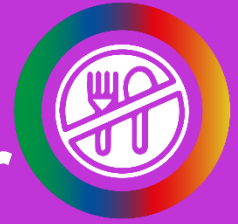




# Faith Adventures for Children Together



*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>

## Proverbs 11:25

Theme: Serving others – be our guest!

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

As we continue our topic on food and fasting, we should emphasise again that we do not advocate fasting for children or young people – young bodies need nutrition to grow and develop properly, and there is already too much anxiety around eating for some children and young people. Instead, we focus on eating healthily and fasting being a way of being more mindful about what we indulge in and how food and drink is used. Food is a gift from God.

Proverbs was written in the Old Testament and is not a record of God's words but more a collection of wise (or not so wise) sayings from the time of King Solomon (though not all were written by him). This proverb could sound as though your giving can make you financially rich – a belief followed by those who preach the prosperity gospel – but it is more a reminder and an invitation to exercise hospitality and the spiritual riches that come from doing good. It is the hope that comes from being in community, a glimpse of God's kingdom where we all help each other out, just like in the Beatitudes.

Some churches take this idea further and, during Lent, encourage people to bring things in to give away. There are charities that redistribute unwanted food from supermarkets, and in some American schools they have a place where children can put anything from their packed lunch that they don't want (instead of throwing it away) and others can take it and eat it. (We cannot see this working in British schools where sharing is often not allowed due to allergy risks).

In this session you will want to be aware of children who may be experiencing food poverty. God does not want us to go hungry or to give food away if we haven't enough to keep us healthy too.



Hospitality can mean things such as lending things (e.g. lending a pen to someone who doesn't have one, but taking it back afterwards) or sharing a toy by inviting someone to play with you.

## 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 - Chopsticks jelly

The games this week explore the theme of hospitality, preparing and sharing food for others. Both games add an extra challenge to preparing food.

*You will need:* Packets of jelly that can be cut into cubes, chopsticks, two plates, vegetable oil and a stopwatch or timer.

*What you do:* Group members take it in turns to move cubes of jelly from one plate to another, using chopsticks. Only the chopsticks, or the plate, are allowed to touch the cubes



of jelly. Each participant is timed. The fastest two group members can attempt a more challenging final task.

For the final, coat the cubes of jelly in a little vegetable oil to add an extra level of challenge. Time the finalists to see how long it takes to move all the cubes from one plate to another. The fastest competitor wins!

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### Alternative game - Under and over sandwich

A just-for-fun game about making a sandwich for a leader.

*You will need:* the items to make a sandwich (Wrapped bread, knife, butter, wrapped filling such as jar of jam or wrapped cheese slice, plate etc), one set for each team.

*What you do:* The team line up from one end of the room to the other, all facing the same way, with a small table or chair at the back. The ingredients are in front of the first person in the line. The person at the front picks up an ingredient and passes it over their head to the person behind them, who passes it under their legs to the next person, repeating this pattern of over and under until it gets to the person at the back who then runs to the table and begins to make the sandwich. (The trick will be whether the groups can send the ingredients in the right order to make the sandwich quickly). Once the sandwich is made, the group sit down and a leader has to eat their sandwich to complete the race.

*Remember to consider dietary requirements and allergies when choosing sandwich ingredients.*

*Younger groups may need some hints to consider the order in which they deliver their objects.*

## Experience

For this story we recommend using the New Living Translation

<https://www.biblegateway.com/passage/?search=Proverbs%2011%3A%2025&version=NLT>

### Where can I find the story online?

Under fives: Giving is better [https://youtu.be/UdgALI\\_UgUg?si=SMpJud6E32YrErMb](https://youtu.be/UdgALI_UgUg?si=SMpJud6E32YrErMb)

Five to elevens: Cartoon by Gospel for Kids

[https://youtu.be/hgEf1\\_bpyAQ?si=sT5VALjbSJtMLLqS](https://youtu.be/hgEf1_bpyAQ?si=sT5VALjbSJtMLLqS)

### Songs to support the story

Under fives: Jesus in the morning by Life Kids <https://youtu.be/QpKN-D7zhiE?si=WGxcvBNprUv1gAO>

Five to elevens: Give a little kindness by Orange Kids Music

[https://youtu.be/apAJh7T\\_fFw?si=9NYQwSkZpGsOVA4e](https://youtu.be/apAJh7T_fFw?si=9NYQwSkZpGsOVA4e)



## Explore

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

### A new way to explore the theme: Serving others, a glimpse of God's Kingdom

Gather the group around a table (the bigger the better). Place some bowls of goodies on the table and explain that we are going to enjoy a feast together. But there is a catch. Give everyone a spoon that is taped to the end of a long stick (dowel about 70 cm long is best). The catch is you can only eat from the spoon.

Enjoy the moment as the group try to scoop up the treats and eat them from their own spoon. See how long it takes before they realise that the only way to achieve this is by feeding each other.

This reminds us of the passage of scripture today which encourages us to serve others and reminds us that when we do this, we too will be served.

This activity is based on an old Jewish fable (that is also found in many other cultures). A man asks God to show him what heaven is like. God shows him hell first, everyone is sat around a pot of stew but no one is eating, they are all starving, holding their giant spoons. When he sees heaven, it's the same scene, but everyone is fed as they are serving each other.

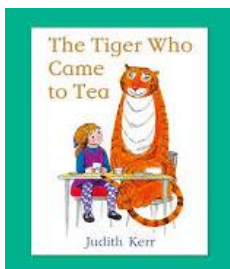
Use the wondering questions below to explore this further.



### 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.

What does this modern story say to you about our theme today?



This story explores the idea of a stranger coming for tea. How welcome are they made to feel? How do they share what they have? What's the outcome for the family.

'The Tiger who came to tea' by Judith Kerr  
[https://youtu.be/PGLrq\\_0tJnE?si=u0ixN69j9rYwjhbg](https://youtu.be/PGLrq_0tJnE?si=u0ixN69j9rYwjhbg)

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

- How do you think we are refreshed when we give to others?
- What do you think God expects of us?
- In what ways do people in your church or in your experience serve others?
- What stories do you have of when people have served you or you have served others?
- How does sharing with me help you?



## Wondering together: suggested questions to use during activities

- I wonder what you have that you are able to share?
- I wonder what you might find difficult to share?

## 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:

- Small world play figures – explore the proverb together. Alternatively, use natural objects such as sticks or leaves to play through the ideas discussed.
- A play tea-set – play imaginatively, making each other drinks or snacks. What foods do you like? Would you like milk in your tea? Be careful, it might be hot!
- Large wooden or plastic spoons – talk (whilst stirring) about what you would put in a cake or soup or a special stew.
- Heart shaped objects – sharing with others is a loving thing to do.
- Food magazine pages (you could use a free supermarket magazine for this) – tear out pictures of food that you think someone else will like, or that you would like. Ask each other who would like the food pictures, as you tear them out.

## Express

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

### Hot Chocolate Prayers

I wonder who do you know that needs a welcome? Perhaps your church has a Warm hub or café where people are given space to keep warm and enjoy community together.

Make some hot chocolate or some squash.

Share a drink together and as you do say your prayers together, thinking about the welcome and hospitality we show to others.

We pray for .... (Add the people you want to pray for)

Here are some ideas:

Friends and family

People in your community

Homeless people

People who are struggling to buy food and heat their house

Refugees



## Spoken prayer

Lord Jesus,

you welcome us no matter who we are or where we come from;

Help us to show that same loving welcome to those we meet,

so that we might become just a little bit more like you.

Amen.

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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.

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.

### T.L.C – Tea with loving care

Making a cup of tea is a small thing to do but just doing that can show someone that you love and care for them. This creative idea is something you can make to give to someone who needs to know that you care about them.

*You will need:*

- Tea pot template
- Heart shape large enough to hold a tea bag
- Verse template
- Tea bags in individual sachets
- Felt pens/ crayons stickers, etc
- Double sided tape or glue

*What you do:*

Decorate the teapot with stickers and pens. Write the verse on the card or, for those who might find that challenging, have cards with the verse written on a card they can stick. As an alternative, get the children to come up with their own message. Put double sided tape or glue around the edge of the heart, leaving the top open so that the tea bag can be slipped inside. If you are using glue, make sure that the glue does not go in the centre. Stick the heart to the centre of your teapot and then stick it in the centre of your card. Place a tea bag in the heart and your card is ready to gift to someone.





*Verse:*

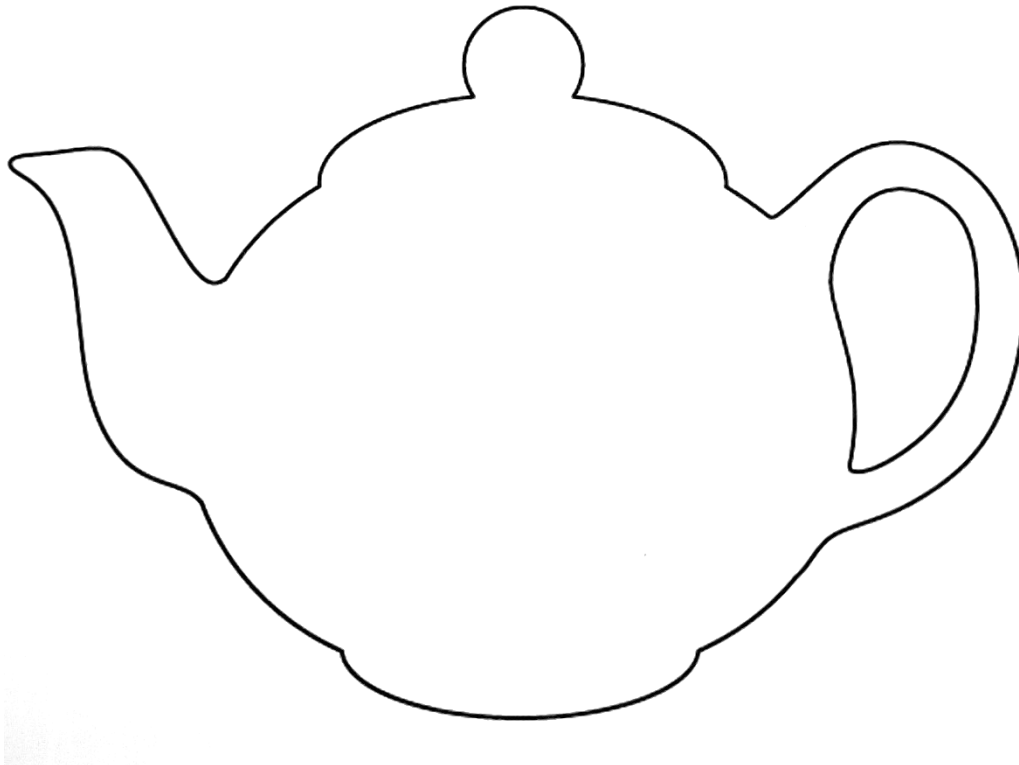
TLC (tea with loving care)

A cup of tea from me to you

To say thank you for all you say and do

God loves you for who you are

You are a shining star! 😊



### **Is it fair?**

Give your group a variety of food items (such as chocolate, cake or crackers) and a variety of objects to help them share the food into equal parts (scales and rulers).

Can they make sure that everyone in the group has exactly the same amount of food? Is it fair if one person has 20g of chocolate and someone else has 20g of cracker?

Is there enough for everyone? Has anyone been left out?

Once everyone is happy, the food can be eaten.

Remember to consider dietary requirements and allergies when selecting foods to share.

It is likely that the group will focus on making sure they are scrupulously fair but forget about the leaders, so once they've finished, if you think the group will cope with it, say "Lovely, where's mine?" and see what they then do!



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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:

- If you are able, donate a tin of food to a foodbank collection point or otherwise lend something you own to someone else or share it with them by playing together.
  - Talk to someone older or younger than you and ask them to tell you about a time they helped someone else or were helped by someone.
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We hope you enjoyed exploring the passage from **Proverbs** 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 **I Corinthians 10**



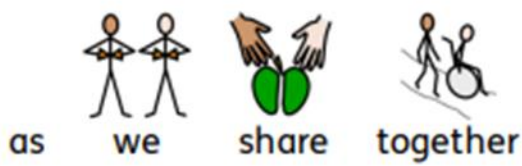




Jesus our friend,



be with us today



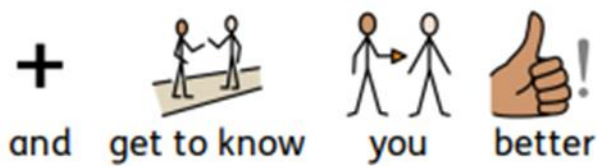
as we share together



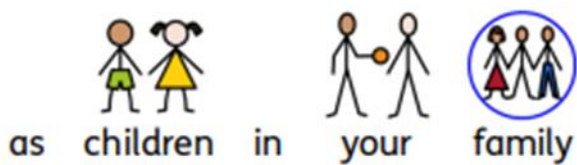
pray together



play together



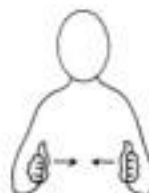
and get to know you better

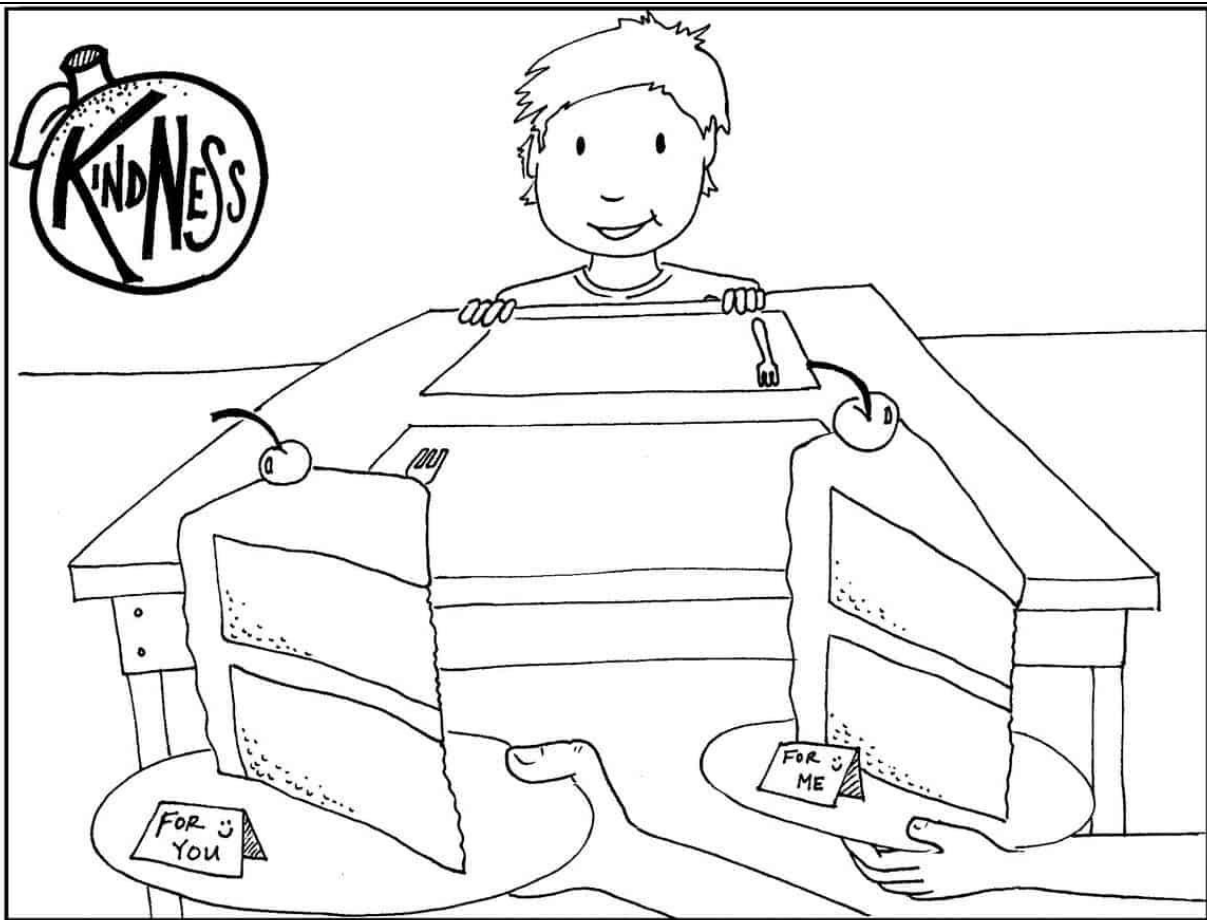


as children in your family



Amen

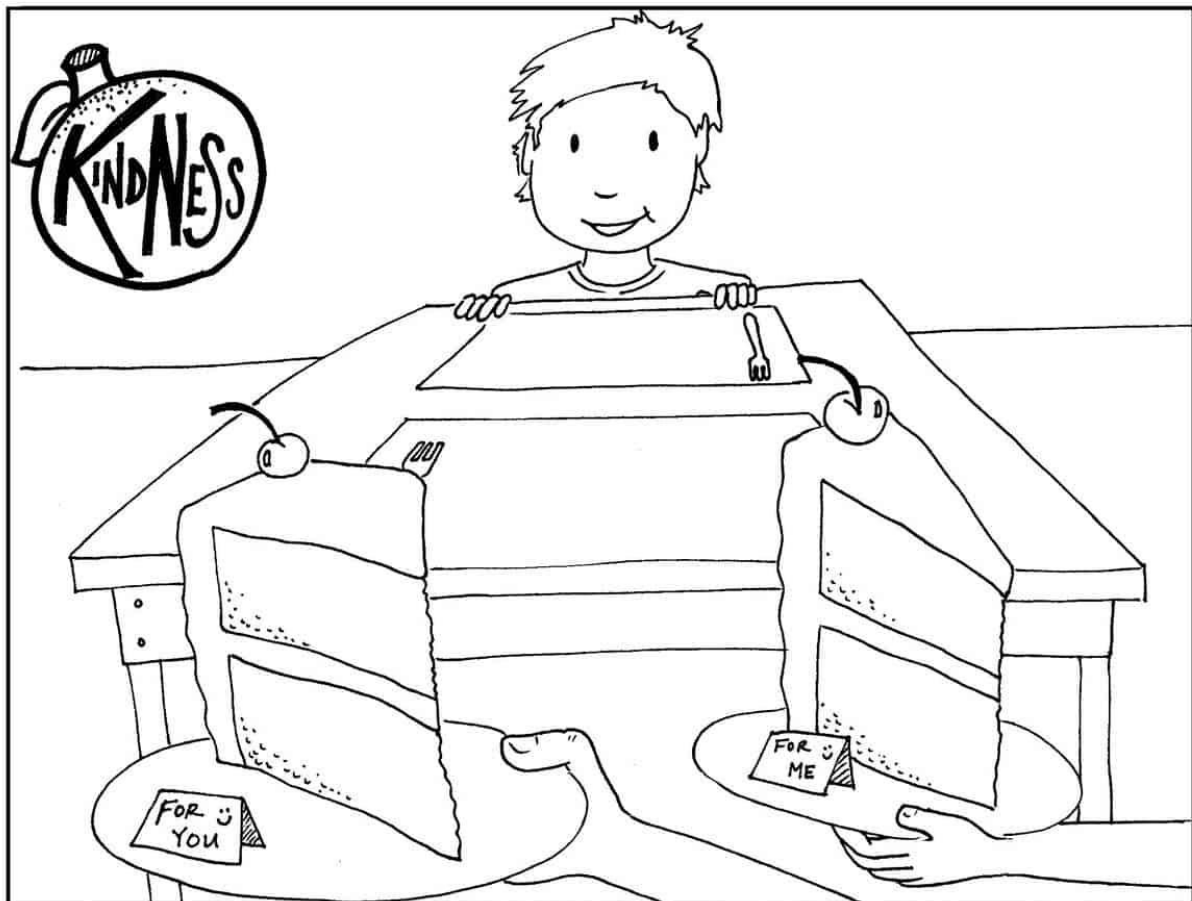




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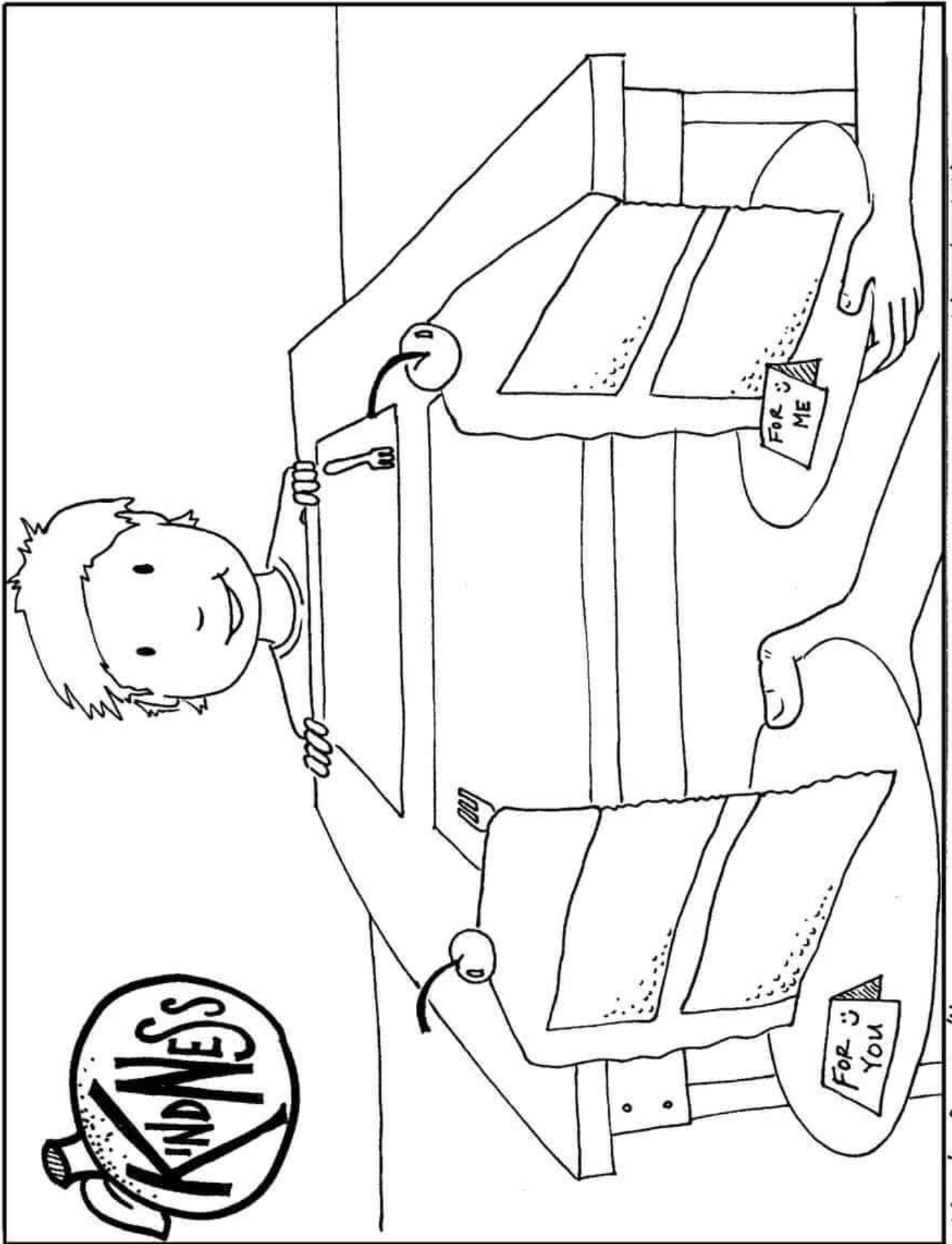
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