

## 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:

## Mirror Their Faith

### Hebrews 13 verses 1 - 8



From



and



Illustration by  
Good News Productions Int. via [freebibleimages.com](http://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.

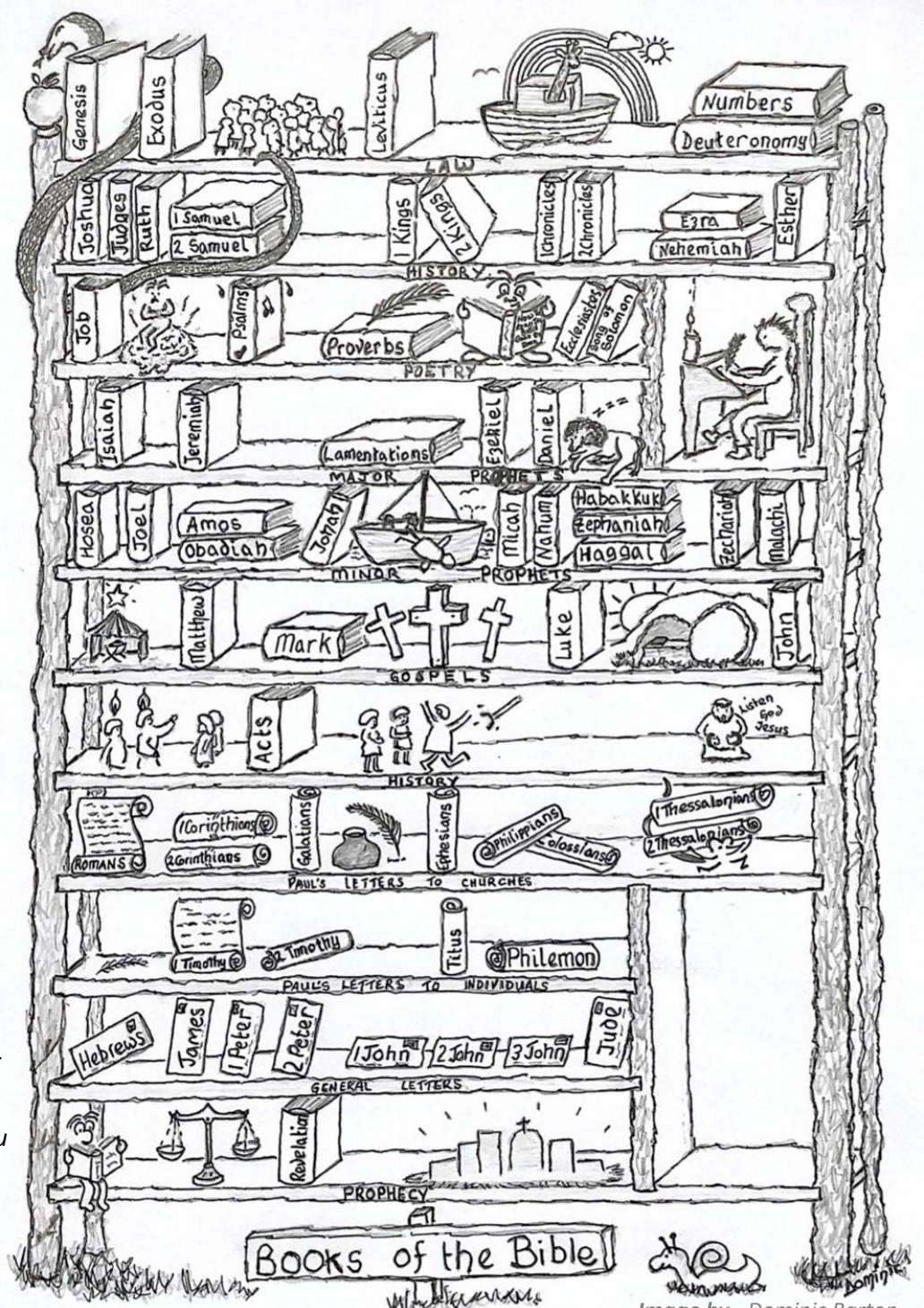
The New Testament tells us the stories of Jesus and his followers. There are 27 books in the New Testament.



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: Hebrews**

The book of Hebrews was written around 67BC and we are not sure who actually wrote it. It was written at a time when it was a hard choice to be a Christian; many were being hurt or killed because of their faith. The writer is encouraging us to live Godly lives in our relationships, whether that's with family, partners, friends, or others. How are we imitating the faith we see in others and sharing Gods never ending love?

### **Online versions of the story**

#### **Watch and Listen**

Hebrews 13 v 8 Changing Seasons by Childrens Moments

[https://www.youtube.com/watch?v=OVINqQwRi\\_E](https://www.youtube.com/watch?v=OVINqQwRi_E)

Love in action by Life Kids <https://www.youtube.com/watch?v=vLYzxRxwiqW>

Hebrews 13 v 6 I will not be afraid by The Rizers [https://www.youtube.com/watch?v=-3M\\_jVEw05k](https://www.youtube.com/watch?v=-3M_jVEw05k)

Children talking about loving God and others by Kids Konnection

[https://www.youtube.com/watch?v=6U3LD\\_6cX-k](https://www.youtube.com/watch?v=6U3LD_6cX-k)

Short Film Snack Attack [https://www.youtube.com/watch?v=38y\\_1EWIE9I](https://www.youtube.com/watch?v=38y_1EWIE9I)

#### **Dance and Sing**

Love Like Jesus by LK Orange Kids (Preschool)

<https://www.youtube.com/watch?v=DknSbS5zF1M>

Yesterday, Today and Forever by Seeds Family worship

<https://www.youtube.com/watch?v=E3vsqXq-Xnq>

Shine on me by Jeffrey B Scott <https://www.youtube.com/watch?v=MHZqSorlqIY>

A new commandment by Justin Stretch <https://www.youtube.com/watch?v=aqM2UjI7Aas>

**The Story: Hebrews 13 verses 1 – 8 (from The International Children’s Bible)**

*Keep on loving each other as brothers in Christ. Remember to welcome strangers into your homes. Some people have done this and have welcomed angels without knowing it. Do not forget those who are in prison. Remember them as if you were in prison with them. Remember those who are suffering as if you were suffering with them.*

*Marriage should be honoured by everyone. Husband and wife should keep their marriage pure. God will judge guilty those who are sexually immoral and commit adultery. Keep your lives free from the love of money. And be satisfied with what you have. God has said,*

*“I will never leave you;*

*I will never abandon you.” [Deuteronomy 31:6](#)*

*So we can feel sure and say,*

*“I will not be afraid because the Lord is my helper.*

*People can’t do anything to me.” [Psalm 118:6](#)*

*Remember your leaders. They taught God’s message to you. Remember how they lived and died and copy their faith. Jesus Christ is the same yesterday, today, and for ever.*

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

*I wonder what advice the older generations would give you about your relationships with other people? We asked some real-life grandparents, Barbara and Addie, to write a letter to their grandchild and share some of their wisdom that they've gathered over the years. This is what they wrote. Perhaps you could ask some older people that you know what words of wisdom they would share with you too.*

### Dearest Grandchild

*I hope you are well and happy. There is a lot in the news about children not much older than you becoming very sad because they felt they had no friends. This was causing them to do bad things to themselves and others. I hope this never happens to you. You know mum and dad (and grannie and me, too) will always love you and be there for you whenever things go wrong. There might be times when you get into trouble with your parents, because of something naughty you've said or done (I get into trouble with grannie sometimes), but we know that we will be forgiven and they will never stop loving us.*

*Every time I see you at school or church, you seem to be surrounded by friends. Friends are important and should be cherished. They make us happy and we make them happy, too. It is good to be loyal to your friends, but there might be times when they may do things you know are wrong. Be true to yourself, don't just follow the crowd.*

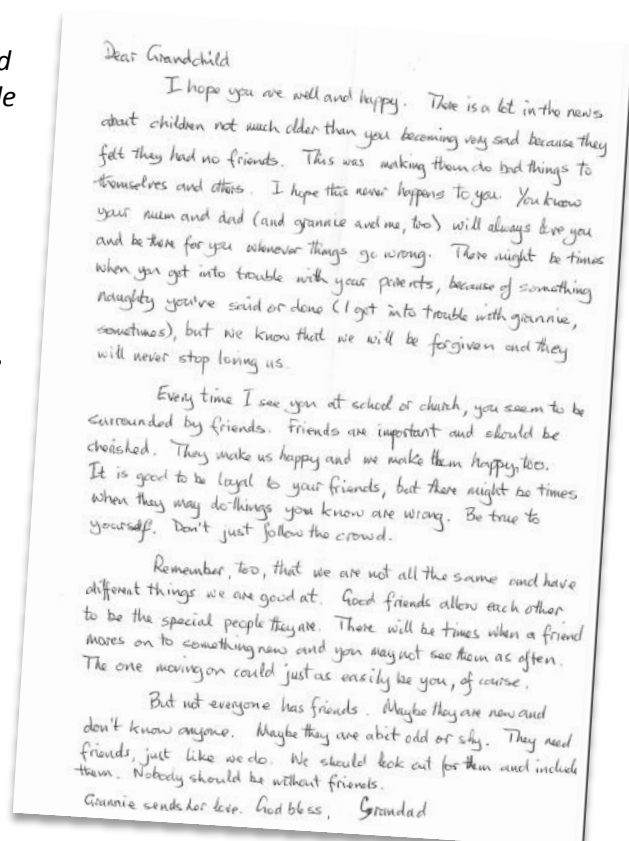
*Remember, too, that we are not all the same and have different things we are good at. Good friends allow each other to be the special people they are. There will be times when a friend moves on to something new and you may not see them as often. The one moving on could just as easily be you, of course.*

*But not everyone has friends. Maybe they are new and don't know anyone. Maybe they are a bit odd or shy. They need friends, just like we do. We should look out for them and include them. Nobody should be without friends.*

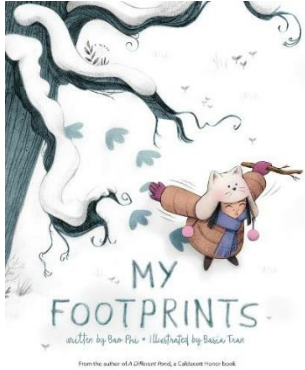
*Grannie sends her love*

*God bless*

*Grandad*



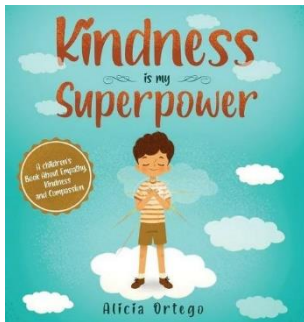
**Modern Parables** – books that explore the same theme



**'My Footprints' by Bao Phi**

A lonely girl is walking in the snow and begins to create the footprints of others she meets. As she does, she wonders what it would be like to be like them and less like herself.

<https://www.youtube.com/watch?v=1sd3pNQcRa0>



**'Kindness is My Superpower' by Alicia Ortego**

A child explores what it means to always be kind, as this is your superpower that can change the world.

<https://www.youtube.com/watch?v=JAIPkJm3wh4>

**Table Top Discussions**

Sit together, as a family, and use these questions, to help you to explore this week's story and theme.

- Who are the people that you imitate in life? And why? Revisit the list of people you spoke about last time (in your cloud of witnesses) and add detail; What is it they encourage you to do?
- Share stories together of different examples of what love looks like in different relationships.
- What does it mean that Jesus is the same yesterday, today and forever? How does this help us?
- The passage lists examples of what to do to love like Jesus, visit the prisoner, honour relationships and welcome strangers. Create your own list of what it looks like in your family.
- How easy or hard is it to keep on loving people? What can help?

# families on faith adventures

at home

## 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



Two toys to practice hospitality, caring for people who are sick or in prison, helping each other etc.



Toy tea set or unbreakable cups and plates

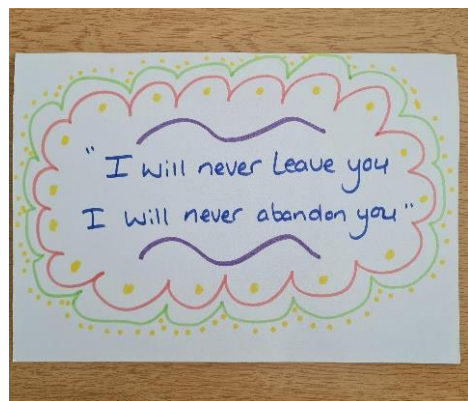
## Pray Together

God has said,  
"I will never leave you;  
I will never abandon you."

Hebrews 13:5



Write this verse out on a card or make it into a picture and put it somewhere to remind you that God is with you always.



Here is a prayer that you can say using the bible verse as a response to each part of the prayer.

*Dear God, you have promised that you will never leave us.*

*We thank you for all the people who spend time with us and remind us that you are with us.*

*Be with us when we want to be noisy together and when we want to be quiet together.*

**God said,  
"I will never leave you;  
I will never abandon you."**

*Be with us when we want to share our happiness and when we need to share our sadness.*

**God said...**

*Be with us when we have done something well and when we could have done something better.*

**God said...,**

*Be with us when we are angry with other people and when other people are angry with us.*

**God said...**

*May we know Jesus as our friend today and always.*

**Amen**



## Pray Together

### Imitating Jesus Prayer

**You will need:** Strong paper or card  
Wax crayons or pastels



Fold the card in half and make a definite crease down the middle. On one side of the card, colour it very thickly with crayons, make it very colourful!

Think about how the passage tells us to imitate Jesus. Take some time to think about what this means to you. I wonder what could you do this week to be more like Jesus?

Close the card so that the coloured section is inside. Write or draw on top of the card something that you might do during the coming week that will help other people recognise Jesus. Press very hard as you do this. Now open the card and you will see that the colour has rubbed off onto the plain side. Pray that God will help you to do what you have mirrored on your card.

## Pray Together

### A Circle of Witnesses

**You will need:** A circle cut out of a piece of paper,  
(about the size of a dinner plate)  
A pair of scissors  
Crayons  
or something to colour/draw/write with



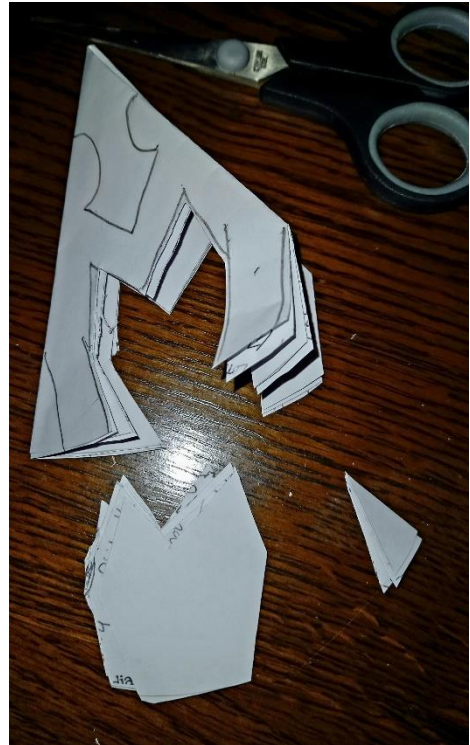
Fold your circle of paper in half and then in half again so that you have a quarter of a circle. Now fold that piece in half again so you have a triangle with a curved base. Place it on the table with the point away from you.

Onto this piece of paper draw two half people, joined at the hands. Then use your scissors to carefully cut them out. Look at the picture to see how they should look.

Once you have cut round the outlines of your two half people, open out the piece of paper and you will see a circle of people. This is your circle of witnesses.

Sit quietly with God and think about the people who inspire you or show you a good way of living. It may be people in your family, your friends, the people you see each day in work or school or in the street. It may be people you know about from the news or from the Bible. You can just think about them or you could write their names on the figures in your circle. Thank God for the people who support and inspire you. Think too about the example you set for others and ask God to help you always to be a good example of Jesus.

Listen to some music from the “dance and sing” links while you colour your circle of witnesses in.



*I wonder which bit of this passage you find hardest to follow?*

*I wonder which is your favourite bit of this passage?*

*I wonder what advice you would give someone on how to follow Jesus?*



*I wonder if you suspect anyone you know of being an angel in disguise?*

*I wonder how easy it is to live free from the love of money?*



**To Do Together...**

**Mirror Images**



*I wonder whether you have any old photographs of your family? You can have great fun recreating these photos now you are older. You could even try to make your clothes match as well as mirroring the way you are posing for the photo and the expressions on your faces.*

*If you don't have photos of you and your family, maybe try to recreate a photo of someone else – maybe cut them out of a magazine or newspaper and see whether you can adopt the same pose.*

*As we grow, we are influenced by all sorts of different people in our lives. We have to choose who are the best ones to mirror if we want to live the way that Jesus calls us to live.*





## To Do Together...

### **Mirroring Game**

*Stand opposite your partner and agree who is going to be the lead and who is going to be their mirror image. Now, moving slowly to make it not too difficult, the lead person can move their body – maybe waving, or lifting a foot or pulling a face – and the mirror image person has to mirror it back. Try to do it without laughing – it’s very difficult!*

*If there are more than two of you, you might prefer to have a game of follow-my-leader with everyone lined up behind one person who takes the role of the leader. Move around the room in a long line, with everybody mimicking whatever movements the leader makes as they walk/skip/jump around the room.*

*You need to keep your eyes firmly fixed on the person you’re following or mirroring if you want to be able to mirror their actions accurately. We need to keep our eyes fixed on Jesus if we want to walk in his footsteps and live lives which are based on our faith in God.*



## To Do Together...



### Impression Art

**You will need:** Play dough or plasticine \*(See play dough recipe below)  
Objects which can leave an impression

**What you do:**

Collect some objects which will leave a good impression, coins, pinecones, leaves, toy cars with big wheels.

Roll out the playdough and press the objects into the dough.

Maybe create a picture like we did.

Carefully remove the objects and see the imprint they have left. In our story we are reminded to think of the people that you imitate in life, and those who have left an imprint on your life. Who will we leave an impression on?



### \*Playdough

**You will need:** 2 cups plain flour  
1 cup salt  
1 tbs oil  
1 cup of cold water  
2 drops of liquid food colouring

**What you do:**

Combine plain flour and salt.

Combine water, food colouring and oil.

Mix together until ingredients are combined.

Knead well.

If consistency is too wet, add a little plain flour.

If you want to make it smell nice, add 5 drops of essential oils

If you want to make different colours, do not add the food colouring in until later. Separate the mixture and roll into small balls and add the different colouring to each ball of playdough.

Store in a plastic sandwich bag (squeeze out the air) in the fridge to keep it fresh.



# Walking the Way

Living the life of Jesus today

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

**Everyday Faith:**

*It is easy to do nice things like making a card when someone is sick or sad, it's a bit tougher to hear Jesus saying that we should think about people who are in prison. You can't visit them but you can pray for them, as life in prison isn't easy and coming out of prison is really difficult too. Perhaps you could try, each time you see a set of keys or a lock on a door, to say a quick prayer asking God to be with those who are in prison for any reason, for those who work in prisons, and for those whose loved ones are in prison.*

**Scrapbooking:**

*Cut out some pictures of ordinary people from magazines or comics or from photographs you no longer want. Can you put wings and a halo on the people to make them look like angels? Stick the pictures in your scrapbook to remind you that we can't always tell which people are sent to us from God just by looking at them, but we can be kind to all people and listen for God's voice in the things that they say and do too.*

**Take it Further:**

*Angels Unawares is a sculpture in St Peter's Square in Rome. You can see a picture of it, with the person who made it, on <https://angelsunawares.org/> Find out why it was made and think about what it says to you. The sculptor said that his sculptures are like visual prayers (prayers you can see). What does this mean to you? Do you agree?*



The  
United  
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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](mailto: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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The  
United  
Reformed  
Church