



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: www.bit.ly/How-To-FAYR

Exodus 16: 1-5

Theme: God's provision (Give us this day our daily bread)

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

We are continuing our theme of 'Prayer' (and in particular 'The Lord's Prayer') this week with a look at how God provides for God's people (Give us this day our daily bread).

Using the passage from Exodus about God providing manna from heaven for the Jews wandering in the wilderness, we can note that some were so unhappy with their lot that they told Moses that they'd have rather stayed as slaves in Egypt yet God provides for their needs. They are told to collect 'enough' – and only enough, is that how we live in today's instant world?

It might be interesting to look at different translations of this passage and see how the food is described. In the passage it is quite clear that God's people needed something to eat, but today, when we pray 'Give us this day our daily bread' are we asking for food? Or something more?

Whenever we talk about food, hunger and 'God providing' we remind you that this can potentially be a trigger warning for members of your group who are experiencing food poverty at home. If there are such people in your group, think during your planning how you might tackle this issue sensitively.

We also look at the prayer of St Teresa of Avila. One of her famous prayers begins "Christ has no body but yours..." We are called to act as part of God's mission to those who are in need. We can

help very practically by exploring whether we can get involved with the work of organisations such as Fare Share (<https://fareshare.org.uk/holidayprojects/>) and TLG (<https://www.tlg.org.uk/your-church/make-lunch>)

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

Active and alternative game

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

Experience

Hear, watch and sing the Bible story

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

Watch: Watch the story by Cartoonworks

<https://youtu.be/Ki84LIbqsdI?si=7PNXyjme31Hld6lw>

Listen to this song God Provides by Temela Mann

https://youtu.be/t_RRyGxvAh0?si=dxDC1DDuelEtUYyo

Questions for discussion

- What does it mean to you, to trust God to supply your needs on a daily basis?
- Could we challenge ourselves? Try to live each day this week in the moment, what are the things you really need?

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:

Check out Maslow's triangle of needs. <https://www.simplypsychology.org/maslow.html>

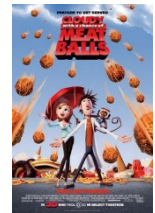
What are your thoughts on his theory of basic human needs? Was there anything missing? How easy is it to meet the needs of others, if your needs are not being met?

Could you write one based on our spiritual needs? Reading the bible, going to church, having Christian friends, praying?

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.

Cloudy with a chance of meatballs by binge society
<https://youtu.be/wiwPdsDeNck?si=nyDfXH2KsMWPYx2o>



- We see in this clip how people can order food and it falls from the sky. What can you see going wrong with that?
- Why do you think some people have more than they need and others not enough?
- I wonder how God feels about that?

Talking together: Going deeper

- Who is the 'us' in the phrase 'give us this day our daily bread'?
- If God provides what we need, why do we have to ask?
- If you could ask God for anything, what would you ask for?
- What did Jesus mean when he said.....give us this day our daily bread?

Conversation starters

- I wonder how we can decide what we need and what we want?
- I wonder if when you need something you turn to God to first or last?
- I wonder why the people in the Bible story were cross with Moses?

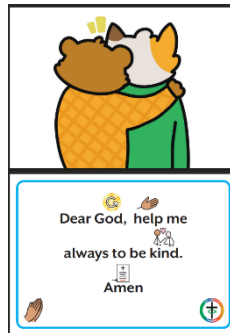
Express

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

Praying together

Church House have produced two sets of prayer prompt cards, one set for 4 to 8 years and another for 8 to 12 years. These bright and engaging cards help nurture a life of prayer. You

can request a pack by emailing children.youth@urc.org.uk or find them as digital downloads on the URC website: bit.ly/Child-prayer-cards



Recite the Lord's Prayer together using your chosen version or else use this Makaton version

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.

St Teresa of Avila wrote a prayer about how Jesus needs us to be his hands and mouth in the world today. The following prayers are inspired by her prayer.

Jesus,
 You could have stayed in heaven,
 but you chose to come close.
 Now, you call *us* to be your body on earth.
 You have no eyes but ours –
 Help us see the people who are lonely or hurting.
 You have no ears but ours –
 Help us listen to voices that go unheard.
 You have no hands but ours –
 Help us act with kindness and courage.
 You have no feet but ours –
 Help us walk towards justice, peace, and love.
 You have no voice but ours –
 Help us speak truth, stand up for others, and share your hope.
 Christ, live in us today.
 Work through us.
 Shine through us.
 And help us be your light in the world.
 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.

- I wonder how we can be God's provision for people today?
- I wonder how we can make sure there is enough for everyone?
- I wonder what we should be praying for?

Use this game to explore the idea of unfair provision and how we can help.

Start off sitting in a circle and give everyone an empty cup. Fill the first person's cup up with rice and then explain that they need to pour some into their neighbour's cup, this continues around the circle. The aim is to end up with the same amount of rice in each person's cup. Is there a strategy to this? How can we be sure everyone gets the same?

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 do we need God to provide for us?**
- Research something suggested by JPIT, Resources (jpit.uk) *Commitment for Life* cforl.co.uk
- Could you try and live one day with only what you need rather than what you want? I wonder what the challenges would be? I wonder what you would gain from doing this?

Thank you for exploring the **Exodus** passage with us.

Please let us know what you liked or what you would find useful by emailing sharon.loyd@urc.org.uk or by sharing it on www.bit.ly/FACT_FB