



# Faith Adventures for Children Together



*Committed to URC Children Together:  
enabling everyone to grow more like Jesus  
together in the home, church and beyond.*

For guidance on the purpose of the resource and how to use it as a launch pad for your engagement with children and families, please use this link:  
<https://urc.org.uk/wp-content/uploads/2023/01/FACT-how-to-sheet.pdf>

## Psalm 33: 4-5, 20-22

Theme: Our hope in a living God

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### Introduction: What would be helpful to know in my planning?

#### Psalm

It is suggested that Psalm 33 is a song used at the time of gathering. When God’s people brought the fruits of the earth to say thank you to God. However there are verses in the passage that remind us to worship God in times of plenty and times of struggle. The Psalm reminds us that our hope is found in a caring God not in our situations. The Psalm ends with a reminder to wait for God and rejoice in God and who God is as well as a reminder to keep praying.

The passage offers an opportunity to celebrate that we can have joy and hope going forward, that God is not dead and our hope is in a living God.

Be aware and sensitive that this Psalm isn’t suggesting that all is right with the world but about having that HOPE and PEACE amidst all that’s going on in the world.



# Together

How do I help my group to come together and get started with the theme?

## Gathering prayer

### Jesus, our friend

(use alternate index fingers to point and tap the middle of opposite palms)

### Be with us today

(two hands, palms up in front of you, move up and down twice)

### As we share together,

(two hands, palms up in front of you, move one forward and one back and alternate twice)

### Pray together,

(hands together, palm against palm, as though praying)

### Play together,

(hands to each side, palms up, make two small circles outwards)

### And get to know you better,

(point up with one hand)

### As children together in your family

(one hand out, palm down in front of you, move it sideways and up in three 'steps' as though to indicate children of three different heights)

## AMEN

(Two thumbs up, and bring fists slowly together to meet in front of you)

OR

**Thank you, God, for bringing us together today.**

**Help us to grow closer to you in all we do.**

**Help us to speak and to listen, to learn and to grow together,**

**Adventuring together with you wherever we may go.**

**Amen**

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## In-person game - Shield of protection

This is a fun game where two teams battle against each other to win the other teams flag.

You will need: a large amount of ammunition (soft play balls, paper balls etc), some large pieces of cardboard for shields, a selection of barriers and hiding places such as upturned tables, a hall or outside space to play in.

Set up the space so that the teams are at opposite ends of the hall. Each team has a base/fort set up to offer some protection. Each team has a flag that is placed on the outside of their base at floor level. Set up a few hiding spaces in the middle of the game space.

Each team goes into their base and agrees their battle plan.

The rules are as follows:

The winning team are the ones who retrieve the other team's flag and gets it back to their own base.



You can only throw missiles from within your own base.

Once you are hit on the body with a missile you are out for 30 seconds (go back to base, leave the flag where you fell) once hit three times you are out for good (stay where you fell).

You can use shields etc to protect your bodies.

A flag cannot be taken from a person's hand unless they are 'dead'.

Once out of ammunition, you would need team members to gather them from the game space and return them to base to be used.

Older children should be encouraged to protect little ones in their group.

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### Online game - Musical

This game is all about having fun making sounds with our bodies and remembering the sounds. Everyone has to listen and remember what sound they have heard, as well as using their imagination to come up with a new sound to add on. It might be helpful to have a few ideas of sounds just in case anyone is struggling to think of a sound to make, they can use their voice, their hands, whistling etc.

Get everyone to sit in a circle. The first player begins by making a sound. They might click their fingers for example. The next player in the circle continues adding a sound of their own. They should make the sound first and then add their sound. Taking it in turns, each person around the circle continues to add to the groups of sounds. See if you can get all the way around the circle with the last person remembering all the sounds.

You could make the game more competitive, adding that any player who gets a sound wrong is out and you keep going until there is only one person left.

## Experience

For this story we recommend using the Children's International Bible

<https://www.biblegateway.com/passage/?search=Psalm%2033%3A%204-5%2C%2020-22&version=ICB>

### Where can I find the story online?

Under fives story: May the God of hope – Duggie dug dug

[https://youtu.be/yXZYzXNjEY?si=p\\_ym9nLERiyAw454](https://youtu.be/yXZYzXNjEY?si=p_ym9nLERiyAw454)

Five to elevens: God loves you so much by Be still Biblical meditations. A child's guided meditation on how much god loves you. Invite your group to find a comfy place to lie down, be still, close your eyes, take deep breaths and use this meditation.

<https://youtu.be/jwMiskYxnQo?si=FlkEhibitAqFuuz->

### Songs to support the story

Under fives: Sing a song, sing a joyful song by Dalgety church

<https://youtu.be/JBks3sMWDmo?si=46Be8ZYKfnHvBoQd>

Five to elevens: Living in Hope by worship for everyone

[https://youtu.be/u\\_JUinllTs?si=th8DSok5nTrPxx4S](https://youtu.be/u_JUinllTs?si=th8DSok5nTrPxx4S)



## Explore

Ideas and activities to explore this week's Bible passage together

### A new story to share

Our hope is in a living God. There are lots of emotions to be found in the Easter story. Recap the Easter story with your group and ask them to identify where they hear about hopeful situations. You could do this sitting down with thumbs up when they hear about hope or run across the room. Pause to discuss where/why they can feel hope. You may wish to give permission for the group to enter thoughts from someone else's point of view, so that we can gain deeper discussions without putting them on the spot. You can re-tell the Easter story in your own words or use the following:

#### The Easter Story: A Journey of Hope

One day, Jesus and his friends were traveling to the city of Jerusalem. As they entered the city, people were so excited to see Jesus! They waved palm branches and shouted, "Hosanna! Blessed is the King who comes in the name of the Lord!" They were welcoming Jesus like a king.

During the next few days, Jesus continued teaching people about love, forgiveness, and God's kingdom. He told them stories to help them understand how to be kind to others and how to trust in God. He also spent time praying and talking to God, asking for strength for what was to come. Even though people were excited about Jesus, some leaders didn't like what he was saying.

On Thursday evening, Jesus shared a special meal with his disciples. During the meal, Jesus told his friends to remember him when they ate bread and drank wine, showing them that he would always be with them, even after he was gone. Jesus also washed his disciples' feet, showing them how to serve others with love. Later that night, Jesus went to a garden to pray.

Later that night, Jesus was arrested. He was hurt and put on a cross. It seemed like all hope was lost because Jesus died on that cross. His disciples were very sad and afraid. They didn't understand why this was happening.

After Jesus died, his friends were very sad, and they didn't know what to do. They had to wait. It was a quiet, sad day, and they were unsure about what the future would hold.

On Sunday morning, women who were Jesus' friends went to the tomb where his body was laid. But when they got there, something amazing had happened! The stone was rolled away, and the tomb was empty! An angel appeared and said, "Don't be afraid! Jesus is alive!" At first, the women didn't understand, but then they saw Jesus! He was alive! This was the moment when hope was bigger than anything! Jesus had defeated death, and because of him, we can have hope forever.

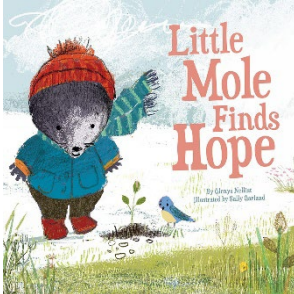
NEXT: Take the discussion further. Hope no matter what. Where feels hope (less) now? What have you seen or heard that does not feel hope filled?

I wonder how our faith can help us stay hopeful when things feel hard?



## Modern parables

Jesus used stories to help people understand the things of God, even though they weren't necessarily overtly Christian stories. Lots of children's books can be used in a similar way as a conversation starter on the week's theme. Examples are shared here but you may think of others too.



### 'Little mole finds hope'

<https://youtu.be/YJMYechIFFA>

A heartwarming story of a young mole whose mother shows him how to recognize one of the most important values: hope that endures, through even the coldest of winters.

### Talking together: How might we talk about the story together?

- Where do you need God's hope in your life?
- What does hope feel like? What does joy feel like?
- Why do you feel Jesus' resurrection is important to Christians?

### Wondering together: suggested questions to use during activities

- I wonder where in life you feel hopeless?
- I wonder what song brings you joy and hope?
- I wonder what hope looks like? Does it look different to God's hope?

### What's in the box (for under fives)

Use the special box or bag and sing "what's in the box/bag? What's in the box/bag? Let's see, let's see, what's in the box/bag" (to the tune of The Farmer's in the Dell). You could tap the top of the box twice after the word 'box'. Pull out the things one by one and then let the children play with them, talking about the theme or the story in simple terms.

This week's box could include:

- Musical instruments – as they play the instruments ask how it's making them feel.
- Streamers/bunting – start pulling them out of the box and ask what these items remind the children of.
- Letters to make the word HOPE – pull the letters out in order, saying the letters and then saying the word – ask what the word means to them.
- Shield – show the shield, ask the children if they think Jesus could be a shield for us. How might that happen?
- A tactile cross of wood or fabric (A cross shape reminds us of Jesus. Jesus/God loves us and it's always in the box because Jesus/God always loves us!)
- A set of play people to act out the story or random shapes/bits you can move around to make pictures from the story as you tell it (eg stones, felt, twigs etc)



# Express

Praying together: how can you involve the children actively in prayer?

## Creative prayer: H.O.P.E

This prayer is based around the letters of the word hope.

Create on a large piece of paper the word hope making space in the letters so that everyone can write or draw their prayers in each of the letters. This can be done as a large group or individually.

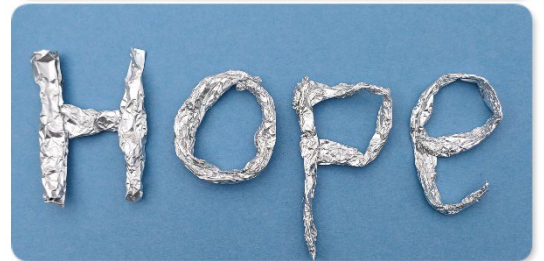
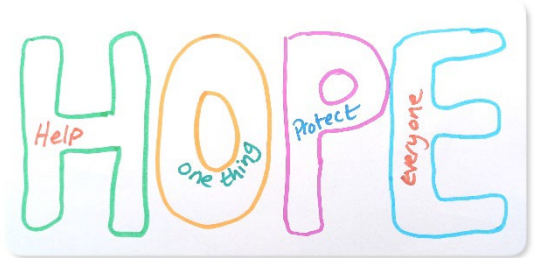
Ask everyone to think about the word hope and then encourage everyone to think of prayers for each letter and write or draw their prayers in that letter.

‘H’elp – Pray for people or situations either close to home or around the world where help is needed.

‘O’ne thing or person Pray for one thing or person, perhaps something you are worried about or a person who is not very well or sad.

‘P’rotection – God is our strength and protector. Pray for situations that needs Gods protection.

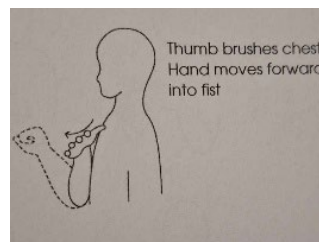
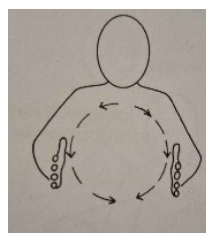
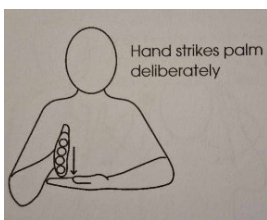
‘E’veryone everywhere – Say a prayer for all the people in you church, village, town community, country, the world.



As an alternative you could do this activity individually modelling each of the letters from either foil or playdoh, then taking time to think about each of the prayers quietly on their own.

## Spoken prayer

Each time the word God, you or your is spoken, point up and look up



True

Love

Earth

Hope

Protect

Your word **God** is **true**.

All **you** do is right.

**You** **God** **love** what is right and fair.

**Your** **love** fills the **earth**.

So our **hope** is in **you**.

**You** **God** are, our shield to **protect** us.

**God**, show **your** **love** to us  
as we put our **hope** in **you**.



## Responding together

Here are some suggested crafts and activities, and there is a colouring sheet at the end of this resource. You could also use small play toys and/or have a basket of resources available so children can choose their own way to respond.

With an online group, plan whether to deliver any resources in advance or how you will encourage them to use what they’ve got to hand in their response.

However you do it, it is good for the adults to engage in the response too, and all chat together.

## Making a shield

Before starting on this activity ask those present to think about words or symbols that reflect feelings of hope or protection, as that is what this craft is about. Our hope is in a living God and the protection knowing God can give us.

*You will need:*

- Card (Cereal packets work well)
- Scissors
- Colouring pencils or felt tips
- Template of shield

*What you do:*

Use the template to create a shield, either by gluing it directly onto the cardboard or drawing around it onto the cardboard. and cut it out. Then using the pencils or pens decorate your shield with the words and images they thought about.



A template can be found at the end of this resource or can be found here: [Free Printable Shield Outline Templates | Just Family Fun](#)

## Musical instruments from nature

*You will need:* Things from nature to make a noise with.

*What you do:*

You don’t need special musical instruments to praise God either.

But everyone can make a joyful noise and praise God and we have all of creation on hand to help us.

Go out and about and see what you can find to make a noise with. Can you use sticks or stones or gravel to make a noise? What about leaves? You might even be able to use a piece of grass to make a trumpet sound – have you ever tried that? And listen out for the sounds that nature makes too – the birdsong, the wind moving the leaves etc.





## Everyday with Jesus – Walking the Way

What could we do this week to carry on what we've learned? Maybe members of the group could come up with a suggestion. If not, get them to choose from these two challenges:

- Can you learn some of the signs from the prayer and teach them to someone else?
- How many Bible verses can you find that mention the word "hope"?

We hope you enjoyed exploring the **Psalm** with us.

Please let us know what you liked or what you would find useful by emailing [lorraine webb@urc.org.uk](mailto:lorraine webb@urc.org.uk)

Why not have a look at next month's resources on the theme **Wonderfully Made**.



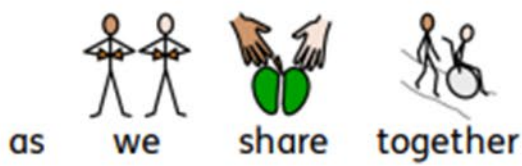




Jesus our friend,



be with us today



as we share together



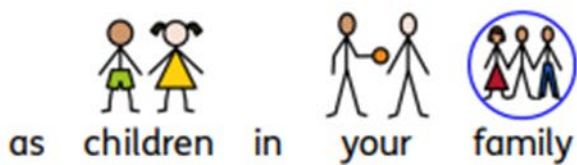
pray together



play together



and get to know you better



as children in your family



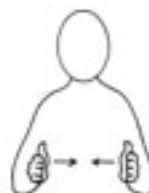
Amen

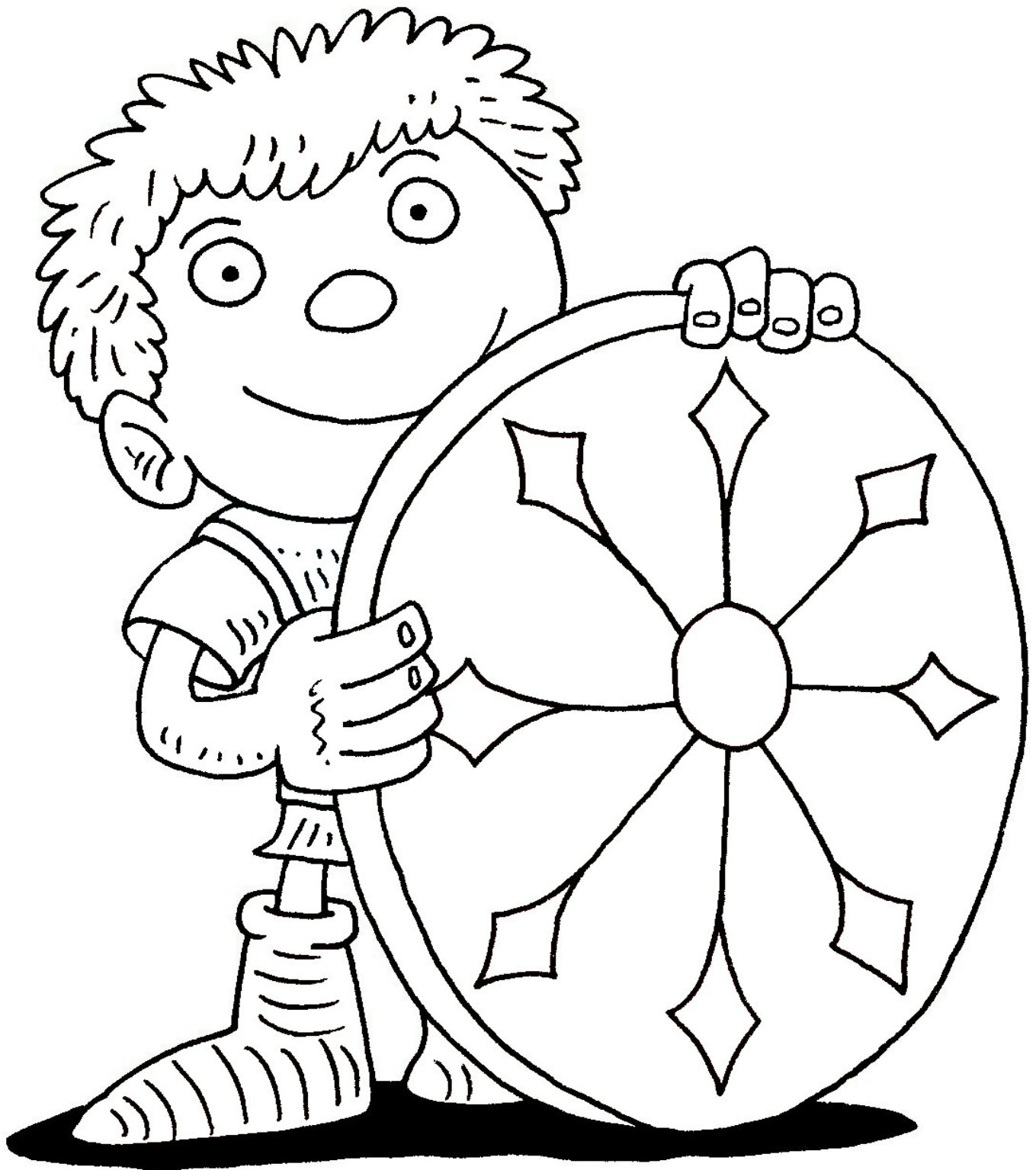


Right middle finger touches centre of other palm, repeat with left hand



Alternate hands back and forth





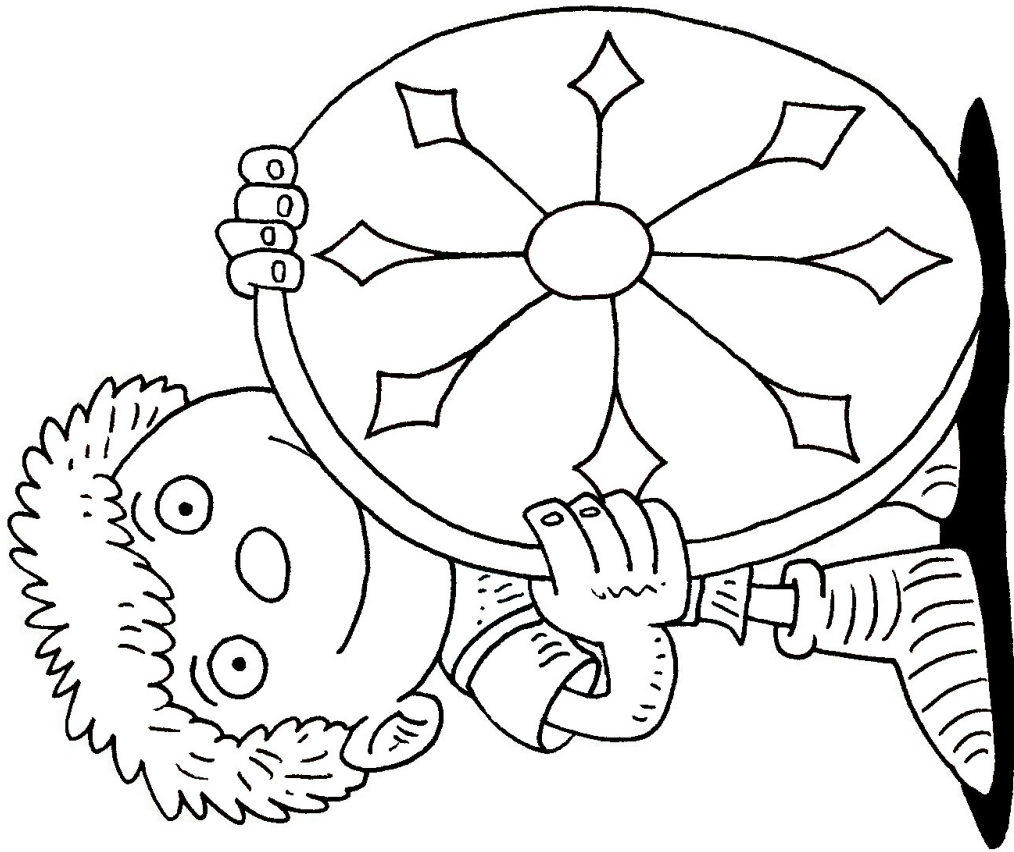


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