

Faith Adventures Youth Resource

Embedded in Faith Adventures: Children Together, this youth resource is intergenerational in nature and designed to foster God-connection in church, home 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>

Psalm 119:101-105 Your word is a light

Theme: The Bible is a guide and a light for your journey with God.

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Introduction: What would be helpful to know before we begin?

Psalms

Psalm 119 is the longest psalm in the Bible. We've explored Psalm 119 before in FACT but this time we're looking at just a few verses (101 – 105) about halfway through.

These verses give us the idea that God's Word, as revealed in the Bible, is like a light that shines on the path ahead to help us see our way.

It might be read as if we must stay on the path and not ever stray (like always doing everything our teacher tells us at school!) or we will be punished in some way, but the passage tells us that we shouldn't follow God's path because we must – but because we will want to – it's 'sweeter than honey'. We may, sometimes, stumble but that's okay because God's Word is there to help us to get back on the right path. And it's not a narrow path – it is a path that lets us live life in all its fullness, to enjoy all that God has given to us.

As with everything in the Bible, both Old and New Testaments, we must always remember that it must be read in the context of the time it was written. Some things may seem outdated or irrelevant to us today – the important thing is to think about the meaning not the actual words.

This passage also links in well with the United Reformed Church's 'Walking the Way' material which can be found at [Walking the Way \(urcarchive.org.uk\)](http://urcarchive.org.uk)

Together

Let's start our time with God and each other well

If used in a mixed-age group, then young people can support younger ones in using the gathering prayer in Faith Adventures: Children Together. If used in a youth group, you could use this opening prayer or encourage young people to open the session with a prayer of their own.

All mighty God,

Be with us as we learn more about you through stories and people in the Bible.

Help us to walk in your way and follow your path.

Be with us as we make decisions that affect our lives, and the lives of those around us.

Amen

In-person and online game

See this week's Faith Adventures : Children Together for suitable games for this theme.

Glow stick pictictionary

A game of making word pictures using only light (glow sticks.)

You will need:

A selection of thin glow sticks, straight, thin and some made into bracelets for each team.

A selection of words to be used for each group (words on cards).

A dark space to play in.

How to play:

Separate the group into teams. Each team sits in a space. One at a time the team send a player to the card table for a word from the pile. They then run back to their group and using the glow sticks they create the word given. Once the group have guessed correctly another player runs for the next word.

At the end of a set time count how many words each team guessed correctly.

Consider what words might be best for straight lines and circles for example, house, bike, fire, glasses, yellow brick road, star, fireworks, tree, people and so on.

Experience

Research different versions of this reading on <https://www.biblegateway.com/>
Recommended versions to try are NRSV, Easy-to-read, The Message, NIRV

Watch: A Step-by-Step Guide for Life | Psalm 119:105 | Our Daily Bread Video Devotional
<https://youtu.be/w6Bmjz93jDQ?si=FF1RVdGSRN0rxmSW>

Listen: My Light, Colton Dixon – <https://youtu.be/xrpaQv67wic?si=bz1u3pwZCl8bW5q>

Sweeter than honey, Daniel Ojo

<https://youtu.be/6Ki4Ez1aBdQ?si=NUhsOp0pweDXHiiA>

Questions for discussion

Watch the YouTube video and listen to the lyrics of the song.

- Are there any lyrics that stand out to you? Why?
- Where do you find God in these songs?
- In what ways does Colton Dixon describe being helped by God's word?
- What do you think Daniel Ojo means by "relentless love"?
- How would you describe the way the words of the Bible might help people? Is there anything in the Bible that makes you feel the way Colton Dixon and Daniel Ojo express?

Explore

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

A new way to explore the theme

You may wish to use the explore section from this week's Faith Adventures: Children Together to guide your exploration of the theme this week.

Alternatively:

Divide into teams giving them access to the following verses (remove the Bible references) and ask them to decide which are from the Bible and which are not. You may want to come up with your own verses and phrases.

To help them decide, provide some Bible reference books, youth Bibles or encourage them to use the internet or bible app 'Bible Gateway'.

Never wear wool and linen together (Deuteronomy 22 v 11)

However you hurt your neighbour, it should be done to you too (Leviticus 24 v 19)

Men should not have long hair (1 Corinthians 11:14)

"Don't talk to idiots. They'll hate you because you sound smart." (Proverbs 23:9)

Do to others as you would have them do to you. (Luke 6 v 31)

Children, obey your parents in the Lord, for this is right. (Ephesians 6 v 1)

Do not judge, and you will not be judged, Forgive, and you will be forgiven. (Luke 6 v 37)

Money is the root of all evil.

Always wear a hat on Sundays

Only have three friends, it's all you need

Always do your homework the same day you get it

A friend in need, is a friend indeed

Talk to strangers and learn new things

Old people know best, go to them for advice

My dad is bigger than your dad

God will forgive you up to 70 times, and no more

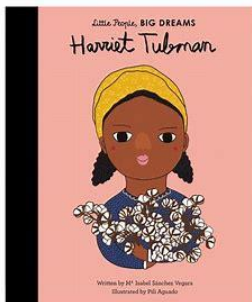
Come back together and see how you compare, how hard or easy was this? Any of the 'Bible verses' surprise you? Any that are not Bible verses surprise you?

What is your favourite Bible verse and why?

If you are able to, either invite one or two people to your session, such as the minister or a youth leader, and interview them about their favourite Bible verses or ask people in other church settings, such as coffee time.

Modern parables

This section includes references to TV programmes, films, books, TED talks, TikTok etc aimed at this age group that will have been widely seen, or where a clip is available to use as a stimulus for discussion. You may also enjoy the picture book recommended for Faith Adventures: Children Together and explore the relevance of the story to the theme of the session in more depth – young people and adults are often well tuned in to the deeper meanings in materials aimed at younger people and the authors are often very aware of the adults reading the books to or with younger ones.



'Little People, Big Dreams - Harriet Tubman'

By Maria Isabel Sanchez Vegara – Read by Animated Child

<https://youtu.be/s005ha-JW1o?si=5IWY3TXzx7kLelgm>

Questions

- What things do you think Harriet would have found difficult? What things do you think she would have found rewarding about guiding people to freedom?
- What other interesting facts can you find out about Harriet Tubman?

[Harriet Tubman - Students | Britannica Kids | Homework Help](#)

Talking together: Going deeper

- How do we use the Bible wisely?
- There are many laws and suggestions for living in the Old Testament, why do we not always follow those?

Conversation starters

- What other guidance do we have in other areas of life? Do they match the Bible?
- The Good news version says 'Your word is a lamp to guide me and a light for my path.' Are we all meant to follow the same path?

Express

How do we respond to what we've discussed and express our faith personally?

Praying together

Prayer Respond to the theme by writing or saying a short prayer. Alternatively use the creative prayer from Faith Adventures: Children Together for this session, or use the prayer activity below.

Alternatively light a candle and play some music while you listen and talk to God together.

Lord,
May your words guide me
Like a bright, determined light
Showing the way through a dark, empty tunnel.

May your words feed me
Like a rich, nutritious snack
When I'm exhausted and hungry.

May your words direct me
Like a carefully drawn map
With no detail left out.

May your words teach me
Like a list of instructions
Which are thoughtful and fair.
Amen

Responding together

This is an opportunity for a social justice challenge, some research, craftivism, or a craft or STEM activity. You may have a specific activity chosen but free choice is also an option. Here are some suggestions for this week's theme. See Faith Adventures: Children Together for a craft and a STEM activity which may also be appropriate. Choose whatever will work best for your group.

A fun STEM activity which describes how you can light a bulb using a potato!

<https://science.howstuffworks.com/innovation/everyday-innovations/how-to-make-potato-powered-light-bulb.htm>

Challenge

Discipleship doesn't stop when you walk out of the church door – it is a part of everyday life. Take a challenge with you and try to make it part of your week.

You may think of your own suggestion of what you as an individual or a group might do in the coming week in response to what you have explored today? If not here are some suggestions:

Use one of the “conversation starter” questions or the question below to talk with someone of a different generation or from a different setting and share your questions, thoughts, insights together. **What scripture has helped you in your life?**

- Research something suggested by JPIT, [Resources \(jpit.uk\)](https://resources.jpit.uk) Commitment for Life cforl.co.uk
 - There are many apps, calendars and other things you can download or buy which encourage you to read a Bible verse each day. The URC has a daily devotion which explores a Bible passage and has a prayer. <https://devotions.urc.org.uk/todays-daily-devotion/> Explore finding something which works for you.
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Thank you for exploring the **Psalm** passage with us.

Please let us know what you liked or what you would find useful by emailing children.youth@urc.org.uk or by sharing it on https://bit.ly/FACT_FB

