



# 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>

## Exodus 2.1-10 – Moses in the river

Theme: Celebrating different kinds of caring

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

This passage from Exodus does not set the context so you may need to explain the context a little. The Israelites – the descendants of Joseph and his family – had become slaves in Egypt but were increasing in number and posing a threat to the Egyptians, so Pharaoh issued a decree that every new baby boy born to an Israelite family should be killed to stop the population growing. So baby Moses was at risk – even after the Egyptian princess found him!

This session is originally written to be used on Mothering Sunday, or Mothers' Day. It is important to be aware that not everyone experiences good mothering, and not all mothers are able to care for their children and keep them safe, for a variety of reasons. Sensitivity is needed. Remember that you can never be 100% certain of the life experiences of others and unexpected things can be triggers, both for the children and young people in your group and for the adults too. Your group may include people of any age who have experienced neglect or abuse, abandonment or bereavement, even refugee children who were sent abroad unaccompanied. The focus of this session is on 'mothering' rather than specifically on mothers. Even the story of Moses has the role fulfilled by birth mother, adoptive mother, and a sibling.



What is mothering? What kind of people are we celebrating? Mothering involves guiding you through life, caring about you, protecting you, helping you grow. It can be done (or not done) by fathers and siblings, grandparents, other relatives, foster parents, adoptive parents, friends, godparents, sometimes even strangers. The church through its congregation should guide us, care for us, protect us and help us grow too. You may want to think about some ways in which your church does this.

Exodus means 'going out' in Latin. Moses grew up to lead the Israelites out of slavery and oppression in Egypt. God sends a series of plagues to convince Pharaoh to let the people leave Egypt with Moses and this event is what Jewish people remember when they celebrate Pesach or Passover, the meal which Jesus was sharing with his disciples at the Last Supper. You may wish to refer back to this if you use the session about the Last Supper in March Week 4.

## 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

### “Keep the baby safe” parachute game

You will need a parachute. Everyone stands in a circle around the parachute and holds the edge or a handle (if it has one) with both hands. Put a teddy or a balloon (you could draw on the balloon to make it look like a baby!) on the parachute. Shake the parachute and move it up and down like the waters of the river Nile. Try to stop the teddy or the balloon from coming off the parachute. If the group finds this too easy, the adults could intervene and try to make the ‘waters’ rougher.

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### Alternative game - In the river

All you need for this game is a straight line – like a rope or a line marked with masking tape – down the middle of the room.

Line everyone up on one side of the line. Tell everyone they are now standing on the bank of a river. When you say "in the river" they are all to jump with feet together to the other side of the line, and when you say "on the bank" they are to jump with two feet together back to this side of the line.

Keep doing this and change what you say so, for example, when they are standing on the bank you could say “on the bank” and anyone who jump into the river is out. Keep the pace going so that there is not much time to think. The idea is that the more you keep changing the moves, the more people will make the wrong jump and find themselves on the bank when they should be in the river and vice versa. You could play for fun or you could play so that periodically those in the wrong place are out.

## Experience

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

<https://www.biblegateway.com/passage/?search=exodus+2%3A1-10&version=ICB>

### Where can I find the story online?

Under fives: Miriam - Little Bible Heroes

[https://youtu.be/gUs0XNFB\\_4c?si=Op3bVXRCwmMvKe\\_I](https://youtu.be/gUs0XNFB_4c?si=Op3bVXRCwmMvKe_I)

Over fives: Cartoon by saddleback Kids <https://youtu.be/hl9rDikU-FM?si=ZLh9ZKyBQtFw502->

### Songs to support the story

Under fives: Bob Hartman and Sam Hargreaves

<https://youtu.be/FERhjvITm6g?si=7FnjIFpY11ZjkX8l>

Five to elevens: MusicVideo Take Care of Me

<https://youtu.be/Bfilby59z1BI?si=pBAsBz0rTiGY7shN>



## Explore

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

### A new way to explore the story – Supermum

On a large piece of paper, draw a picture of a person – either a stick person or a basic outline – so that the whole group can see it. Talk about how a mother needs lots of different skills to do the job of mothering well, so let's see if we can build in a few modifications to make this one into Supermum. Draw a shield with a big S (for Supermum) in the chest area of the picture.

Encourage the group to share ideas of modifications you could make and, as each suggestion is made, the person who suggested it can come and draw the modification onto the picture. For example, they might suggest that Supermum needs eyes in the back of her head, so might draw antennae with eyes pointing the other way. They might suggest she needs five pairs of hands so might draw those. Encourage them to develop their ideas – for example, to say what those hands need to be like, maybe soft and tender for cuddles but also asbestos for cooking a good meal.

The finished article may be Supermum, but she probably doesn't look like anyone the group have met. Some mums may find mothering comes easily to them, some may not and may need someone else to support them or to do the job on their behalf to keep the baby safe, but no mother never makes any mistakes or does everything perfectly. The only person who can truly fulfil this role is God – God is like a Supermum. Mother's Day derives from Mothering Sunday, when people would travel to their home town and would go to the "mother church" with their family. Servants, who may have left their families to work in someone else's home, were given the day off to enable them to visit their parents and go to the "mother church" with them. And as the church isn't the building, it's the people in it, then our church community should be something like a mother to us.

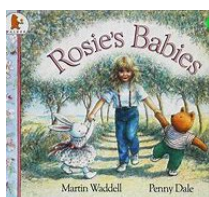
Everyone else can maybe do a small bit of it, but just has to be good enough. And nobody can do it on their own. There's a saying "It takes a village to raise a child" – what does the group think that means?

Discuss whether you have to be a mum to care for people. Does your age or your gender matter? In what ways should the church care for people? And in what ways is God like a mother?

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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.



'Rosie's Babies' by Martin Waddell and Penny Dale

<https://youtu.be/VH1ZtRLKSOW?si=vRBLhZrmZCbP8WH9>



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

- What does it mean to care for someone? Who can do that role?
- Who cared for Moses in this story?
- Where do you see God in this story?

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

- I wonder if anyone other than parents has a mothering-like role in your life? Caring for you, someone you can turn to, someone who helps you make decisions, etc
- I wonder if there are any times you “mother” or care for other people?

### 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 soft toy or blanket – Ask what might have helped to keep Moses calm in his basket. Do we have special toys that help us get to sleep or stay calm?
- A baby book or baby toy – Do you think Moses' mum and sister played with him and sang to him? What is your favourite story?
- A nappy or baby bottle – Talk about how we look after small babies. Are there different ways to look after children when they get older?
- A sun hat and a woolly hat – Talk about the kinds of clothing we wear to stay warm or keep cool. Think about whether Moses would have needed to stay warm or keep cool in his basket.
- 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)

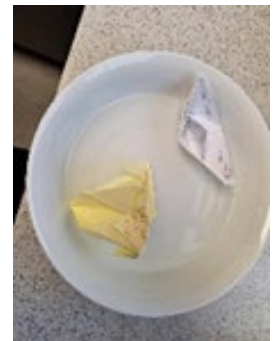
## Express

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

### Creative Prayers

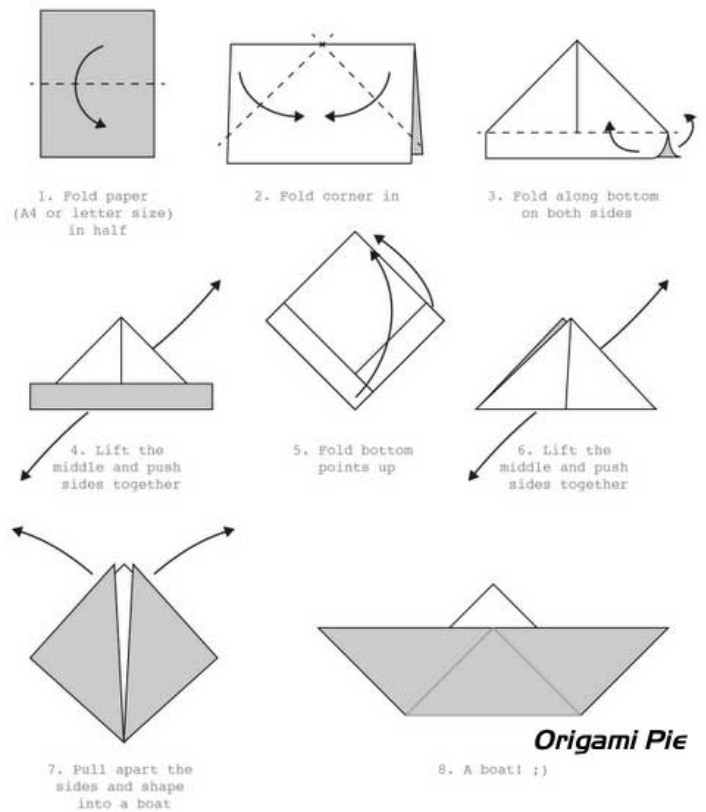
Using the accompanying instructions, either fold a boat or a basket. For either you will need to start with a square piece of paper. Write or draw a prayer on the paper that focuses on caring for others, asking God to care for those we know. Then, once it is folded, float your creation on some water.

Basket instructions: <https://youtu.be/s-RhABzhf7g?si=KWd3oed6w-Ppl62M>





**Boat instructions: (from Wikipedia)**



**Spoken prayers written by children from Wroxham URC**

Dear Lord  
 Thank you for my mum,  
 Thank you for the love she shows me,  
 Thank you for the things she gives me;  
 The food, the clothes, the roof over my head,  
 The shoulder to cry on, a warm snuggly bed,  
 A mother is a person without compare:  
 A best-friend, a guardian angel, a cuddly teddy-bear!  
 She is the reason we are here today!  
 Thank you that, - no matter what – my mum will love me,  
 Today we thank you and our mothers;  
 For they have helped us and others!

Amen      *Mothering Sunday Prayer by Lucy Hancock (age 11)*

Dear Lord  
 Thank you for our mothers,  
 Thank you for all their love,  
 Thank you for making them kind as noble dove.

Amen      *Mothering Sunday Prayer by Sophia Hancock (age 9)*

(If the children in your group would like to contribute a prayer to our resource, please contact us at [lorrainewebb@urc.org.uk](mailto:lorrainewebb@urc.org.uk) )



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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. <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.

### Moses basket – a gift to give away



*You will need:*

- melting chocolate
- Rice Krispies
- Jelly Babies
- rainbow fizzy belts
- cake cases

*What you do:*

Melt the chocolate and then add the Rice Krispies to the chocolate and stir well so that the Rice Krispies are all evenly coated.

Place enough of the mixture into a cake case so that you can mould it into a basket shape.

Place the jelly baby in the basket.

Cut the fizzy belts to size and place over the jelly baby like a blanket. Allow to set.

Give this to someone as a gift who cares for you or “mothers” you. It might be your mother or it might be someone else – it does not even need to be an adult or a female – just someone you want to thank for their care.

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## Floating eggs

Moses' mother and his sister placed their trust in God as they laid Moses into the river. God is always with us. We may not be able to see God, but God is always there to support us.

This experiment helps demonstrate how the egg is held in the water even though we cannot see what is supporting it.

*You will need:*

2 glasses

1 egg

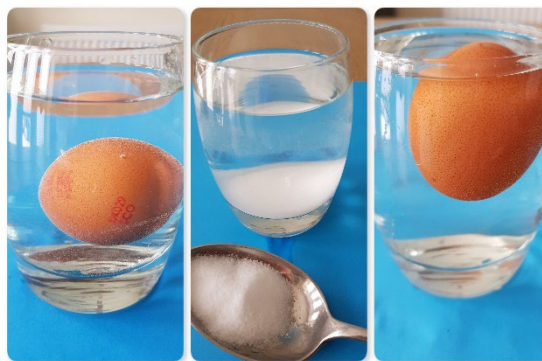
Three tablespoons of salt



### What you do:

Fill the first glass with water and place the egg carefully in the glass. It will sink to the bottom.

Fill the second glass with water and mix the three tablespoons of salt into it until it is all dissolved and the water is clear. Carefully place an egg into the glass and watch as it floats.



We may not be able to see God, but God is always there to support us.

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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:

- What could you do to help someone care for a new baby? Perhaps you know someone with a new baby and could help them or make something for them. Perhaps your church has a parents and babies group and you could donate an unwanted baby toy or clothing. Or you could drop off a package to a neonatal unit at your local hospital or put something in a food bank collection point that's for babies.
  - Each day this week, think of someone different who cares for you in some way and make a point of thanking them.
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We hope you enjoyed exploring the story of **Moses** with us.

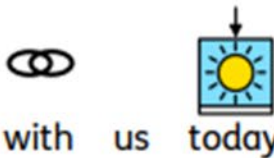
Please let us know what you liked or what you would find useful by emailing [lorrainewebb@urc.org.uk](mailto:lorrainewebb@urc.org.uk)

Why not have a look at next week's resource on **The Body of Christ**

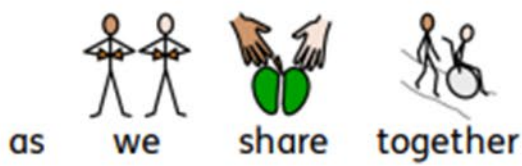




Jesus our friend,



be with us today



as we share together



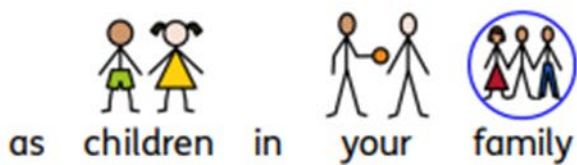
pray together



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

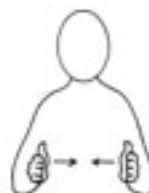




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