



Faith Adventures Youth Resource



Free to use – please acknowledge when using beyond local church children's and youth work so others can find and use the resource themselves.

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

Title: Luke 6: 43–45

Theme: Good at heart

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

Welcome to the third week looking at the theme 'Fruits of the Spirit'. This week we'll be exploring goodness – from where does it come and what does it look like?

We are told that Mary, the mother of Jesus, was 'without sin' – but does that mean she was always good? Good people can sometimes do bad things, just as bad people can do good things. Of course, what is good for one, might be bad for another – for example, some people are allergic to medicines which might help make them better when they're ill.

Good can sometimes be seen as a wishy-washy word (like 'nice'.) but goodness is always wholesome and worth striving for. Jesus was wholly good and he sets the example for us. He knows our heart, and he can change our heart to make us good.

So, open your hearts as we explore goodness.

Be aware of children who are always told to be good or who are made to feel as though they never achieve being 'good'.

Together – prayer and games

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

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

Alternatively, you may join with the widget prayer found in Faith Adventures: Children Together, or else the Lord's Prayer found at the end of this session.

Active game – Racing hearts

The passage today explores goodness in our hearts. Here is a game suggestion to start the session.

Get everyone to find their pulse and see how fast their heart is going. Then do some running around, star jumps, or even use a Joe Wicks children's workout (<https://youtu.be/CIA9ltX7mvs?si=Kfe-mKXP-ZoxZGw6>), then ask everyone to take their pulse again. Is their heart now working faster?

Although we may talk about hearts, the heart we are thinking of here is our character, not the one we feel beating.

Quieter game – Match

Play a game trying to match leaves to the fruit they grow.

See sheet at end of session or use: <https://www.liveworksheets.com/node/4493600>

Experience – Bible story and songs

Hear, watch and sing the Bible story

This link takes you to Luke 6: 43–45 in the Easy-to-Read version

<https://www.biblegateway.com/passage/?search=Luke%206%3A%2043-45&version=ERV>

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

⁴³ “A good tree does not produce bad fruit. And a bad tree does not produce good fruit. ⁴⁴ Every tree is known by the kind of fruit it produces. You won't find figs on thorny weeds. And you can't pick grapes from thornbushes! ⁴⁵ Good people have good things saved in their hearts. That's why they say good things. But those who are evil have hearts full of evil, and that's why they say things that are evil. What people say with their mouths comes from what fills their hearts.

Easy-to-Read Version (ERV)

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Listen: God's spirit is in my heart, by Matt Beckingham

<https://youtu.be/nzi2q2m65mA?si=nb9ksKMz-MwC4D6x>

Listen to this hymn and consider the words. What does it mean to be set apart and have God's spirit living in your heart?

Questions for discussion

- What do people see in your life that shows you are filled with God's spirit and love?

Explore

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

A new way to explore the theme

This is a new way to explore the Bible passage and the theme for this week.

Alternatively, 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.

Goodness inside

Display some different such as like apples and bananas; in each case include one that is ripe and one that is bruised or rotten. Try to choose ones that look OK from the outside.

Who would like some fruit? Show the fruit that you have to offer and invite children to say which ones they would choose to eat and why. Hopefully they will choose by appearance.

Explain that things are not always as they appear; we need to look on the inside. Cut the fruit open to show the rotten and good fruit.

Explain that Jesus told people a short parable about trees and fruit. Jesus said that good fruit can only come from a tree that is good and a bad tree will only give you bad fruit.

Ask what the children think Jesus was trying to teach us.

Explain the passage further by adding that Jesus said our lives will show what is in our hearts. If we have Jesus in our hearts, at the centre of our lives, then our lives will show it.

TASK: Gather round two large pieces of paper with a body outline on each one.

If one of these is good and one is not good (bad), what might we see in each one? Suggest a few examples such as kindness, helping others, lying, and so on, and encourage the children to discuss them and try to agree which body the 'fruit' would go on. The children can add words to each body for themselves.

You may have a conversation about how both bodies could contain all the words, good people can do bad things, bad people can do good things.

So, what is the main difference between the two? The passage tells us that Jesus said it is the heart. It's the reasons *behind* why we do these things.

Use the questions and activities in other sections to explore further.

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.



Paddington 2 has a scene which shows what being a 'good' bear might mean. You can find this clip by searching PADDINGTON 2 - A Guide To Being A Good Bear by StudioCanalUK.

- If a guide was going to be put together about being a 'good' Christian, what might that look like?

Group discussion

- Could Jesus have been seen as someone who didn't always say good things?
- If Jesus died for our sins, and we don't sin, did he die for nothing? Discuss.

Personal reflection

- Can evil people ever say good things with good intentions or is it always for their own agenda?
- How can you spot if someone's words and actions are truly good?

Express – prayer and creative activities

Praying together: enabling your group to respond spiritually

Praying together

Prayers 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.

Spoken prayer

Dear God,

You have planted a good heart within us. Help us to nurture its healthy growth.

When others are sour, help me stay sweet and not let my heart turn bitter.

Teach me to share love *berry* freely and to care from the core.

When I bruise others, help me to make things right and grow fresh again. Amen

Fruity prayer

As you build your fruit kebab, use it to share a prayer activity together.

Maybe start the prayer with someone saying, “Dear God, help us to share your goodness with others...”

Then each person should pick a piece of fruit to add to their kebab, which in turn adds something to your prayer. Go around the group until everyone has had a chance to add fruit to their kebab. Remember, you don't need to use the fruit we have suggested, or the prayer topics we have suggested.

Add your own ideas.

The following fruit can stand for:

- red strawberry: pray for someone you love
- orange segment: pray for a friend or neighbour
- green grape: thank God for one good thing in your life
- yellow banana: pray for a leader or someone in charge
- purple blueberry/blackberry: pray for yourself – something you are sorry for, worried about, or need help with



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. Choose whatever will work best for your group.

Can we all be 'good'?

“Evil prevails when good people do nothing.”

This is a quote often attributed to an 18th century writer, Edmund Burke” [though he probably didn't say it) from 1916 – I wonder what this can mean in light of today's Bible passage?

<https://quoteinvestigator.com/2010/12/04/good-men-do/>

<https://www.openculture.com/2016/03/edmund-burkeon-in-action.html>

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 have you done that is showing a good heart?**
- Research something suggested by JPIT Resources (jpit.uk) or *Commitment for Life* (cforl.co.uk)
- Can you play Goodness Bingo this week? Each time you see one of the items on the grid below tick it off. Can you get a full house by the end of the week? (Tip: You could do one of the items 😊)

Letting someone go first in the line	Helping another person	Explaining what something means to someone else	Speaking with kind words	Smiling at another person	Sharing food	Giving something they own away
Cheering someone up who is ill or sad	Defending someone else	Speaking out for injustice	Looking after a garden	Picking up rubbish	Treating a pet/animals kindly	Treating another person kindly

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

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

 
The Lord's Prayer

        
Our Father, who art in heaven, hallowed be thy name.

      
Thy kingdom come, thy will be done





   
on earth as it is in heaven.

      
Give us this day our daily bread








            
and forgive us our sins As we forgive those who sin against us

         
Lead us not into temptation but deliver us from evil

        
For thine is the kingdom, the power and the glory

   
For ever and ever . Amen

Match the fruit, names and leaves

	Plum	
	Orange	
	Grape	
	Peach	