

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.

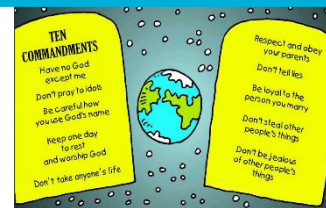
These ideas are designed to be intergenerational - maybe even to be shared with members of the family you can't see now except via the internet.

The resources are based on our non-uniformed children's groups, Friends on Faith Adventures and Pilots, but have been modified to make them suitable for all families at home.

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!**

This week's Bible story is:

Handbook for Living
Exodus 20 verses 1 - 17



With many varieties of activities and things to do to help explore the theme. Look out for this 'hands on' symbol.

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.

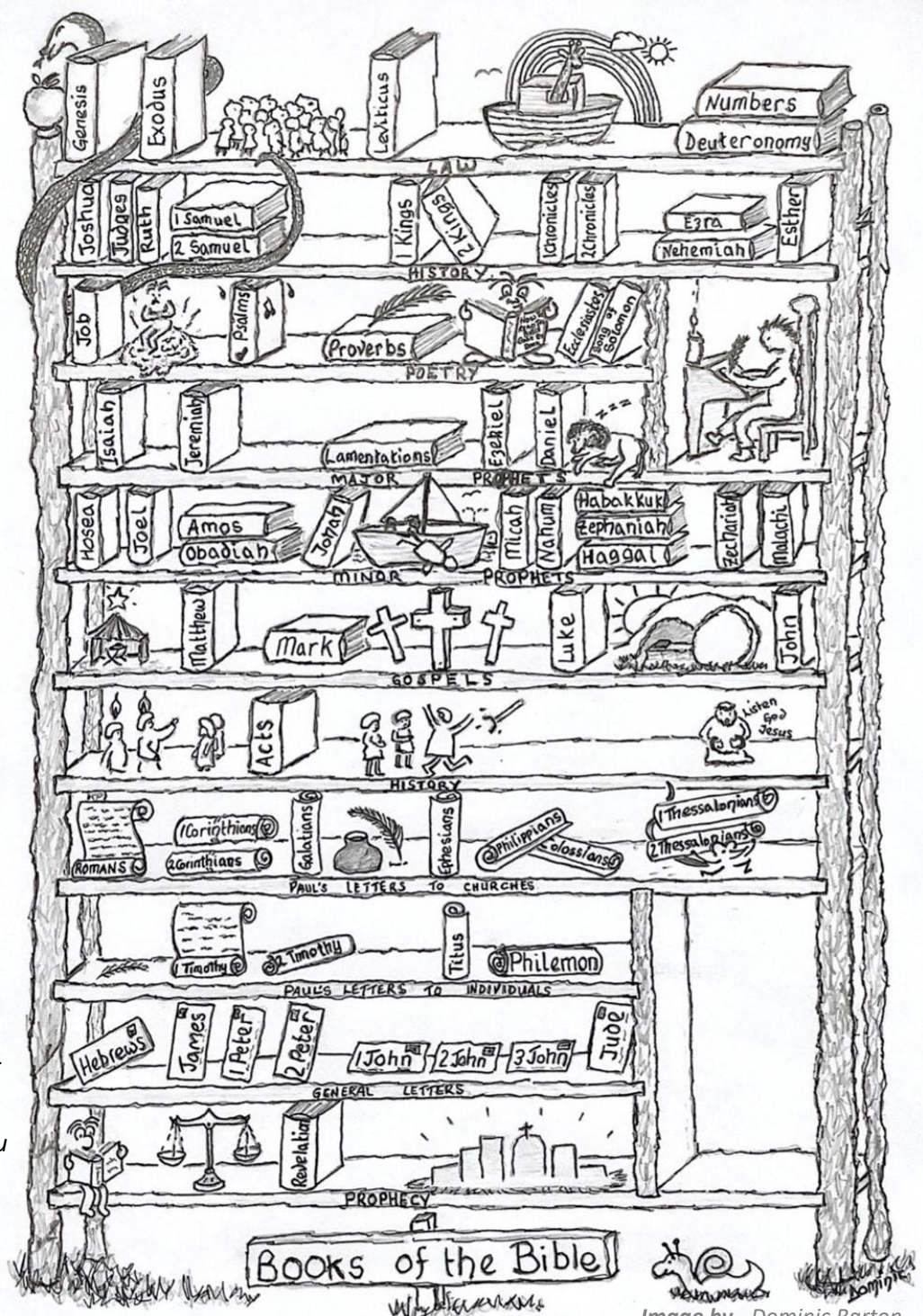
The New Testament tells us the stories of Jesus and his followers. There are 27 books in the New Testament.



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 – Exodus

Exodus was written around 1400BC by Moses. It's a sort of autobiography as it follows Moses' journey from birth to the Exodus and the 40 years in the desert.

The book is full of daring, exciting stories of how God used Moses to lead the Israelites out of slavery and on towards the land God had prepared for them.

God's people are now free but this story reminds us that they were going to need some guidelines for living.

Last week we looked at the tips for living that James gave to us. This week we hear how God gave the Israelites 10 rules to follow in order to live a good life. Jesus was once asked what the most important rule was and he simply said love God and love others. These 5 words sum up the ten rules.

Online versions of the story

Watch and Listen

Godly Play version

https://www.youtube.com/results?search_query=godly+play+10+best+ways

Retold by children <https://www.youtube.com/watch?v=OaClq4q9Xuc>

Cartoon by Crossroads Kids <https://www.youtube.com/watch?v=aX28nAB4S7A>

The full story by Saddleback Kids <https://www.youtube.com/watch?v=ogfVBP35U-U&t=35s>

God's law of love by Bible Project (suitable for older children)

<https://www.youtube.com/watch?v=wRdiXSRD7d0>

Dance and Sing

10 Commandments Rap by Compass Kids <https://www.youtube.com/watch?v=kjLygOK7V3I>

10 Commandments Boogie by Go Fish <https://www.youtube.com/watch?v=L2hB5Gqo8Vo>

Love God, Love People by Danny Gokey <https://www.youtube.com/watch?v=t-29WLQ3trA>

The Story – Exodus 20: 1-17 (The International Children’s Bible)

Then God spoke all these words:

“I am the Lord your God. I brought you out of the land of Egypt where you were slaves.”

“You must not have any other gods except me.”

“You must not make for yourselves any idols. Don’t make something that looks like anything in the sky above or on the earth below or in the water below the land. ⁵ You must not worship or serve any idol. This is because I, the Lord your God, am a jealous God. A person may sin against me and hate me. I will punish his children, even his grandchildren and great-grandchildren. But I will be very kind to thousands who love me and obey my commands.”

“You must not use the name of the Lord your God thoughtlessly. The Lord will punish anyone who is guilty and misuses his name.”

“Remember to keep the Sabbath as a holy day. You may work and get everything done during six days each week. But the seventh day is a day of rest to honour the Lord your God. On that day no one may do any work: not you, your son or daughter, or your men or women slaves. Neither your animals nor the foreigners living in your cities may work. The reason is that in six days the Lord made everything. He made the sky, earth, sea, and everything in them. And on the seventh day, he rested. So the Lord blessed the Sabbath day and made it holy.”

“Honour your father and your mother. Then you will live a long time in the land. The Lord your God is going to give you this land.”

“You must not murder anyone.”

“You must not be guilty of adultery.”

“You must not steal.”

“You must not tell lies about your neighbour in court.”

“You must not want to take your neighbour’s house. You must not want his wife or his men or women slaves. You must not want his ox or his donkey. You must not want to take anything that belongs to your neighbour.”

Ideas to Retell/Explore the Story

No Rules Day – A modern parable

Can you imagine if you woke up one day and ALL THE RULES HAD DISAPPEARED!!!?

What do you think? It sounds amazing doesn't it? No rules, no one reminding you of the rules, you are FREE to do anything. Who needs rules anyway?

I wonder what you would do first?

Perhaps you would decide to not do your school work - there's no rule saying you have to. Instead, you decide to go to the park for the rest of the day. You are going to spend all day playing on all your favourite things. I wonder what you will play on first? You run downstairs. You haven't washed and you are still in your pyjamas because there's no rule to say you have to get dressed. You go into the kitchen ready for your breakfast but no one is there, no one has made breakfast and no one is saying good morning to you. There's no rules you see, no rules to say that children need to be looked after. Still, who needs rules? Off to the park for an epic day of fun.

But hang on a minute. When you get there, you see everyone has had the same idea and people are pushing in front of you. Nobody is waiting patiently, people are stopping half way down the slide and refusing to budge, and a group of adults are sat on every swing, eating their lunch and chatting. It doesn't look like you are going to get anywhere near your park today. People are not sharing or taking turns and the park is full of people who shouldn't be there. Who needs rules anyway?

What can you do instead? How about going to the shops and buying LOADS of sweets to eat for breakfast, dinner, and tea? After all, there is no rule saying you have to eat five pieces of fruit and vegetables each day. Off you go to the shops. You only just make it in time because you had to cross a road and, even though you pressed the button and waited patiently for the lights to change, the traffic refused to stop. It's very difficult, almost impossible, to cross if no one is following the rules of the road. You take your life in your hands and run as fast as you can when you see the glimpse of a gap. Not looking left or right, who needs rules anyway?

The sweets look tempting and you begin to fill your bag to the brim. You have taken all the money from your money box because there's no rules saying you have to save up. You take your basket to the till and the shopkeeper decides he isn't feeling generous today and puts all the prices up, just because he wants to. There's nothing you can say about it so you hand over your money and take half the sweets from the basket. It's not what you wanted but it's still A LOT. You run home, straight upstairs to your room and you scoff the LOT, washing it down with three giant bottles of fizzy drink. You throw your empty wrappers on the floor. Who needs rules anyway?

Cont../

You lie back on our bed, feeling happy, your teeth aching from the sweetness. Who needs rules when you can have sweets for breakfast, dinner, and tea? Hang on a minute.... you begin to feel a little queasy. In fact you are feeling quite poorly now. Too many sweets have given you a sore head and tummy. You hope someone might come soon to give you a cuddle and make you feel better, but there's no rules to say they have to.

As you lie on your bed, what are you thinking?

Do you want tomorrow to be just like today?

Do you want to wake up to a world without rules?

Who needs rules anyway?

Our House Rules

If we were going to follow Jesus' way of 'Love God and Love Others', what would that look like in our home? Have a go at creating your own house 'rules' for living together that would reflect loving God and loving each other.

Table Top Discussions

Each day over a mealtime, have a quick conversation about rules for living. Here are a few questions to get you going:

Is a rule always a restriction? Does following the rules always mean you lose out on something?

What examples have you seen today/this week of people loving God and loving others?

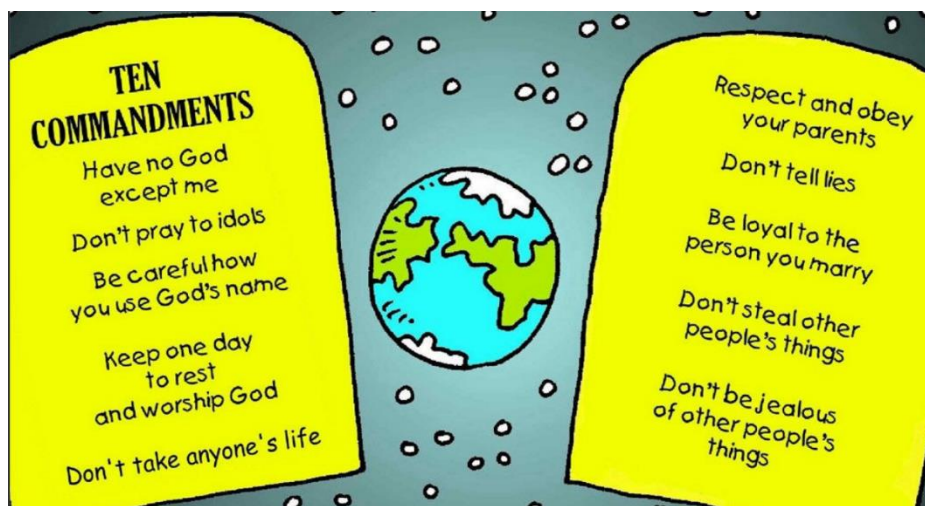
Which one is easier to do, love God OR love others?

Are all rules the same, or are some rules worse to break than others?

What would the world be like without rules?

Which rule is your favourite and why?

Which rule would you get rid of?



What's in the box?



What treasures can you find to put in the box for your little ones to explore?

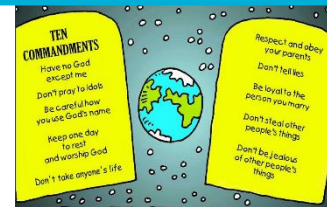
Perhaps older children could help find the things.



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.

This week's Bible story is:

Handbook for Living
Exodus 20 verses 1 - 17



Some little people

Some dough and a stick
or playdough tool to
press into the dough
and make marks –
make a mountain
and/or make a flat
plaques to write on



A heart shape
– especially a
cutter



A tray, preferably
with sand



Something with rainbow
colours for God's promise



String or chain to put in a circle
around the people – rules or
boundaries to keep them safe



**Please supervise small
children!**

**Watch out for chain or
string getting caught
around fingers, wrists or
neck etc.**

Pray Together

Giving praise and honour to God

The Bible tells us to love God with all our heart and it is great to praise God in our prayers. We praise God when we are singing and in the words we use. We can praise God in other ways using our senses. Here is a way to praise God using taste and colour.

Think about God; I wonder what is God like? How does God make you feel? I wonder what colour would you choose to show God? Think about things you would like to say to God and to say thank you to God for.

You will need: white bread
cotton buds
milk
food colouring
toaster



Put a small amount of milk into three dishes and mix in your chosen colours to make edible paint. Paint the bread with the cotton buds and think about praising God and the things you want to say thank you for. You might want to paint a picture or just make a colourful pattern of praises.



Toast the bread lightly and see how the colours brighten. Enjoy eating the toast and say thank you to God.

Pray Together

Reflecting God's Love

"Love the Lord your God with all your heart, with all your soul, with all your strength, and with all your mind, and love your neighbour as yourself."

Jesus was once asked what the most important rule was and he simply said love God and love others. Jesus summed up God's ten rules and made it easy for us to remember. How can we show our love for God and loves for others?



Find a mirror and a torch and shine the torch onto the mirror. See how the mirror reflects the light. See if you can reflect the light into a dark corner in the room. We can reflect our love for God and show love to our neighbours in what we do. Look into a mirror at yourself. Talk to God and ask God to help you show God's love to others. Think about God's ten best rules for living and ask God to help you reflect them every day.

Dear God

Help us to reflect your love into the world in what we do and say.

Amen

Pray Together

Love God Love Life

Woven hearts: God gave us ten very special rules to live by; they are woven into how we live. Make your heart and, as you weave the rules in, ask God to help you make these special rules part of your life.

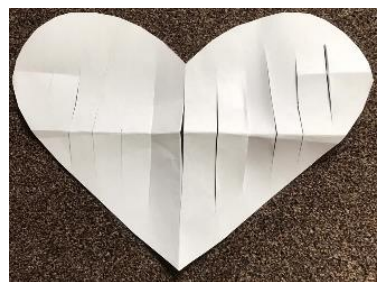
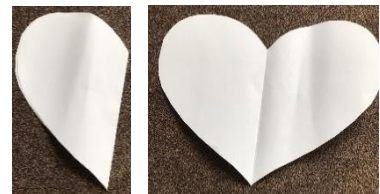
You will need: Paper, scissors, pens.



Draw and cut your heart out – the easiest way is to fold your paper in half, then cut your heart as shown.

To add grid for weaving, fold your heart as shown below and make lengthways cuts, remembering to leave a border.

Cut strips of paper, and write God's rules on them, then weave them into your heart. If you cannot get all your rules written on one side of your heart, don't forget you can turn it over and use the other side too!



God's Rules

1. No other gods beside God
2. Don't pray to idols
3. Always treat God's name with respect
4. Have a day to rest and thank God every week
5. Respect your parents
6. Do not hurt others with words or actions
7. Keep your promises to others and God
8. Do not steal from others.
9. Always tell the truth
10. Do not be jealous or envious of others



I wonder what Moses saw when he brought the special rules down from the mountain to God's people?

I wonder how many rules you can think of in your life and why they are there?

I wonder why God gave us rules to live by?



I wonder how you would look after a set of rules if you knew they were written by God? I wonder where you would put them?

I wonder why we feel threatened by rules and sometimes want to rebel against them?



TO DO TOGETHER...

Rules for our Household plaques

You will need: Card/ lollipop sticks
2 long strips of card or ribbon
Ribbon or wool

What you do:

Cut some coloured strips of card - you could use lollipop sticks if you have them.

As a family, talk about what rules you want to have to help your household live together happily, and then write them on the strips.

Using strips of paper or ribbon, stick all the pieces of paper together like a ladder.

To make the hanger, use a hole punch to create two holes in the top piece of card and thread some ribbon or wool through it to hang your rules up.

If you are using lollipop sticks instead of paper, cut two longer pieces of ribbon and Sellotape them to the sticks, leaving a long end at the top of the ladder of sticks so that you can tie the two ends together and create a hanger this way.

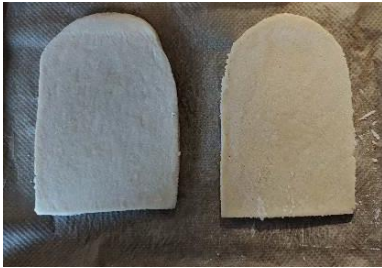
Words Judy's family thought of as rules were:

sharing,
be kind,
smile,
laugh,
help,
fun,
love





TO DO TOGETHER...



Tablets of stone

You will need: 1 cup flour
½ cup salt
½ cup water

What you do:

Mix the flour salt and water into a dough, roll it out with a rolling pin or a round bottle if you don't have a rolling pin. Cut it into two stone tablet shapes – you could use plasticine tools or a cocktail stick to decorate the stone tables but leave space for your writing. Bake it in the oven on a very low temperature, until it is hard. This can take a long time depending on the thickness of your dough.

Once it is hard and has cooled, use a felt pen and write on them your version of the 10 best ways of living.



Alternative

Have fun making some chocolate tablets too, by melting chocolate and spreading it into tablet shapes on a piece of baking parchment.

Once they are set, coat them in another layer to make your tablets a bit thicker. Leave them to set again.

Once they are completely set, you can use some white chocolate or writing icing to write on your best ways of living.





TO DO TOGETHER...

Handprints for Living

You will need: Paint
Paper

What you do:

Paint your hands with paint and press them onto the paper to make a lovely handprint.
Once they are dry, think of ten ways of living for God and for others and write them onto your painted hands.

Cut them out and put them up for everyone to see.



Walking the Way

Living the life of Jesus today

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

At Home:

This week's challenge is a secret mission – find ways through the week of making those who care for you feel loved. What could you do? Maybe sneak up and massage their shoulders or rub some cream into their hands, maybe write them a message and hide it somewhere they'll find it, maybe warm their PJs on the radiator before bedtime....

What could you do?

Outside:

This week's challenge is a secret outdoor mission – find ways of making God's creation feel loved. What could you do? Maybe pull up a weed or plant a seed, maybe pick up some litter or sweep up some leaves, maybe feed the birds or put a bowl of water out for them to drink, maybe hug a tree or talk to a flower...

What could you do?

For Others:

This week's challenge is a secret mission – find ways of making another family feel loved. What could you do? Maybe arrange to meet up (over Zoom, perhaps) and play a game together or have tea together, maybe send them a photo of your family and ask for a photo of theirs, maybe sneak round and decorate their doorstep with a chalk picture for them to find when they leave the house or slip a cheery picture and message under the car windscreen wiper for them to find

What could you do?



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: lorraine.webb@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), Hannah Middleton (Northern Synod), Philip Ray (Wessex Synod, North), Lorraine Webb (Programme Officer for CYW), and Ruth White (Wessex Synod, South) on behalf of the CYDO+ and Children's and Youth Work team and Pilots.



The
United
Reformed
Church