

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 Angry

Ephesians 4

verses 20-21 and 25-32



and



Illustration by
Richard Gunther via freebibleimages.com

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.

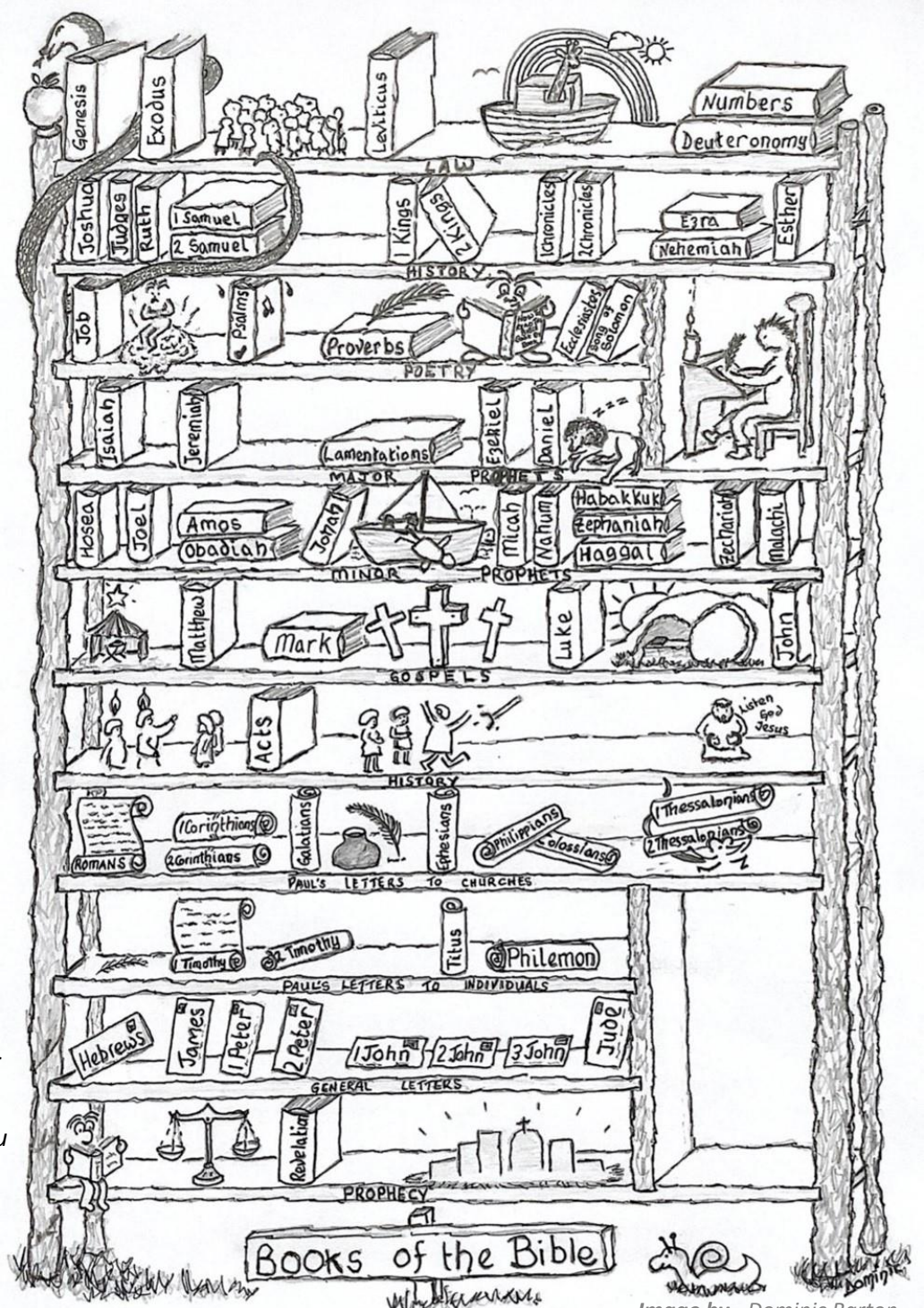
The New Testament tells us the stories of Jesus and his followers. There are 27 books in the New Testament.



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: Ephesians

The first book of Ephesians (which is actually a letter) was written around 62 AD by Paul (who used to be called Saul). Paul is in prison in Rome and is writing this letter sent to the first churches in Ephesus. In this letter, Paul is encouraging the Christians to be strong in their faith and as a Christian community. Here he shares some tips to encourage people to live following Jesus' example.

Online versions of the story

Watch and Listen

What Shall We Do With The Angry Monster? - Hope Works

https://youtu.be/bs_0m-CUEPQ

Bible Story - Ephesians 4:32 - Hopekids PA

<https://youtu.be/hi3bmh2nkf4>

Magic Trick- Be Kind to One Another Ephesians 4:32

<https://youtu.be/PDObl5rqUUg>

What does the Bible say about getting angry? –Victory Kids Fort

<https://youtu.be/ogpgDzXT44s>

Righteous Anger | Is it ever OK to be angry? – Douglas Talks

<https://youtu.be/2MYCw5yklcy>

Dance and Sing

Be kind and compassionate to one another – John Hardwick

<https://youtu.be/-FceQml15sY>

Be kind to one another – Ephesians 4: 32

<https://youtu.be/nMY2jOxX9gA>

Truthfulness - Ephesians 4:25

<https://youtu.be/tlGJthxqiNQ>

Forgiveness – Matthew West

<https://youtu.be/SYv2WkhDvB8>

Anger management (suitable for older children and teens)

<https://youtu.be/jSHfxMYTqzc>

The Story: Ephesians 4 verses 20 – 21 and 25 - 32
(from *The International Children's Bible*)

But the things you learned in Christ were not like this. I know that you heard about him, and you are in him; so you were taught the truth. Yes, the truth is in Jesus.

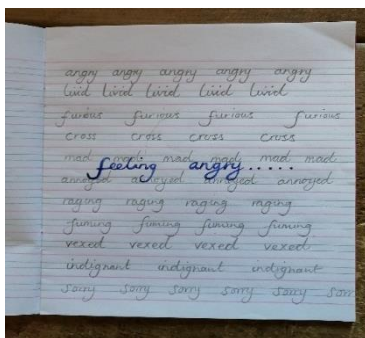
So you must stop telling lies. Tell each other the truth because we all belong to each other in the same body. When you are angry, do not sin. And do not go on being angry all day. Do not give the devil a way to defeat you. If a person is stealing, he must stop stealing and start working. He must use his hands for doing something good. Then he will have something to share with those who are poor.

When you talk, do not say harmful things. But say what people need—words that will help others become stronger. Then what you say will help those who listen to you. And do not make the Holy Spirit sad. The Spirit is God's proof that you belong to him. God gave you the Spirit to show that God will make you free when the time comes. Do not be bitter or angry or mad. Never shout angrily or say things to hurt others. Never do anything evil. Be kind and loving to each other. Forgive each other just as God forgave you in Christ.

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

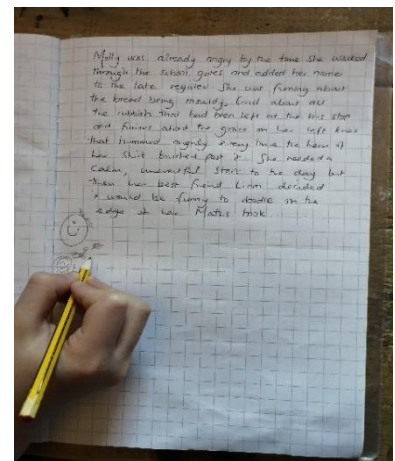
Ideas to Retell/Explore the Story

Here is a new story to share together, which will help you to think about the Bible reading in a different way.



Feeling Angry

Molly was already angry by the time she walked through the school gates and added her name to the late register. She was fuming about the bread being mouldy, livid about all the rubbish that had been left at the bus stop and furious about the graze on her left knee that hummed angrily every time the hem of her skirt brushed past it. She needed a calm, uneventful start to the day but then her best friend Liam decided it would be funny to doodle on the edge of her Maths book.



/Cont...

Before he could laugh, tell her it was a joke or offer to rub it out, Molly had flipped over his pencil pot and emptied sharpenings into his hair. She went to sit on the spare table at the back of the class, before anyone told her to, wearing a scowl as dark and tight as her school tie.

A morning of sulking quickly descended into an afternoon of marking each other's spellings wrong (even if they were right), not sharing the coloured paper for Roman Mosaics and spilled yogurt.



They'd never gone so long without speaking to each other before but neither wanted to be the first to give in.

It showed weakness didn't it?

Backing down?

Being the first to say sorry?

Why did it feel so hard?

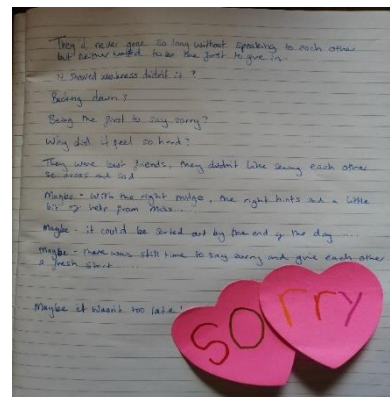
They were best friends, they didn't like seeing each other so cross and sad.

Maybe - with the right nudge, the right hints and a little bit of help from Miss.....

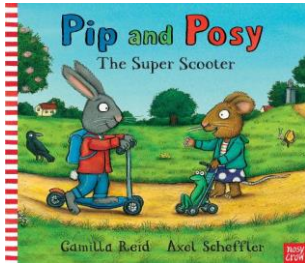
Maybe - it could be sorted by the end of the day.....

Maybe - there was still time to say sorry and give each other a fresh start...

Maybe - it wasn't too late!

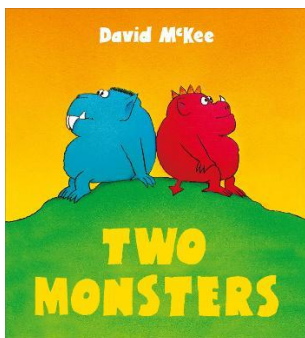


Modern Parables – books that explore the same theme



'The Super Scooter' by Axel Scheffler

[\(8\) Pip and Posy: The Super Scooter - ALIVE Story Time with Miss Ferreira - YouTube](#)



'Two Monsters' by David McKee

[\(8\) Two Monsters - David McKee - YouTube](#)

Table Top Discussions

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

- What do we do when we are angry?
- Do you think Jesus ever got angry?
- What is it ok to get angry about?
- Is it ok to be cross with God?
- Who can we talk to about the things that make us cross?
- If we have made someone else angry, what can we do to show we are sorry?
- When someone says sorry, how can we tell that they mean it?

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



Stress toys or fidget toys and the child's favourite calming toy



A clock – children's clock (unbreakable) or a clock face made from paper

An angry face, maybe drawn on a paper plate or wooden spoon, or use an angry-faced toy



Soft textures to handle, such as cotton wool, feathers, fur etc. Be careful these do not go into the child's mouth



Pray Together

Musical Feet

You will need: Pieces of paper
Pens
Music and music player

Take a few minutes to think about what issues in the world and in your community make you 'angry'. Focus that anger into this prayer activity. Issues may include climate change, prejudice, poverty and more.



Write down each of those issues on separate pieces of paper and spread them out on the ground.

Dance around and over the paper as some music is being played.

When the music stops, jump onto the nearest piece of paper and, either out loud or silently, start talking to God about the issue written on it. Leave long enough for people to pray before starting the music again.

When the music starts up, start dancing around again and repeat!

Sorry Prayers

You will need: Some strips of cloth or strong kitchen paper
Washable felt pens



Write the word sorry on the strip of cloth or paper. Draw or write something on the cloth that you want to say sorry for.

Take the strip of cloth and wash it in the bowl of water.

Tell God that you are sorry and wash away the pen markings.

Finish with a prayer.

We are sorry when we say bad things.
We are sorry when we gossip other people's secrets.
We are sorry when we do not always tell the truth.
We are sorry when we pass the blame.
We are sorry when we get cross and angry.
Thank you that your words to us are full of love and forgiveness.
Amen

adapted from an idea in ROOTS for Churches

Pray Together

Balloon Prayers



All of us get angry sometimes and it is better to get rid of our anger than hold it inside. When we hold it in, it seems to inflate just like a balloon. And, just as it tells us in Ephesians, it is not good to go to bed angry but to settle our anger before the sun goes down.



Take a balloon and slowly inflate the balloon. As you blow it up, think about the things that make you angry and cross. Hold the balloon tight and look at the inflated balloon filled with angry thoughts. Very slowly release the air from the balloon and, as it deflates, ask God to help you not to be angry and to release it. Just as the air goes out of the balloon, your prayer is being given to God.

I've always thought that I mustn't get cross with God, but it's OK.

There have been times when I've really struggled to make sense of everything, but it's OK. It's OK to get angry, it's OK to feel sad, it's normal sometimes to feel really frustrated with how life's going. It's OK.

Lord, when I get cross, angry and sad about the things that are happening to me, help me to remember that, actually, it's OK, because you are there in my situation, helping me to deal with it, and loving me, always. I'm OK.

When I do get angry, help me to get over it before the sun goes down.

Amen

from ROOTS for Churches

*I wonder what you do
to help calm down
when you're angry?*

*I wonder why this Bible
character is angry? Do
you know any stories
from the Bible about
people who get angry?*

*I wonder what is
your favourite part
of this week's
passage?*



*I wonder why it is
good to sort out
fallings out before
the end of the day?*

*I wonder if it is ever
good to get angry
and how we can tell
the difference?*

Illustration by

<https://coloringhome.com/coloring-page/1679504>



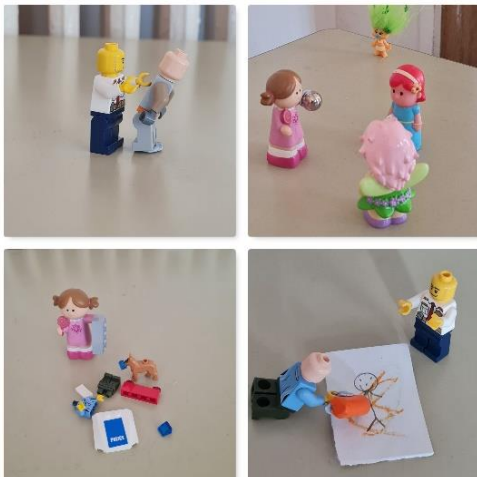
To Do Together...

Small World/Role 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 angry. Think together about the different responses we could have. Some ideas could be : Witnessing someone being hurt or bullied, someone stealing or spreading lies. 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: 'Do not be bitter or angry or mad. Never shout angrily or say things to hurt others. Never do anything evil. Be kind and loving to each other. Forgive each other just as God forgave you in Christ.'



To Do Together...

Bread Making

Bread making is a great activity to do together and uses different processes.

The simplest way to make bread is to buy a packet of bread mix as that has all the ingredients you need except water.



Make up the packet mix by following the instructions on the packet, then tip the dough out onto a floured board. Kneading bread is how to get the dough smooth and taking out any pockets of flour or lumps. Kneading the bread is great way to get rid of stress or anger. If you are making this together, you can share what makes you angry or stressed as you knead.

The next stage is to put the bread somewhere warm so that it can prove. The waiting is a good time to sit and have a chat and a drink while you wait.

Next when the bread has doubled in size, tip the dough out and knead again for a short time. Now shape the dough. You can use your hands to turn your anger into something positive. You could shape the dough into rolls or a loaf and then share that with your family or give it as a gift.



To Do Together...

Skittles

What you need: Plastic bottles/ tins/ middle of toilet roll
Water/ rice
Labels/ white paper
Sellotape
Ball (or something that can be thrown)

Create a few skittles using something from your recycling box. Partially fill them if necessary to make them sturdy enough to stand but not so sturdy you couldn't knock them over. An example is to pour a little water or rice into a plastic bottle as illustrated in the photos.

Label each skittle with an issue that is something that makes you angry. It could be something such as poverty, climate change, bullying. Think about how we can use the passage to remind us of positive ways of dealing with things that make us angry such as love, prayer etc. You could even write the words onto the ball you're going to throw at the skittles.



'When you are angry, do not sin. And do not go on being angry all day.' It's ok to feel anger, but we need to react with love in our hearts.

Walking the Way

Living the life of Jesus today

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

Everyday Faith:

This week we're thinking about how God wants us to deal with anger before it becomes a problem. Everybody gets angry with other people sometimes, but it's good to try to sort things out, to apologise or to forgive and to talk things through to find a compromise that works. This week try hard to do that, and to share it with God in your prayers before you go to bed.

Scrapbooking:

Why not sketch or collage an angry monster and a calm monster – think about what colours and textures you might use. Write around them some of the things that make you angry and some of the ways that you find helpful to calm you down.

Take it Further:

There are lots of things happening in our world that can make us angry. Just being angry and getting worked up about it doesn't help us at all, or help anyone else, but we can use that anger wisely by learning more about the issue, talking to others about it, supporting those who try to make a difference, finding things to do that might help. If litter makes you angry, could you go out litter-picking and tidy up an area? If climate change makes you angry, could you try to walk or cycle instead of using the car? If war or homelessness makes you angry, could you write to your MP or raise money to donate to charity?



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
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

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