B000FGG9IG/ref=sr_1_7?keywords=big+dice&qid=1580393033&sr=8-7>

Split the children into two teams.

Show a volunteer from each team the top card in the pack. Then roll the die.

If they roll an even number, they have to act out the song to their team without speaking.

If they roll an odd number, they have to hum the tune of the song to the their team without speaking or moving their arms.

The first team to guess the song correctly (you could get the team to sing the song if you wanted!) wins that card.

Then another runner from each team comes to look at the second card.

The aim is to be the team with the most cards at the end.

**Game : Musical Statues**

What you need:

* Some lively praise songs and a means of playing them

The children spread out around the room and then dance while the music is playing. When the music stops, they have to freeze like a statue. Anyone moving is out.

**Today’s theme is Psalm 93 – God the King**

Reader 1:

Today we’re going to think about one of the songs in the Bible. There are lots of different songs – does anyone know what we call them? They are known as psalms. It’s a very old word and a bit of a strange one with a p and an s together at the start, but it just means songs really. Can you think of any songs you like to sing that are about God or Jesus? Which is your favourite?

The Bible has all sorts of songs – sad songs and happy songs – and today we’re going to think about songs that are praise songs, telling God how wonderful and special we think he is. I wonder what words we might use to compare with God. God is as big as a …. God is as strong as a…. God is as special as….

David, who wrote this song, said that God was like a king. Let’s choose someone to be a king. What do we need to make them look like a king? Can we find some things? *(Encourage the children to dress the volunteer up as a king with a crown and a cloak and a sceptre and to sit them in a chair that could be a throne. They might even decorate this)*

David started his song by saying “The Lord is King. He is clothed with majesty and strength”

Let’s all shout “The Lord is King”

If God is a king, where is his kingdom? The Queen rules over Great Britain. Fiona’s parents in Shrek ruled over Far Far Away. Where does God rule over? And how long has God been king?

*Get suggestions from the children*

Let’s see what ideas David had for his song. He said about the Earth being set firmly in its place by God and God having been king of it from before time began. That means God’s been king for ever! So here is God, our king, seated on his throne and clothed in majesty and strength, ruling over all the earth.

Let’s all shout “The Lord is King”

We thought of some things to compare God with. David liked making comparisons like that too. He thought of something in nature that’s loud and powerful and said that God was greater and more powerful than this. What would you choose if you were writing the song?

*Get suggestions from the children*

David chose the ocean. Have you ever seen the massive waves on the ocean? David said “The ocean depths raise their voice, O Lord”. I wonder what kind of noise the ocean waves might make. Let’s wave our arms and bodies and make loud noises like the wind whipping up some massive waves in the ocean… but when our king stands up, everyone stop.

The Lord rules supreme in heaven, greater than the roar of the ocean, more powerful than the waves of the sea.

Let’s try doing the ocean movements and sounds again, but when our king stands up, everyone stop and shout “The Lord is King”

I wonder what made David write this lovely song of praise….

**Creative Adventure**

You will need:

* Shaving foam
* Inks or food colouring or acrylic paint in blue or green
* Lollypop stick or spoon or fork
* White paper
* Orange or gold card
* Stickers, crayons, sequins etc as needed
* Pritt stick or PVA glue
* Scissors

Be aware that young children or children with additional needs may try to eat the shaving foam. These children will need close supervision.

Spray a good dollop of shaving foam onto a tray or onto a table and spread it out with a spatula or your hands. Drop a few drops of blue and green food colouring or ink or acrylic paint onto it and use a lollipop stick or spoon or fork to swirl it around to create a marbling effect. Then get a piece of white paper and press it firmly but gently down on the shaving foam. When you lift the paper and scrape off the surplus foam, you should get a lovely marbled effect.

While the paper is drying, cut a crown shape out of gold or orange card and decorate it with colours, stickers or sequins. Write on it “The Lord is King” and stick it into the middle of the marbled paper.

Wondering questions to use during creative time:

I wonder what you think God is like ….

I wonder how big the ocean is…..

I wonder what for ever feels like….

**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: Keep your eyes peeled for signs of God in the world around us. Can you find something to remind you of how strong God is, something to remind you of God’s love, something to remind you that God shows us the way, and something to remind you of God’s promises.

**Adventurers Go!**

So, today’s story was about David’s song of praise, Psalm 93, which reminds us that everything in nature can help us see how great God is.

**Prayers (choose one/both)**

Spoken Prayer

God, you are our king and always have been king, since before time began.

You are greater than the roar of the ocean and more powerful than the waves of the sea.

Help us always to see the wonderful things you have done and never to forget just how amazing you are. And most amazing of all is how you care for us. Thank you, our wonderful God.

**Amen**

Active Prayer

Use a balloon or a soft ball. Either throw the ball from one to another as quickly as possible, or bat the balloon in order to keep it in the air. Each time you catch the ball or bat the balloon, shout out a reason God is wonderful (e.g. “You love me”, “You help me” “You’re so strong”) or just shout “God is King”. You could add a few more balloons or balls into the mix if you have a large number of children.

End the prayer by the leader saying “God is wonderful” and everyone shouting “God is King”

**Amen**

**End Prayer Every Session: Altogether**

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

**Adventurers go! Amen**

**What you need for this session**

**Games:**

* a set of up to 10 cards with familiar songs titles written on them (e.g. nursery rhymes, pop songs, etc)
* A dice – big if possible <https://www.amazon.co.uk/Learning-Resources-Foam-Dot-Dice/dp/B000FGG9IG/ref=sr_1_7?keywords=big+dice&qid=1580393033&sr=8-7>
* Some lively praise songs and a means of playing them

**Story:**

* Dressing up clothes including a crown, cloak for a king

**Craft:**

* Shaving foam
* Inks or food colouring or acrylic paint in blue or green
* Lollypop stick or spoon or fork
* White paper
* Orange or gold card
* Stickers, crayons, sequins etc as needed
* Pritt stick or PVA glue
* Scissors

**Active Prayer:**

* Balloons or soft balls

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| **Location** | **Possible hazard** | **Action required** | **Action taken** | **Signature** |
| **During the games and active prayer** | Children bumping into each others | Adult supervision for games, Children encouraged not to run wildly | Adult identified to run the games session  First aid kit available |  |
| **During the craft** | Children ingesting shaving foam, paint, inks, etc | Adult supervision for craft, with younger children or those with additional needs having 1:1 support  Children encouraged and supervised washing hands after the activity | Adult identified to run craft session |  |
| **During the craft** | Damage to clothing from paint, inks etc | Children to be encouraged to wear craft aprons or shirts to protect clothing | Adult identified to run craft session |  |
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