



# 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>

## Luke 12:32-34 – Love Living Simply

Theme: Love living simply – getting back to basics

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

This book is written by one of Jesus' disciples, Luke. He was a doctor who wanted to show the humanity of Jesus as well as being the son of God. In this passage Jesus is teaching the crowds and urging them not to worry, reminding them not to over complicate life. It's a reminder to live humbly and simply and that living simply can add to your life rather than leave you with less. It's an opportunity to reflect on how much we need to live well and how we can bless others too.

We should be aware of the difference between living simply if it's your choice and living simply when it's not your choice e.g. not having heating on, cheap foods. Know your group and their home situations well to be able to support nurturing conversations.

The passage talks about giving everything away and giving to the poor can be a difficult aspiration. Discuss how not to take it literally, what is Jesus really asking of us here?

Jesus reminds us to consider where your treasure is, what do you treasure, what's most important to do. Is it your relationship with God and the impact on others (Love God and Love others)? It's about relationships and doing things with people rather than having lots of stuff, giving time rather than giving gifts. We do this because we love our neighbour, our environment, love life, love God.

This is an opportunity to consider how we live in a throw-away culture – how can we repurpose things as part of treasuring the earth. Do we always have to have "new"?



Triggers to be aware of – The passage refers to God as the Father; for some in our group this might not be a positive relationship. Exploring how to live simply and living with less, could cause overthinking, leading to anxiety and guilt. It is important that we remind children that God loves us and wants us to live life to the full. How can we do this simply?

## 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 - Kim's Game

The idea is to play Kim's game with two different sets of objects to lead on to talking about the effect of having too much stuff. For those new to Kim's game, you have a tray with objects on it, covered with a cloth. They might be: a comb, a fork, a pair of scissors, a toy car, a small book, a key, a pencil, an onion, a stone, a Duplo block etc. The cloth is removed for a period of time eg one minute, for people to try to remember the objects. It is then covered over and people have to remember what was on the tray. Older ones can write their own list, younger ones recall verbally. One tray could have just 3 objects and the other 15-20. Do first the small number and then the larger one. Who can remember all the objects on the tray? What does it feel like having too many things to think about? Can you enjoy them all? What would it be like to have fewer things

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## Alternative game – Fruit Salad

You will need a parachute and a list of recyclable and non-recyclable items.

Gather the group around the parachute, all holding the edge at chest height. The leader shouts out the name of an item and as the parachute raises, if the children think the item is recyclable, they run to swap places. Resist the urge to discuss every item. When the leader shouts "recycle" everyone runs and changes places. The children may want to have a go at shouting different items too.

This can also be played without a parachute, sitting in a circle on chairs.

# Experience

For this story we recommend using the Good News Bible

<https://www.biblegateway.com/passage/?search=Luke%2012%3A32-34&version=GNT>

### Where can I find the story online?

Under fives Gizmo's Bible bytes by Superbook

<https://youtu.be/F4ATstbuvyq?si=pWeFqJRGtzVIToNE>

Five to elevens: Do not be afraid little flock by HiBible

<https://youtu.be/xevJOR90gtk?si=85dB2XRwzT9uDXIR>

### Songs to support the story

Under fives: I'm gonna jump up and down by LCBC

<https://youtu.be/juoTBFksrWY?si=ecsv16olrIsIAAxm>

Five to elevens: Where your treasure is by seeds kids worship

[https://youtu.be/2U42xWHMIHE?si=\\_2wwiFbjjH3pmYDI](https://youtu.be/2U42xWHMIHE?si=_2wwiFbjjH3pmYDI)



# Explore

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

## A new way to explore the passage

To explore this passage further, work as a group to create research for church members. The research should explore an environmental issue the group are particularly interested in or concerned about. For example: whether refreshments served are Fairtrade; how the church's outside space is used or the church's energy usage.

Research will also enable the group to share what they have discovered with the church and communicate any changes they would like to see.

Remember: Restrict charts and questionnaires to one topic. Keep questions simple and, if possible, ask questions with a limited number of options (Yes/No/Not Sure) to help make the results clearer.

Younger groups – simple charts

- Choose an area to explore together – perhaps how people travelled to church or whether snacks served are Fairtrade.

- Make a simple grid to record results (you could use the templates provided to monitor travel or refreshments – or make your own).



- Ask members of the congregation to respond to your question and provide a tally mark for each answer.

- For Yes/No research – such as whether refreshments are Fairtrade – mark each category with a tick or cross. You could also use stamps or stickers to mark answers.

Older groups – questionnaires

- Choose an area to explore together, such as; travel, energy and insulation or Climate as a theme for worship.

- Think of around five questions, relating to this topic.

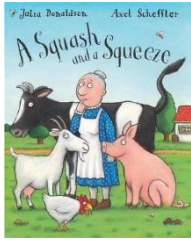
- Ask members of the congregation your questions.

- Compile your answers. What have you found out? How can you share the information with church members and church leaders? Is there a change you would like to see?

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## 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.



**'A Squash and a Squeeze'** by Julia Donaldson and Axel Scheffler  
Read on Cbeebies bedtime story  
<https://youtu.be/FOlcf05vPwI?si=c7FEPZjDRwIUoz2I>

### Questions

Why do you think the lady followed the old man's advice?  
How do you think she felt when she had her house to herself again?  
Did she need a bigger house?

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

- What do you love the most in life?
- What do you think it means to store up treasure in heaven? What is that treasure?
- The passage mentions thieves and moths – what other ways do things get damaged or destroyed?
- Do you think living simply is easy or difficult? How would it change your life?
- How much is 'enough'? How much do you actually need to live well?
- There is enough food in the world for everyone to have sufficient but some people are without and some people have more than they need. What small thing can we do to make a difference?

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

- I wonder what you would miss the most if it wasn't there?
- I wonder how you can love living simply?

### 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:

- Treasure box – what is in this box, is it precious?
- Small dull pebble and a polished pebble – one looks plain and the other shiny but they are the same. Sometimes we get mixed up with all the shiny and forget that the ordinary may be more precious to us.
- Recycle symbol – what can we recycle, and what old things could we make new again?
- A packet of plain biscuits and a packet of the same biscuit but branded – I wonder which is the best biscuit - sometimes we do not need to have the best to have enough of what we need.
- Heart – I wonder what do you love the most?
- 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

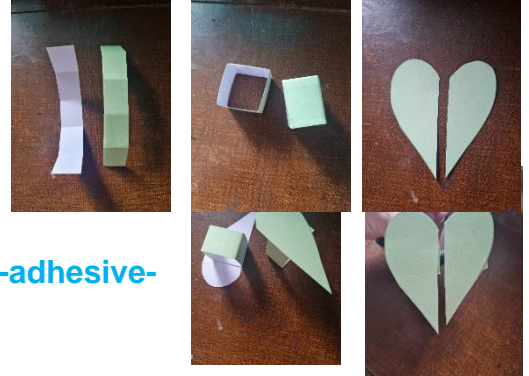
Praying together: how can you involve the children actively in prayer?

### Magnet heart prayers

Magnetic hearts (Not to be used with children who put things in their mouths)

*What you need:*

- Heart shaped coloured card
- Strips of card 4" by 1"
- Magnets <https://www.bakerross.co.uk/large-self-adhesive-magnetic-discs>
- Sellotape/ glue
- Scissors



*What you do:*

This prayer focuses on bringing together two halves of a heart using a magnet. Either make them before hand or make together. This prayer could still be used without magnets, just use your hands to pull together the two parts of the heart.

Each child is to have a heart and two strips of card.

Cut the heart in half from bottom to top.

Fold the little strips of card into five equal squares, secure to create a little box shape.

Secure a magnet onto the outer edge of the box on each half of the heart.

Sellotape the boxes to the edge of each half of your heart with the magnet side facing out to enable the two magnets to meet when you bring the two halves of the heart together.

Experiment with moving the two heart halves together and apart. When the words, **we should**, are said in the following prayer the two halves of the heart should be brought together.

Creator God,

You have created such a beautiful world for us to live in. You have given us imaginative minds. Help us to use them to live simply in the world.

When we can recycle - **we should**

When we can reuse - **we should**

When we can repair - **we should**

When we can share what we have - **we should**.

You love the world and when we can love the world – **we should**.

**Amen**

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### Spoken prayer

(Invite participants to join in the response in bold together.)

Dear God,

Thank you for all the amazing things that you have created in our world.

**Help us to live simply and love it.**

Help us to be thankful for the good things that you have provided us.

**Help us to live simply and love it.**



Help us to take care of your creation and resources.

**Help us to live simply and love it.**

Help us to share what we have with others.

**Help us to live simply and love it.**

Help us to love you and each other more every day.

**Help us to live simply and love it.**

Amen.

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## 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.

### T-shirt bag

Living simply often means re-purposing used things. This activity repurposes old t-shirts to make bags for life. You could purchase old t-shirts from a charity shop or jumble sale or could ask the children to bring in unwanted t-shirts from home.

*You will need:*

- An old t-shirt
- Scissors

*What you do:*

Lay out your t-shirt flat on a table and cut off the sleeves.  
Cut the collar wider to create the bag opening.  
The shoulders will form the handles of the bag.  
Fringe the bottom of the bag by cutting a row of slits up from the bottom and then tie each fringe to the one on the opposite side to fasten the bottom.



### Natural paint – DIY paint fun

The idea of this activity is to have fun making paint out of spices and foods. We can think about how you can make things yourself and not have to rely on things that have been manufactured, packaged and transported long distances.

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*You will need:*

- A variety of fruits, spices, vegetables etc to experiment with
- Water



- Vinegar
- Small pots (e.g. clean used yogurt pots, paint pots etc)
- Cartridge paper or paper from a sketch pad (photocopier paper is too thin)

*What you do:*

Experiment with making your own paints. Some are made by mixing a little water with the spice powder. Some are made by squashing a fruit with fingers and using the juice with a brush. The beetroot was just applied direct. For the red cabbage I boiled a couple of shredded leaves in as little water as possible and painted with the water. Adding a few drops of vinegar to some of the cabbage water may help to change the colour. (Jam is good for an experiment but remains sticky) Each



child could make a colour or two in small pots, and then the group share the "paint" so everyone can paint a picture of something in nature that they love.

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### 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:

- Talk to your family and choose one thing that you could do differently this week to live a little more simply.
  - Talk to someone older or younger than you and find out what they do to help the environment. Could you share some of your ideas too?
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We hope you enjoyed exploring the story from **Luke** 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 Preparing for Easter

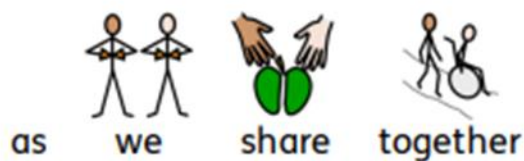




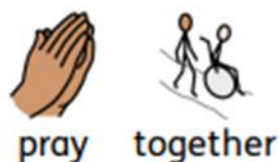
Jesus our friend,



be with us today



as we share together



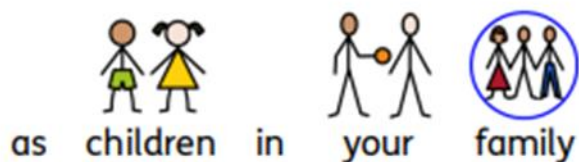
pray together



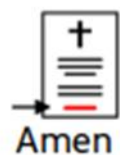
play together



and get to know you better



as children in your family



Amen

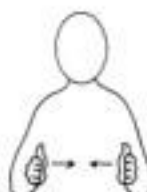
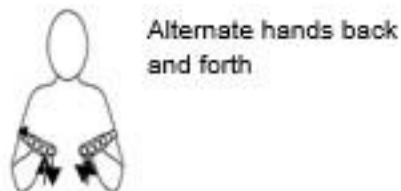




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<p><b>How did you get here?</b></p>	
	
	
	
	
	
	
	



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