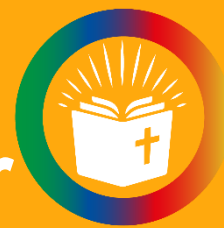




Faith Adventures for Children Together



*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 119:101-105 Your word is a light

Theme: The Bible is a guide and a light for your journey with God.

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

Psalm 119 is the longest psalm in the Bible. We’ve explored Psalm 119 before in FACT but this time we’re looking at just a few verses (101 – 105) about halfway through.

These verses give us the idea that God’s Word, as revealed in the Bible, is like a light that shines on the path ahead to help us see our way.

It might be read as if we must stay on the path and not ever stray (like always doing everything our teacher tells us at school!) or we will be punished in some way, but the passage tells us that we shouldn’t follow God’s path because we must – but because we will want to – it’s ‘sweeter than honey’. We may, sometimes, stumble but that’s okay because God’s Word is there to help us to get back on the right path. And it’s not a narrow path – it is a path that lets us live life in all its fullness, to enjoy all that God has given to us.

As with everything in the Bible, both Old and New Testaments, we must always remember that it must be read in the context of the time it was written. Some things may seem outdated or irrelevant to us today – the important thing is to think about the meaning not the actual words.

This passage also links in well with the United Reformed Church’s ‘Walking the Way’ material which can be found at [Walking the Way \(urcarchive.org.uk\)](http://urcarchive.org.uk)



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

In-person game – Light up a bible verse

Your word is a lamp that gives light wherever I walk. Psalm 109:105 (CEV)

Create a tunnel using blankets or a black out tent making it as dark as possible. Write out a bible verse and cut into individual words. Place the words around the tunnel, make them challenging to find. Using a torch, take it in turns to go through the tunnel to collect one word at a time. See how quickly you can put the bible verse together. To help younger children, you can colour code the words and create a template with the matching colours for the children to add the words to.





Alternative game – Balancing lights

'Your word is a lamp that gives light wherever I walk' Psalm 109:105

Imagine having to balance a lamp on your shoes to shine a light on the path where you are walking! That would be difficult.

What can you balance on your shoe and still walk?

Divide your group into two sets. One member from each team is going to race to a fixed point (where that is depends on your venue) whilst balancing an item on their shoe. If it falls off, they must go back to the beginning and start again. When they reach their destination, the next pair set off – with a different object.

Some suggested objects:

A coin

A bean bag

A grape

An orange

A Lego-type construction brick

A torch

Experience

For this story we recommend using the Contemporary English version

<https://www.biblegateway.com/passage/?search=psalm%20119%3A%20101-105&version=CEV>

Where can I find the story online?

Under fives: Psalm 119:105 God's Word is a LAMP and a LIGHT!!! – Big Faith Kids

<https://youtu.be/7eGMYVFrjaA?si=h9suYEFuMifSMOi0>

Over fives: A Lamp To My Feet | Psalm 119:105 | Memory Verse For Kids | Proclaim Ministries

<https://youtu.be/jhS9FIVVenk?si=ULv5FQRV0JbyxtWE>

Songs to support the story

Under fives: Your word, Psalm 119:105 – Christ Community

<https://youtu.be/oy6pMPPSAG4?si=do4M9b2pEY283uBk>

Five to elevens: Thy word is a lamp unto my feet (Action Song), Saint Max

<https://youtu.be/oD0KM55Hm-4?si=wpaF7bElsoVPYRyo>

Explore

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

A new way to explore the passage

Intro:

Explain that this passage reminds us that the bible is a tool for Christians, verse 105 says 'The bible is a light for our path, It's a guide and help to use every day to help us to walk as a Christian.'



Ask: Do you have a favourite bible verse and why?

Share with the group what bible verses each leader uses as a daily encouragement.

It's important that we read our Bible so that when we need to look for what the bible says to us, we are already aware of what we might find.

Play a game: What's in the Bible?

Have each of the following sentences on separate cards on the table and encourage the group to sort them into two piles. Those that are in the Bible and those that are not. (We have highlighted in green the bible passages for your information). Be clear with the group that some of the bible quotes are from the old testament rules which we no longer live by. This can also be played as a team relay race, go grab the statements and bring them back to your group for sorting. It can also be played as a true or false game, leader reads out the statements and the group run to sides of the room for true and false, allowing people to change their mind.

Never wear wool and linen together (Deuteronomy 22 v 11)

However you hurt your neighbour, it should be done to you too (Leviticus 24 v 19)

Men should not have long hair (1 Corinthians 11:14)

Don't talk to idiots. They'll hate you because you sound smart. (Proverbs 23:9)

Do to others as you would have them do to you. (Luke 6 v 31)

Children, obey your parents in the Lord, for this is right. (Ephesians 6 v 1)

Do not judge, and you will not be judged, Forgive, and you will be forgiven. (Luke 6 v 37)

Always wear a hat on Sundays

Only have three friends, it's all you need

Always do your homework the same day you get it

A friend in need, is a friend indeed

Talk to strangers and learn new things

Old people know best, go to them for advice

My dad is bigger than your dad

God will forgive you up to 70 times, and no more

Discuss: How we can be sure that the Bible says something? Check it for yourself, get to know your Bible by reading it, ask yourself if it sounds like something God/Jesus would say.

Bible agony aunt

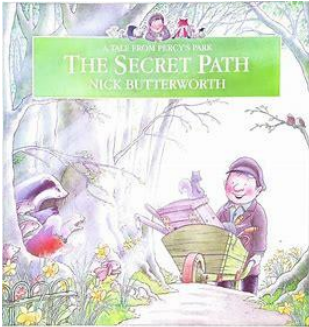
This is an opportunity for the group to consider how the bible is full of advice to help us every day. You could ask the group to come up with different situations or problems that they might have e.g. a friend is being mean to me, I am scared of the dark, I don't know what options to choose at school. You could invite someone in (or a panel of people) who can be asked the questions (like an agony aunt) and provide some Bible based responses.

If you have an older group, you could split into two teams. The teams create a list of problems for the other team, they swap suggestions and then spend time using Bibles to try to find a response for each problem, supported by leaders. The groups might need to offer some references or concordances to help.



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.



'The Secret Path' By Nick Butterworth

<https://youtu.be/4McHi49WUQ4?si=oDVQkTcRUMDJ7GL4>

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

- Is it ok to hate things? What might the Bible verse be saying we should hate?
- What other guidance do we have in other areas of life?
- Is it ok to break the rules? (Could use the example of Alladin stealing an apple because he's hungry)
- What does it mean that God's words are sweeter than honey?

Wondering together: suggested questions to use during activities

- I wonder what is your favourite Bible verse and why?
- I wonder where they are walking to?
- The Good news version says 'Your word is a lamp to guide me and a light for my path.' I wonder if we all have to take the same path?

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:

- Torches – shine the torch and talk to the children about how it lights our way when it is dark
- Bible – the bible helps to light our way like a torch, when following God's way
- Footprints – the bible tells us we should follow Gods ways, just like we can follow these footprints around the room
- Honey – honey is sweet, who likes honey? Let's taste it together. The bible tells us that God's word is sweeter than honey, wow that is sweet
- Guidebook – the bible is like a guidebook helping us on our journey with God
- 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 prayers: Bible lights

Place a bible in the centre of you space and surround it with lit battery tea lights. Get the children to sit around the bible in a circle.

Get the children to think about situations in the world or their life where there are concerns. Pick up on any situations that may have come up during the explore time.

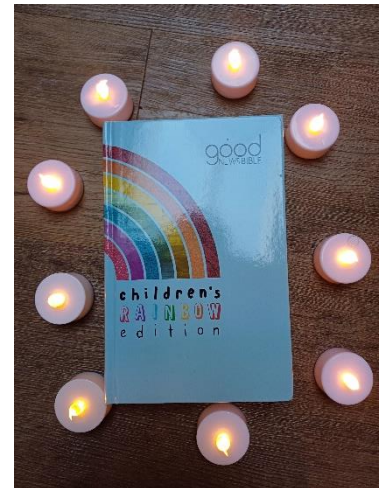
Encourage the children, when they are ready, to come and take a light from around the bible and place it in front of them.

Take some time to be quiet and look at the lights. Ask God's light to shine into the things they have been thinking about.

For situations that feel dark or sad and ask God's light to be in them.

For things that you might find difficult and ask God to show you the way.

For people who are lonely and ask God to be with them.



Spoken prayer

Lord,

When life seems confusing
And I don't know what to do.
Help me to be guided by you.

When rules seem unfair
And I don't understand
Help me to be guided by you.

When friends are mean
And I don't feel included.
Help me be guided by you.
Amen



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. <https://urc.org.uk/wp-content/uploads/2023/01/FACT-how-to-sheet.pdf>

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.

Bookmark to help you read your Bible

Provide materials to help the children to design a bookmark to use in their Bible. Have the following two wondering questions ready on stickers to add to the bookmarks. Encourage the group to keep the bookmark in their Bible and use the questions to think about what you have read each time.

After reading your Bible ask yourself:
 What is God saying to me from this reading?
 Do I have questions? Who can I go to with them?



Honey Muffins

You will need:

- 2 cups all-purpose flour
- ½ cup granulated sugar
- 1 tablespoon baking powder
- ½ teaspoon salt
- 1 cup milk
- ¼ cup unsalted butter melted
- ¼ cup honey
- 1 egg
- Muffin cases



What you do:

Preheat oven to 200 degrees or gas mark 6. Line a 12-cup muffin tin with paper liners or spray with a non-stick cooking spray.

In a large bowl, whisk together the flour, sugar, baking powder and salt.

In a medium bowl, whisk together the milk, butter, honey and egg.

Pour the wet ingredients into the dry ingredients and fold together until no dry ingredients remain.

Divide the batter evenly between the muffin cups.

Bake for 12 to 15 minutes, or until a toothpick inserted in the centre comes out clean. Cool for 5 minutes, then remove to a wire rack.

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:

- I wonder how many times the word light has been used in the Bible? Could you find out? Respond to it in a creative way, such as a vlog, drawing or poem.



- Talk to someone older or younger than you and ask them when they have the Bible especially helpful.
-

We hope you enjoyed exploring the verses from **Psalm 119** with us.

Please let us know what you liked or what you would find useful by emailing **lorrainewebb@urc.org.uk**

Why not have a look at next week's resource on **Jesus reading the scriptures**.

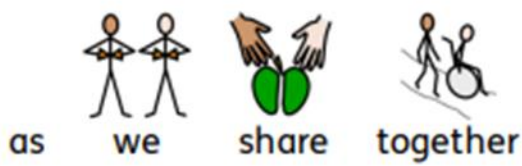




Jesus our friend,



be with us today



as we share together



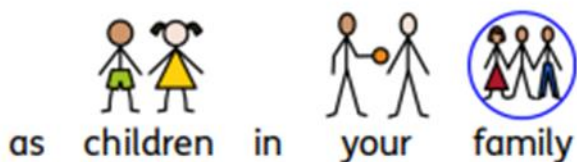
pray together



play together



and get to know you better



as children in your family



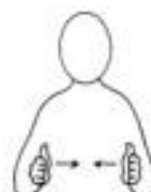
Amen

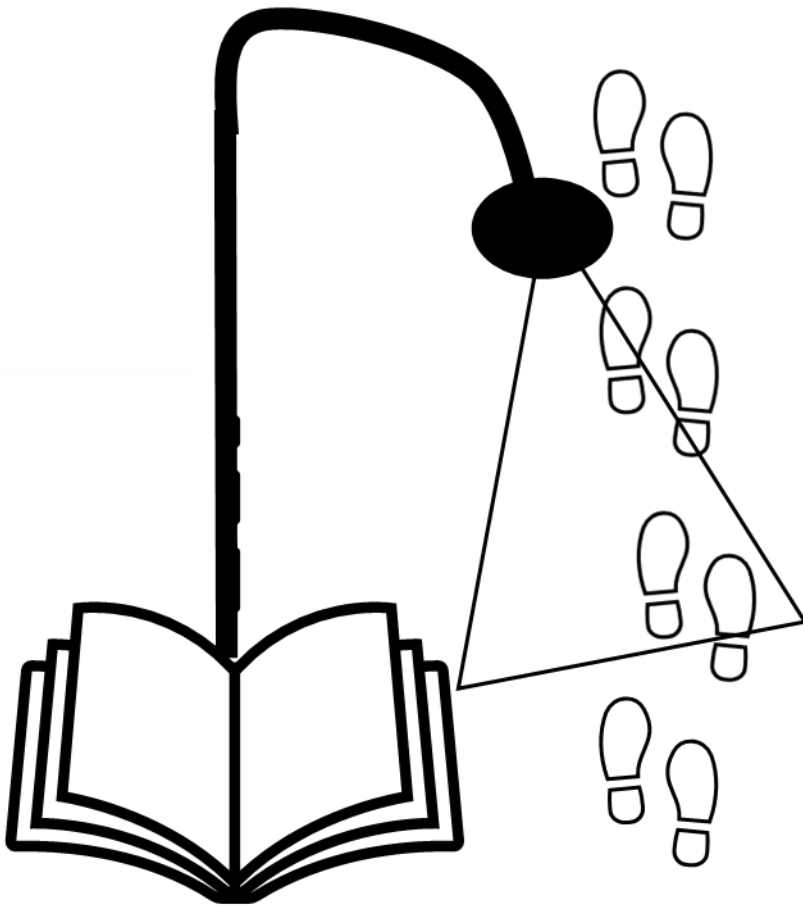


Right middle finger touches centre of other palm, repeat with left hand

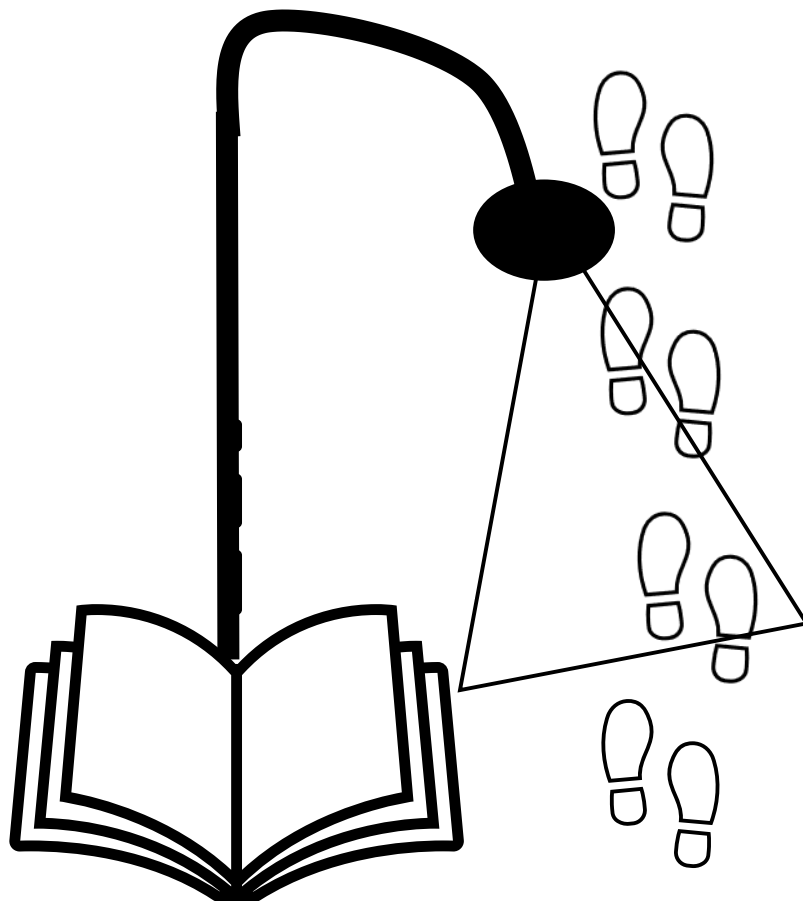


Alternate hands back and forth





Your word
is a lamp
that gives
light
wherever I
walk.
Psalm 119:
105



Your word
is a lamp
that gives
light
wherever I
walk.
Psalm 119:
105



Your word
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