

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 Worried

Matthew 6 verses 25-34



From



and



Illustration by
Good News Productions Int. 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.

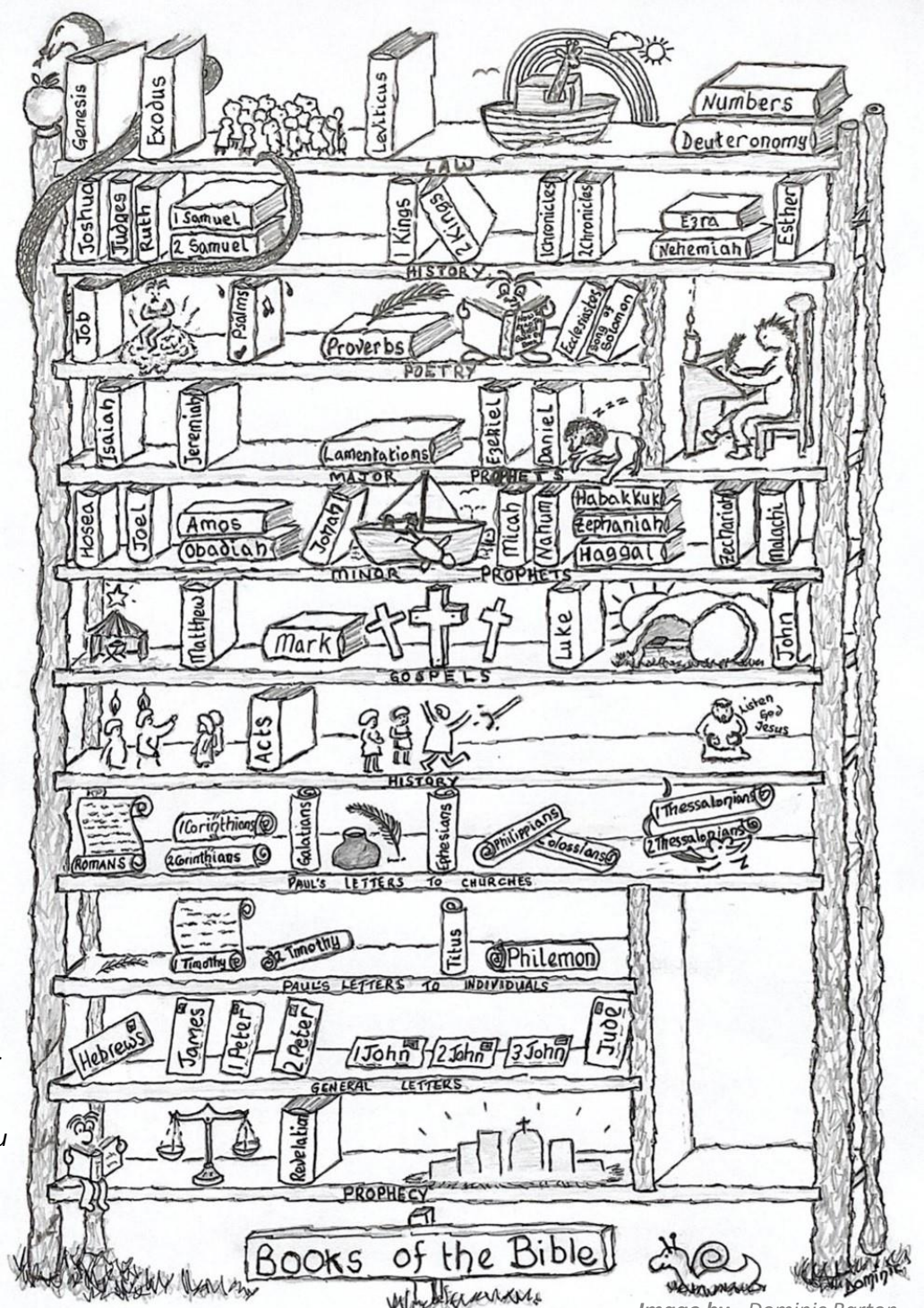
The New Testament tells us the stories of Jesus and his followers. There are 27 books in the New Testament.



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: Matthew

The book of Matthew is the first book of the New Testament. Most people think that it was written by one of Jesus' close friends, Matthew, who gave up being a tax collector to follow Him. Matthew shows his readers that Jesus is a great teacher, healer and leader who is the Good News that God has promised everyone.

This week's reading is part of The Sermon on the Mount where Jesus spoke to large crowds of people, teaching them about God. The crowds had gathered outside, on a hill. Jesus wanted them to understand that they could think, wonder and worship wherever they were, not just whilst visiting The Temple.

Online versions of the story

Watch and Listen

Don't worry by Saddleback kids <https://www.youtube.com/watch?v=PG1LjFO99dA>

Big Bible Stories by Hillsong Kids <https://www.youtube.com/watch?v=fMzpHsBqNkk>

Cartoon Bible – Matthew 6v25-33 https://www.youtube.com/watch?v=liz_5LA_uz8

Do not worry by Quiz Worx <https://www.youtube.com/watch?v=TvHqHzDuDcw>

Jesus cares! Don't Worry by Calvary Kids <https://www.youtube.com/watch?v=xVPPXj0L8ck>

Dance and Sing

My lighthouse by Rend.co kids <https://www.youtube.com/watch?v=JeJvKkBV6rY>

Look up child by Lauren Daigle <https://www.youtube.com/watch?v=-4Nx2hEhVRE>

Give all your worries to God by Life Tree Kids <https://www.youtube.com/watch?v=lnDs58jlvfQ>

Hey God by Newspring Worship <https://www.youtube.com/watch?v=qmATkk5F7WE>

Consider the Lillies of the Fields by Elenyi feat. Emily Brown <https://www.youtube.com/watch?v=F-b3bybTDSQ>

The Story: Matthew 6 verses 25 – 34 (from The International Children's Bible)

"So I tell you, don't worry about the food you need to live. And don't worry about the clothes you need for your body. Life is more important than food. And the body is more important than clothes. Look at the birds in the air. They don't plant or harvest or store food in barns. But your heavenly Father feeds the birds. And you know that you are worth much more than the birds. You cannot add any time to your life by worrying about it.

And why do you worry about clothes? Look at the flowers in the field. See how they grow. They don't work or make clothes for themselves. But I tell you that even Solomon with his riches was not dressed as beautifully as one of these flowers. God clothes the grass in the field like that. The grass is living today, but tomorrow it is thrown into the fire to be burned. So you can be even more sure that God will clothe you. Don't have so little faith! Don't worry and say 'What will we eat?' or 'What will we drink?' or 'What will we wear?' All the people who don't know God keep trying to get these things. And your father in heaven knows that you need them. The thing you should want most is God's kingdom and doing what God wants. Then all these other things you need will be given to you. So don't worry about tomorrow. Each day has enough trouble of its own. Tomorrow will have its own worries."

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

A new story poem to share together to explore the theme, you might like to write one of your own. I wonder how you would describe worry?

*Do you know someone who worries?
Perhaps you are a worrier yourself.
If they gave people trophies for worrying
I would have run out of room on my shelf.*

*But worry is different for everyone,
No one's experience is the same.
We all would describe it differently,
We would all give it a different name.*

*Some say worry has a habit of clinging to you
Like a giant sticky ball that get stuck in your hair.
And once a worry gets on you, everyone can see it is there.*

*For some, worry makes them uncomfortable,
Especially in the quiet of the night.
Its like match sticks keeping your eye lids open when they should be shut tight.*

/cont.

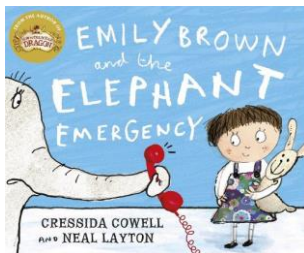
Some say worry is a menace, something that can alter your mood.
You don't want to laugh, or play or have fun
And it can put you right off your food.

For some, it's a very sad feeling that makes you feel heavy and slow.
You feel it pressing on your shoulders,
You carry it wherever you go.

Some say it's like an itch; that niggles mostly in the night.
You notice it more in the quiet times,
like an annoying mosquito bite.

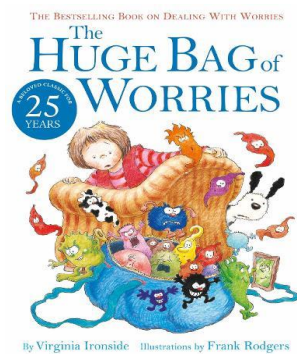
It's such a small word for something that can affect your whole day.
A worry shared is a worry halved, Well! That's what people say.
So if you are carrying worries and are not sure what to do,
Talk to friends and talk to God, because they all care for you.

Modern Parables – books that explore the same theme



'Emily Brown and the Elephant Emergency' by Cressida Cowell
Read by David Tenant for CBeebies Bedtime Stories
Matilda is an elephant. Matilda and Emily are on an adventure. The emergency telephone is very busy with Matilda's mummy who is worrying about her. Then Matilda begins to worry too.

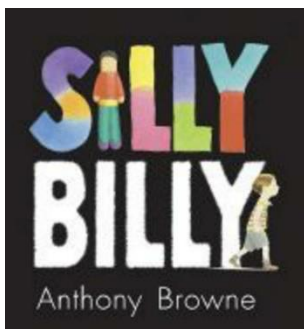
<https://www.youtube.com/watch?v=ZCr97n1sOcQ>



'The Huge Bag of Worries' by Virginia Ironside

Jenny has lots of worries in a huge bag. She can't get rid of it. No-one can help her. How will she be able to get rid of her huge bag of worries that seems to be growing every day?

<https://www.youtube.com/watch?v=D5ibh-RzwIU>



'Silly Billy' by Anthony Browne

Billy worries about LOTS of things. Will anything be able to help him with his worries?

<https://www.youtube.com/watch?v=CDvh8fWhbPE>

Table Top Discussions

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

- *Do you think you are a worrier? What things do you worry about?*
- *Who is good at listening and sharing our worries? Who do you take your worries to?*
- *What helps you when you are worrying?*
- *What things do you think Jesus worried about?*
- *Try shouting your worries to God or whispering them. How many other ways can you think of to share your worries with God?*

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.



A worried face – on a paper plate or a worried looking toy



Something with rainbow colours for God's promise



Flowers and leaves – preferably natural but artificial will do



A toy bird or bird ornament or picture book

Pray Together

Listening and Looking

“Look at the birds in the air. They don’t plant or harvest or store food in barns. But your heavenly Father feeds the birds. Look at the flowers in the field. See how they grow. They don’t work or make clothes for themselves.”



Go outside and look around you - go for a walk and look and listen. What sounds can you hear and what can you see? Look up at the sky - see how the sunlight changes things and reflects on buildings and through trees. Look down at the ground - what do you see? Listen to the sounds around you - what can you hear? Birds singing, dogs barking, the trees rustling in the wind or mechanical sounds? Stop and listen and look for small things that you may not have noticed before. Find a place to sit or lie down and just be.

As you sit or lie, quietly talk to God about what you may be worrying about. Think about the words from the bible passage. God knows what you need and is with you in all the sights and sound that you hear.

Be still and know that God is with you.

“So don’t worry about tomorrow. Each day has enough trouble of its own. Tomorrow will have its own worries.”

Throwing Away Our Worries

You will need: Rolled up balls of paper or socks rolled up to make a ball
Basket, bucket, or waste bin

Spend some time quietly thinking about what worries you. The Bible passage tells us not to worry about tomorrow but just to focus on today.

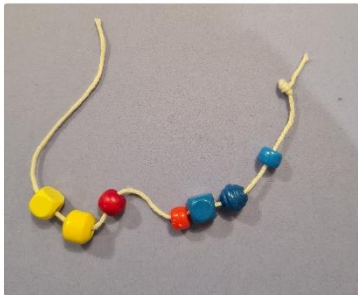
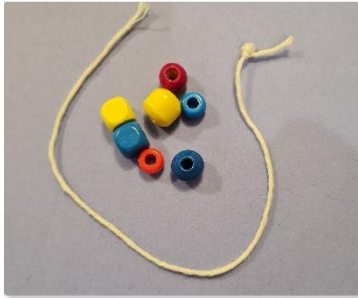


Imagine that you are putting your worry into the ball of paper or socks. Take it in turns to give your worries to God by throwing them into a waste bin or bucket. As you do this, ask God to help you not to build up your worries, but to talk to God and to trusted people about them.



Pray Together

Worry and Calm Beads



A quiet reflective prayer activity to help reflect on our worries and find calm.

You will need: A length of wool or string and some beads.



Tie a knot at the end of the wool. Think about your worries and choose a bead to represent each of the things that worry you. Thread them onto the wool. When you have added all your beads onto the wool, make it into a loop with a loose knot to secure the beads.

Play some quiet music while you sit and move the beads along the wool and talk to God about each worry in turn. When you have prayed about your worries, undo the loose knot and remove each bead in turn from the wool. Hold them in your hands and thank God for hearing your worries. When the wool is empty, take the beads and thread them back onto the wool. As you do this, think about what makes you happy and ask God to help you be peaceful and calm. You can use these beads any time you feel worried and want to ask God to help you find peace.

A prayer to say as you quietly move your beads along the wool or string.

*Loving God, we thank you that you meet our every need.
You care about our smallest worries and our biggest fears.
We hold all our worries before you today.
We ask that you touch our hearts with your peace.
Give peace to our hearts we pray.
Amen.*

from ROOTS for Churches

A reflective song

[\(189\) Hidden In My Heart Volume 1 - "I Will Never Leave You" by Scripture Lullabies - YouTube](#)

*I wonder how many
different types of wild
flower (or maybe
weeds) you can name?*

*I wonder if worry is
ever helpful?*

*I wonder who helps
you when you feel
worried?*



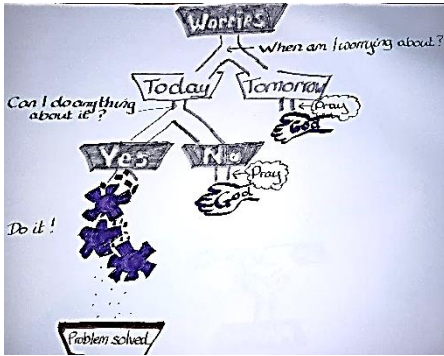
about tomorrow

*I wonder if you can
share a story about
a worry you had?*

*I wonder why people
find it so hard to
trust?*

*Illustration by
Susan Nikitenko via Christian Images in my Treasure Box*

To Do Together...



Worry Sorting Machine

Design a machine to sort your worries. You could draw your design or junk model it, or both! Our Bible passage reminds us not to worry about tomorrow, so first let's sort our worries into worries for today and worries for tomorrow. Find a way to give tomorrow's worries to God to look after. This machine puts them straight into God's hands through prayer.

Now sort your worries into things you can change/do something about and things you can't change/do something about. Give the things you can't change into God's hands through prayer. Finally design some machinery to do what's needed to make the change to the thing you're worried about. This is "action" – it could involve talking to someone, rearranging something, getting some help... all sorts of things. Action has an amazing effect on your worries – it makes them much much smaller and easier to deal with.





To Do Together...

Cloud in a Jar

You will need: Glass jar with a lid
1 cup of boiling water
Blue food colouring (optional)
Aerosol hairspray
3-5 cubes of ice

What you do:

Gather everything you need for this experiment together before you start because it needs to be done quickly. You may want help to put the lid on quickly.

If you want, you can add a drop of blue food colouring to the jar before you start as it will make the water look like sky. Then very carefully pour one cup of boiling water into the glass jar. *(You might want an adult to help with this.)*

Have the lid of the jar handy because this next step needs to be done quickly. Spray hairspray into the jar and immediately put the lid on firmly.

Place three to five pieces of ice on top of the lid of the jar.

Watch the top of the jar carefully and you will see a cloud begin to form.

After looking at the cloud in the jar, you can release it and watch the cloud escape out of the jar. This experiment can remind us of releasing our worries which have been hanging like a cloud about us and giving them to God.





To Do Together...

Small World Play

You will 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 worried. Think together about the different responses we could have. Some ideas could be: when you are afraid of being left out or different or not fitting in, not having enough food to share, being ill 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:

'Peace I leave with you; my peace I give you....'

Do not let your hearts be troubled and do not be afraid' (John 14: 27)

Walking the Way

Living the life of Jesus today

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

Everyday Faith:

Keep a worry journal for a week. Each day / evening, write down anything that's worrying you then take a moment to ask God to help you either to take action, to change things or to leave your worries in God's hands. In a month's time, look back at the things you worried about and see how God helped you.

Scrapbooking:

Although it's not the best time of year for flowers, there may well still be some around. Why not have a go at pressing some flowers – put them flat between two sheets of parchment paper or other absorbent paper (coffee filters work well) and put something heavy on them like a pile of books. Leave for two weeks or so. Then you can take the pressed flowers out and glue them in your scrapbook.

Take it Further:

<https://www.bbc.co.uk/cbeebies/joinin/seven-techniques-for-helping-kids-keep-calm?collection=parenthood-tips-and-tricks>

Have a look at this page of ideas/ techniques for helping you to keep calm. They're accompanied by some lovely videos. Why not search for some examples of Christian meditation for children or for adults (depending on your age)? Find something that works well for you and make a note of it for when you're feeling anxious.



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

Nicola Grieves (Eastern Synod), Judy Harris (National Synod of Wales), Sharon Lloyd (Programme Assistant for CYW), Hannah Middleton (Northern Synod), Philip Ray (Wessex Synod, North), Lorraine Webb (Programme Officer for CYW), Ruth White (Wessex Synod, South) and Jo West, on behalf of the CYDO+ and Children's and Youth Work team.



The
United
Reformed
Church