



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: www.bit.ly/FACT-how-to-sheet

Exodus 16: 1-5

Theme: God's provision (Give us this day our daily bread)

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

We are continuing our theme of 'Prayer' (and in particular 'The Lord's Prayer') this week with a look at how God provides for God's people (Give us this day our daily bread).

Using the passage from Exodus about God providing manna from heaven for the Jews wandering in the wilderness, we can note that some were so unhappy with their lot that they told Moses that they'd have rather stayed as slaves in Egypt yet God provides for their needs. They are told to collect 'enough' – and only enough, is that how we live in today's instant world?

It might be interesting to look at different translations of this passage and see how the food is described. In the passage it is quite clear that God's people needed something to eat, but today, when we pray 'Give us this day our daily bread' are we asking for food? Or something more?

Whenever we talk about food, hunger and 'God providing' we remind you that this can potentially be a trigger warning for members of your group who are experiencing food poverty at home. If there are such people in your group, think during your planning how you might tackle this issue sensitively.

We also look at the prayer of St Teresa of Avila. One of her famous prayers begins "Christ has no body but yours..." We are called to act as part of God's mission to those who are in need. We can help very practically by exploring whether we can get involved with the work of organisations such



as Fare Share (<https://fareshare.org.uk/holidayprojects/>) and TLG (<https://www.tlg.org.uk/your-church/make-lunch>)

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

Active game - Need it or want it (Catch it or drop it) game

God giving us what we need rather than what we want, can we catch it or drop it.

Depending on how many people you have, you could play this as one group or in a few smaller groups. Make sure each group has at least one ball. Get everyone to stand in a circle. Have one person stand in the middle of the circle. The person in the middle will *gently* toss the ball to someone stood in the circle and will either say 'need it' – where they will catch the ball or "want it" - where they drop the ball. If a player doesn't either catch it or



drop it, they are out either leaving the circle or sitting down, you can play the game without people being out, too.

To make it harder you could get the person who is catching the ball to do the opposite of what's been said. For example, if the person in the middle says, 'need it', they need to let it fall. If the person in the middle says, 'want it', they need to catch it.

You could have two or three balls being thrown by the person in the middle or add in another thrower.

To make it accessible you can play this game sitting down. If anyone's nervous about the ball coming towards them, it's OK if they want to watch until they feel ready to join in.

Alternative game - Burger Drive

Give us this day our daily bread ... or, in this case, bread bun!

Aim: Be the first to build a complete burger meal by rolling dice to collect burger components.

What's in the Meal?

Each player is trying to collect the following six components of a burger meal. They must be collected in a specific order (like body before legs in Beetle Drive):

1. Tray/Plate (the base – must be first!)
2. Bun Bottom
3. Burger
4. Cheese Slice
5. Bun Top
6. Fries or Drink

Dice Rules

Use one standard six-sided die. Each number corresponds to a component:

- 6 – Tray/Plate (must be rolled first)
- 5 – Bun Bottom (only after Tray)
- 4 – Burger (only after Bun Bottom)
- 3 – Cheese Slice (only after Burger)
- 2 – Bun Top (only after Cheese Slice)
- 1 – Fries or Drink (must roll two ones to get both – can collect in any order after Bun Top)

How to Play

1. Everyone plays individually.
2. Each player rolls the dice once per turn.
3. If they roll a number that matches the next needed item in their burger meal, they "add it" to their tray.



4. If the number doesn't match the next item needed, nothing happens.
5. First player to complete the full meal wins that round!

Experience

Hear, watch and sing the Bible story

For this story we recommend using the

<https://www.biblegateway.com/passage/?search=Exodus%2016%3A%201-5&version=ICB>

Where can I find the story online?

Under fives: God provided manna by Hope Kids

https://youtu.be/TpbkEVXZ52Y?si=I7pecRsHMnavU_S6

Five to elevens: God's story - wilderness by Crossroads Kids

<https://youtu.be/VJQuOUwEesI?si=u9rH7Ph8Lccc1vLT>

Songs to support the story

Under fives: I will trust you God by Preschool worship

https://youtu.be/bb3PuNF6BN8?si=MIZDR-exX_R0UQO-

Five to elevens: Ask, Seek, Knock by Hillsong Kids

https://youtu.be/J3vXskhl1ig?si=a0OEf1EjL8T_bEbB

Explore

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

A new story to share

Exploring how God provided in the Bible and how often God uses other people to help provide.

You will need:

- Circles of card to represent manna
- A basket of bread (enough for the children)
- Some wrapped sweets
- Invite the children to find a space on the floor

Explain that the Bible reading today talks about the Israelites who were slaves in Egypt, but God set them free. They are now wandering in the desert heading for the place that God has promised. They are very hot and very hungry. They start to grumble and complain. (get the children to grumble)

Moses prayed to God and God said tomorrow I shall provide. That night as the Israelites slept (children to lie down and close their eyes) God sent manna from heaven (leaders go around the room tossing card circles as manna). When they woke, Moses said that God had told them to collect what they need, only take what you need for today, tomorrow I will provide more. (children to collect some manna and come to sit in a circle with it)

Moses prayed and God had provided.



When Jesus came to share God's love with us, people would come and listen to him telling stories. One day there was over 5,000 men, women and children, they had been listening all day, they were hungry. The only food that could be found was a small child who had five loaves and two fish for his lunch. Jesus prayed and his disciples gave everyone bread and fish. (leaders hand bread to all children) Everyone had plenty to eat and there were still 12 baskets left over.

Jesus prayed and God provided.

Now Jesus is back in heaven and the holy spirit is with us. How does God provide when people pray? Take suggestions from the group.

Explain that we live in a world that is not always fair. Some have lots, some have a little, some have what they need and some have none. (as you speak hand out sweets to the group, give them out so that they are not evenly shared, even leave some without any). How can God provide I wonder? Hopefully the children will come up with the idea of sharing and looking after others, encourage them to help each other so that we all have sweets.

People pray and God provides, miracles still happen but often the Holy Spirit encourages us to help others in need.

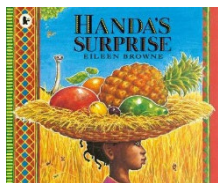
You could introduce the Teresa of Avila prayer, which speaks about us being the hands and feet of Jesus, to others.

This session is a wonderful opportunity to invite people to come and share stories of times of provision given and received, the children may also have stories to share.

You may wish to follow this section with the creative prayer idea as it focuses around saying the grace at food times.

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.



Handa's surprise by give us a story.

<https://youtu.be/UrANbAjnQgM?si=K6A9Z8RM49r5Insu>

Just as God provides for us, Handa unknowingly provides for others.

- How do you help provide what others might need or want?

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

- If God provides what we need, why do we have to ask?
- If you could ask God for anything, what would you ask for?
- What did Jesus mean when he said.....give us this day our daily bread?
- What are you asking God for today?
- Is it ok to be upset when you don't get what you want?



Wondering together: suggested questions to use during activities

- I wonder why the people in the story were angry with Moses?
- I wonder if God has provided for you?
- I wonder what your favourite meal is? Who provides it?
- I wonder what God will provide for you today?
- I wonder if when you need something you turn to God first or last?

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.

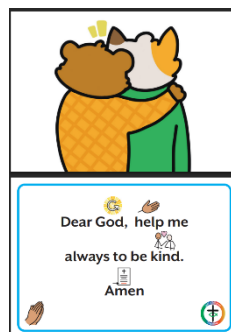
This week's box could include:

- A lunch box – I wonder what do we put in our lunch box?
- Bread – we use bread for lots of things – toast, toasties, sandwiches – I wonder what you like to put in a sandwich?
- A shopping list – when we go shopping, we have basic things we buy, milk, bread, fruit, vegetables, butter.
- A question mark – what do we need every day?
- The hungry caterpillar book – the caterpillar ate lots of food, so that it could grow into a beautiful butterfly.
- 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 (e.g. stones, felt, twigs etc)
- 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!)

Express

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

Church House have produced two sets of prayer prompt cards, one set for 4 to 8 years and another for 8 to 12 years. These bright and engaging cards help nurture a life of prayer. You can request a pack by emailing children.youth@urc.org.uk or find them as digital downloads on the URC website: bit.ly/Child-prayer-cards



Recite the Lord's Prayer together using your chosen version or else use this Makaton version



Prayers – Grace

These prayers could follow on from the explore time.

Many people say thank you to God before they eat. It is a way of showing gratitude to God for our edible provisions. I wonder if you as a group know any graces already....could you teach it to the group? Or you could write your own?

Perhaps all eat a biscuit after saying grace or if you do the STEM activity say the grace when you are ready to eat the toast.

Spoken prayer - We Are Jesus' Hands and Feet

St Teresa of Avila wrote a prayer about how Jesus needs us to be his hands and mouth in the world today. The following prayers are inspired by her prayer.

Leader:

Let's pray with our bodies and our hearts.

Follow the actions and say the words after me.

Point to your head

All: Jesus, help me think like you do.

Point to your eyes

All: Jesus, help me see people like you do.

Point to your ears

All: Jesus, help me listen like you do.

Point to your mouth

All: Jesus, help me speak kind words like you do.

Put your hands out in front of you

All: Jesus, help my hands do your work.

Tap your feet on the floor

All: Jesus, help my feet go where you want me to go.

Put your hand on your heart

All: Jesus, live in my heart and love through me.

Stretch out your arms wide

All: Jesus, help me love everyone I meet!

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.

Bags of love



We can all help provide for others, in fact by doing that we are helping God ensure all have what they need.

You may have an event or service in church where it is appropriate to ask for donations for the food bank or nearby homeless shelters. If this can be done in advance then ensure it's done in time for this session. Invite the group to pack ready prepared bags and boxes with the donations provided to give to others.

The boxes and bags could be decorated to reflect the groups creativity.

If this is not possible then consider making some colourful and creative posters with lists of food and items which are needed. There are many places now which ask for donations: community kitchens, food banks, baby banks and more. Check their websites before creating the posters to check what it is they are most in need of. Place the posters in appropriate locations and take a photo and post on social media and church website.

STEM activity - Toast imagery

You will need:

- Bread
- A toaster
- Spoons
- Knives
- Butter



What you do:

On the bread make an imprint of your initial or a heart. I wonder what other images you can make onto the bread?

Put it into the toaster and see the image appear once it is toasted, spread the toast with butter, and enjoy.

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 someone older or younger than you and ask them to tell you something you might not already know about Jesus. Share stories of God providing in your life.
- Could you look around your room or at the things you own and find something you could share with someone else? Perhaps ask God to show you what to give away.



We hope you enjoyed exploring the story of **God's provision** with us.

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

Please join the Faith Adventures Facebook Group **bit.ly/FACT_FB**

Why not have a look at next week's resource on **Forgiveness**



The
United
Reformed
Church **Children**



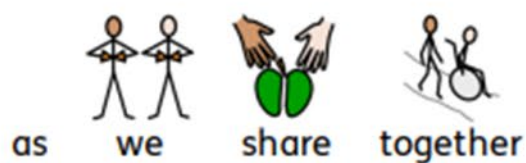
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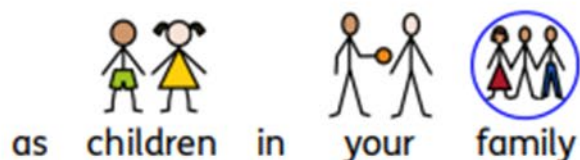
pray together



play together



and get to know you better



as children in your family



Amen



Alternate hands back and forth





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