



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>

1 Corinthians 10:31

Theme: Reflect God in all we do.

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

1 Corinthians is a letter written by Paul to the people of Corinth. Paul wrote Corinth several letters but all focus on the ways they are living and to give instruction and teaching on how they could perhaps alter their ways to honour and glorify God. When Paul refers to food in his letter it's partly due to the people of Corinth eating food which has been offered to Idols. Paul is reminding the people that the food eaten should glorify God and that is the basis of our session today.

The letter, which is today's session, looks at how we can intentionally reflect and glorify God in all we do, but especially in the everyday things like when we eat and drink. We explore together how blessing food, sharing food, being well nourished physically and spiritually can result in us being a good reflection of God. The verse asks us to do everything for the glory of God, it is important to be sure of what you understand that to mean so as to help the young people navigate their own interpretation of it. Glorify means to recognise, value and honour. Today's session may be a trigger for those who may have an unhealthy relationship with food. Although you could touch on only putting the best and healthiest food into our bodies, it's important to focus on the act of eating and drinking rather than the food itself.



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 - Mirror, Mirror

Everything we do is a reflection of God.

Invite the group to pair up with a partner and face each other. One partner is the "leader" and strikes a pose with their body that their partner must mirror.

Here are some movement suggestions:

- Tree pose
- Two hands on head
- Two hands behind your back
- Bend and touch toes
- Wide leg stretch
- Squat
- Kneel
- Star position (wide legs, wide arms)
- Boat pose
- Superhero pose



Alternative rules:

- Position one child (the poser) in front of the rest of the group or pair a child with an adult.
- Have the 'poser' make position changes rapidly, using a timer set at 10 second intervals to challenge the partner to act quickly and challenging the leader to respond to the timer to change.
- Try the same activity using only facial expressions!

Online game - Peckish Hippos

What is needed:

- A family/sharing bag of M&Ms (or similar)
- One large bowl
- A smaller bowl for each group
- Envelopes/cards with one of the M&Ms colours written on.

What you do:

Divide the children into equally sized groups.

Each group picks an envelope with a colour (red/green/yellow/blue/orange/etc.) and are given a bowl.

Pour the M&Ms into the big bowl and place centrally, station the groups around the room an equal distance away from the central bowl.

Members of the 'colour' groups must come, one at a time, to the central bowl and pick up one of their colour M&Ms and return it to the group's bowl, the next group member cannot come to the central bowl until the previous bean has been deposited in the group bowl.

The 'winner' is the first group to collect all the M&Ms of their colour. Play until there are no M&Ms of a team colour left in the big bowl (if you don't have enough teams for all the colours, the bowl should only have unassigned coloured chocolate beans left).

The 'winning' team might have won because they have the fewest beans of that colour, whilst the opposite is true for the last team to finish.

Discuss: Was the game fair? If not, how could you make the game more fair? Which is better – to have won but have the fewest chocolate beans? Or to have lost but have more beans to share with the team?

Experience

For this story we recommend using the Easy English Version

<https://www.biblegateway.com/passage/?search=1%20corinthians%2010%3A31&version=EASY>

Where can I find the story online?

Under fives: Lord I lift your name on high by CJ and friends.

<https://youtu.be/mfxtmpsT-2k?si=q52Wtvz4YBw0xXmH>

Five to elevens: Surge kids devotional – I Corinthians 10: 31

<https://youtu.be/C2wpUVdYdeY?si=OyiK2RrrNh2aRbQ1>



Songs to support the story

Under fives: Do all to the glory – U-nite TV

<https://youtu.be/PMSjnxkixJc?si=9PyEQItb6F0ZRpoc>

Five to elevens: Every move I make - by CJ and friends

<https://youtu.be/MPvnZILn6EY?si=99hJBEKI96M-wHv2>

Explore

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

As part of exploring today's Bible passage we are going to make a cake which helps to reflect God in all we do. You may wish to do the responding together reflection Cake at this point.

If we mix together the things which reflect God and God's values - faith, simplicity, compassion, humility, love, honesty, and joy – we can be a true reflection of God's ways. We are going to think about this in terms of ingredients as we make the reflection cake. The ingredients represent or symbolize God's values. This is an opportunity to chat about each ingredient in this cake and how we can best reflect that.

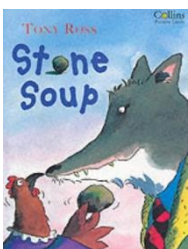
As you stir the mixture, think about what has been added. Sometimes it is hard to reflect God's values in our lives and live them in action - what areas do we find ourselves getting stuck (there is always a corner of the saucepan that gets missed). Think about allowing God to stir us out of our comfort zones. Then we can be, as a church together, useful, peaceful, and the bringers of God's comfort and strength.

There are lots of different ingredients on the table, if we added only a few of these I wonder if it would make a good cake? What about the values they represent – if we demonstrate just a few would it make us a good reflection of God?

Probably not because it needs all of them to become something really good. It's like everyone here, we are all like these ingredients, on our own we can each do good and kind things, but if we all work together, we can do something really amazing!

When everything has been added, go on to explain that we have to allow the tray bake to stand and wait to set. It does take time and we do have to wait. Reflecting God's goodness can also take time. Taking time helps us to remember the importance of being fruitful, of all working together, of sharing and being generous with what we have. That together we can make a difference to others and be a true reflection of God and God's love.

Modern parables



Today's verse reminds us that even when doing the mundane everyday things like eating and drinking we should do it glorify God. This story explores what it means to encourage others to do the right thing through making soup for the community.

Stone soup by Tony Ross

<https://youtu.be/JQQbNU6ZUuA?si=uLg8lfQZsl8wVfGw>

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



- What do you think we might mean by “kingdom values”? If we made a cake out of Kingdom values, what would they be?
- What sort of things do we do to show God is great?
- Is God’s kingdom sweet or savoury?
- How can we praise God with what we eat and drink?

Wondering together: suggested questions to use during activities

- I wonder what is your favourite food?
- I wonder what it means when we don’t praise God?
- I wonder what things we do that don’t praise God?

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:

- Mirror – look into the mirror, God wants us to reflect God.
- Different types of foods (fruits and boiled fruit sweets, broccoli and biscuits) – think about what foods might be good for us and those which are not, they may taste nice but are they good for us.
- Stones – in the story stone soup, we learned about sharing and how the visitors encouraged others to share.
- Mixing bowl and wooden spoon – when we mix all the good things together, we create something beautiful. God wants us to be made into something beautiful too.
- Heart – God loves us and what’s us to reflect that love to others.
- 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

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

Mirror writing

Children write a short, one sentence prayer in mirror writing (this can be done by writing normally, then placing a mirror next to the prayer and copying the reflection (for younger children the leader(s) may need to have written the mirror prayers themselves).

Swap your prayer with somebody else – can they decipher what your prayer says without using a mirror? In deciphering the prayer each participant will pray.

Spoken prayer

Take a couple of moments to think through which kingdom values the children would like to include in the prayer.

God of all,



Help us to live out your kingdom values and to reflect the best of you to all we know. Sometimes it's hard to live this way so please help us to :

.....

Amen

Responding together - Reflection Cake

See the 'Explore' section to find out how to use this recipe

You will need:

- 200g digestive biscuits
- 135g butter
- 200g dark chocolate (70% cocoa works best) or milk chocolate
- 2-3 tbsp golden syrup
- 100g mini marshmallows (chopped regular marshmallows work too)
- Optional (up to 100g) - Raisins, dried cranberries or any dried fruit, nuts, popcorn, Crunchie broken into pieces, Maltesers, Mint Aero, Kinder Bueno, Biscoff



What you do:

Place cupcake cases into a muffin tray, so that each child can take their rocky road home.

Place 200g digestive biscuits in a freezer bag and bash with a rolling pin or just the side of your fist until they're broken into a mixture of everything between dust and 50p-sized lumps. Set aside.

In a large saucepan, melt 135g butter or margarine, 200g chocolate and 2-3 tbsp golden syrup over a gentle heat stirring constantly until there are no or almost no more lumps of chocolate visible, then remove from the heat. Leave to cool.

Take the biscuits, 100g mini marshmallows and up to 100g of additional ingredients and stir into the chocolate mixture until everything is completely covered.

Put some mixture into each of the cupcake cases and then put into the fridge to chill for the children to take home with them. Remember to ask them to wait for it to set at home before eating it. This can take 2 hours.

Reflection

When looked at, many things reflect an image of us. Some reflect a better image than others. God wants us to reflect the best image of him through us in all we do, even when eating and drinking. Explore these different materials and see which give the best reflection. Try them in different lights and different angles.

- Water
- Tin foil
- Mirror
- Glass
- Spoon (front and back separately)
- A metal tin





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:

- As well as answering this yourself, you could ask someone older or younger than you this question: **What do you do in your everyday tasks to reflect God?**
 - How can you turn breakfast, lunch and dinner into a glorifying act for God? Share with others, thank God for the food first, eat with someone else, you may have other ideas. Try and put this into practice at least once at breakfast, once at lunch and once at dinner.
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We hope you enjoyed exploring **1 Corinthians** with us.

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

Why not have a look at next week's resource on **food and fasting**



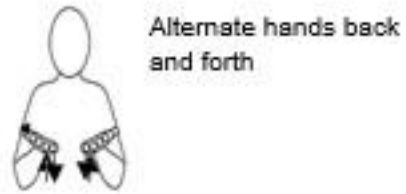
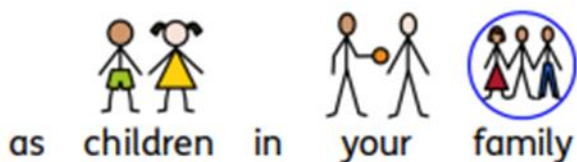
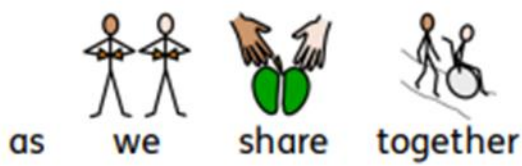




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