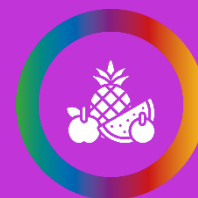




Faith Adventures for Children Together



Free to use – please acknowledge when using beyond local church children's and youth work so others can find and use the resource themselves.

*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

Title: Luke 6: 43–45

Theme: Good at heart

Contents:

Introduction	1
Together	2
Experience	3
Explore	3
Express	5
Handouts	11

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

Welcome to the third week looking at the theme 'Fruits of the Spirit'. This week we'll be exploring goodness – from where does it come and what does it look like?

We are told that Mary, the mother of Jesus, was 'without sin' – but does that mean she was always good? Good people can sometimes do bad things, just as bad people can do good things. Of course, what is good for one, might be bad for another – for example, some people are allergic to medicines which might help make them better when they're ill.

Good can sometimes be seen as a wishy-washy word (like 'nice'.) but goodness is always wholesome and worth striving for. Jesus was wholly good and he sets the example for us. He knows our heart, and he can change our heart to make us good.

So, open your hearts as we explore goodness.

Be aware of children who are always told to be good or who are made to feel as though they never achieve being 'good'.

Together – prayer and games

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 – Racing hearts

The passage today explores goodness in our hearts. Here is a game suggestion to start the session.

Get everyone to find their pulse and see how fast their heart is going. Then do some running around, star jumps, or even use a Joe Wicks children's workout (<https://youtu.be/CIA9ltX7mvs?si=Kfe-mKXP-ZoxZGw6>), then ask everyone to take their pulse again. Is their heart now working faster?

Although we may talk about hearts, the heart we are thinking of here is our character, not the one we feel beating.

Quieter game – Match

Play a game trying to match leaves to the fruit they grow.

See sheet at end of session or use: <https://www.liveworksheets.com/node/4493600>

Experience – Bible story and songs

Hear, watch and sing the Bible story

For this story we recommend using the Easy-to-read version

<https://www.biblegateway.com/passage/?search=Luke%206%3A%2043-45&version=ERV>

Where can I find the story online?

Under-fives: animated Lego version of the passage, by LifeKids

https://youtu.be/XH6Okj6c298?si=7A61z8x2__KnQiSt

Five-to-elevens: a short version of the passage, by My Heavenly Father Art

<https://youtu.be/d3-cill7taU?si=ZtnMd9MRq6J2VN4y>

Songs to support the story

Under-fives: Shine (from the inside out) (Nick Jackson), by Tangy Crayfish

<https://youtu.be/WGarMi70QSs?si=20w-KQBuQBnaje9R>

Five-to-elevens: Heaven in my heart, by Hillsong Kids

<https://youtu.be/7BmfH2DnOzY?si=uy7-mq9Mfg20RAux>

Explore – ways into the theme

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

A new way to explore the theme

Goodness inside

Display some different such as like apples and bananas; in each case include one that is ripe and one that is bruised or rotten. Try to choose ones that look OK from the outside.

Who would like some fruit? Show the fruit that you have to offer and invite children to say which ones they would choose to eat and why. Hopefully they will choose by appearance.

Explain that things are not always as they appear; we need to look on the inside. Cut the fruit open to show the rotten and good fruit.

Explain that Jesus told people a short parable about trees and fruit. Jesus said that good fruit can only come from a tree that is good and a bad tree will only give you bad fruit.

Ask what the children think Jesus was trying to teach us.

Explain the passage further by adding that Jesus said our lives will show what is in our hearts. If we have Jesus in our hearts, at the centre of our lives, then our lives will show it.

TASK: Gather round two large pieces of paper with a body outline on each one.

If one of these is good and one is not good (bad), what might we see in each one? Suggest a few examples such as kindness, helping others, lying, and so on, and encourage the children to discuss them and try to agree which body the 'fruit' would go on. The children can add words to each body for themselves.

You may have a conversation about how both bodies could contain all the words, good people can do bad things, bad people can do good things.

So, what is the main difference between the two? The passage tells us that Jesus said it is the heart. It's the reasons *behind* why we do these things.

Use the questions and activities in other sections to explore further.

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. If you are to use the modern parable, consider buying a copy or borrowing it from the library so children see the actual book and can explore the illustrations more (and support the author).



Handa's Surprise by Eileen Browne, Published by Scholastic July 2006 ISBN 10: 0744536340

A delightful surprise colourfully unfolds when a little girl called Handa puts seven delicious fruits in a basket to take to her friend, learning that we can all share goodness.

- How do you share good things with others?

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

- Can good people do bad things?
- Can bad people do good things?
- What does it mean to have good things saved in your heart?
- I wonder what other words you could use other than the word 'good'.

Wondering: ways to reflect on the theme

- How can you spot if someone's words and actions are truly good?
- Can evil people ever say good things?

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). 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:

- Paddington bear image or soft toy – talk about what Paddington is like and that he can show us how to be good.
- Play or real fruit to cut up (including an apple and a strawberry) – let's look at this fruit. I wonder what it looks like in the middle. Look at this apple – it has a star in the middle; the strawberry looks like a heart when it is cut in half.
- Heart – today we have been talking about having a good heart. I wonder what colour a good heart is. I wonder what colour a bad heart is.
- Superhero and a villain – I wonder which one of these is a goodie and which is a baddie. Jesus can make all of our hearts good.
- 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 – prayer and creative activities

Praying together: enabling your group to respond spiritually

Prayerful activity – Fruity prayer

As you build your fruit kebab in the creative response section, use it to share a prayer activity together.

Maybe start the prayer with someone saying, "Dear God, help us to share your goodness with others..."

Then each person should pick a piece of fruit to add to their kebab, which in turn adds something to your prayer. Go around the group until everyone has had a chance to add fruit to their kebab. Remember, you don't need to use the fruit we have suggested, or the prayer topics we have suggested. Add your own ideas.

The following fruit can stand for:

- red strawberry: pray for someone you love
- orange segment: pray for a friend or neighbour
- green grape: thank God for one good thing in your life
- yellow banana: pray for a leader or someone in charge
- purple blueberry/blackberry: pray for yourself – something you are sorry for, worried about, or need help with



Spoken prayer

Dear God,

Thank you that I am the *apple* of your eye. Thank you for planting a good heart in me and helping it grow each day.

Help us to be kind to *peach* person we meet,

Help us to love *berry* freely and to care for others from our *core*. 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.

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.

Fruit printing

You will need:

- some pieces of fruit, or play fruit if you have some
- some paper and paints
- trays or plates



What you do:

Squeeze the coloured paint into the trays/plates (ideally colours of the different fruits). Place the available fruit into the paint and let the children make marks or a picture on a piece of paper by dipping the fruit and then lifting it to print onto paper. You may want to dab the fruit down to get rid of any excess paint.

If any of the children don't want to touch the paint, invite them to use a fork to hold the fruit and dip it into the paint.

You could make a big heart out of your fruit prints – it would be a lovely way to show us that goodness comes from within and that only Jesus can make that happen.

Fruit kebabs

You will need:

- a variety of fruit to add to the kebab, including strawberries
- a skewer



What you do:

Prepare your fruit, cut the strawberries in half and cut a v into the top to make a heart shape. Add your fruit and try and place the strawberry in the middle of your kebab. Goodness is at the centre of our being.

As we taste this, let's remember the goodness within us that influences every aspect of our behaviour, character and presence in our communities.

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 what they think it means to be good at heart.
- Can you play Goodness Bingo this week? Each time you see one of the items on the grid below tick it off. Can you get a full house by the end of the week? (Tip: You could do one of the items 😊)

Letting someone go first in the line	Helping another person	Explaining what something means to someone else	Speaking with kind words	Smiling at another person	Sharing food	Giving something they own away
Cheering someone up who is ill or sad	Defending someone else	Speaking out for injustice	Looking after a garden	Picking up rubbish	Treating a pet/animals kindly	Treating another person kindly

We hope you enjoyed exploring the story of **Good at heart** with us.









Please let us know what you liked or what you would find useful by emailing

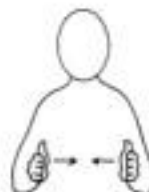
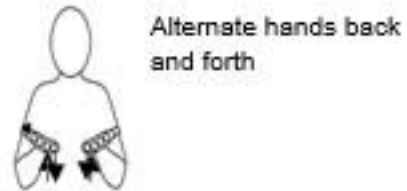
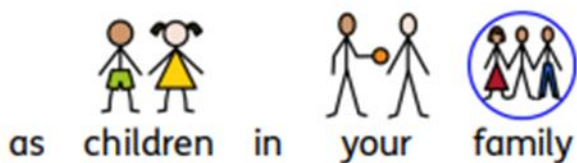
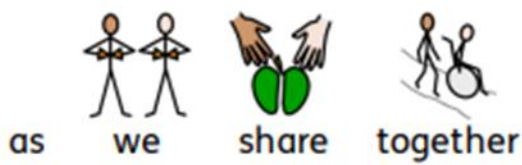
sharon.lloyd@urc.org.uk

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

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

Match the fruit, names and leaves

	Plum	
	Orange	
	Grape	
	Peach	




The Lord's Prayer

 Our  Father,  who art  in  heaven,  hallowed be  thy  name.

 Thy  kingdom  come,  thy  will  be done





 on  earth  as it is  in  heaven.

 Give  us  this day  our  daily  bread

 and  forgive  us  our  sins  As  we  forgive  those  who  sin  against  us

 Lead  us  not  into  temptation  but  deliver  us  from  evil

 For  thine  is the  kingdom,  the  power  and  the  glory

 For ever  and  ever  Amen

goodness



goodness



