



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/Faith-Adventures-How-To-FAYR.pdf>.

1 Corinthians 10: 31

Theme: Reflect God in all you do

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

Introduction

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 navigate the young people. 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

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.

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: How can everything you do glorify God? – by Bibleversedaily777:
<https://youtu.be/BE7JTDYuZNg?si=AqBEY7Sn811g3dPU>

Questions for discussion

Watch the YouTube video and work through the discussion questions.

- What actions can you think of that you do to worship God? What could you do that you are not doing?
- Is it really every action? What about going to the toilet and washing our feet?
- What motivates you to glorify God?

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:

As the Kingdom Cake is made (See Faith Adventures: Children Together) think together about how we can turn the ingredients into reality. How can we be good ingredients through our own positive action, what could this positive action be? Talk together about what happens if we don't do positive action in the world. How can we reflect our Kingdom

values in the world? How might bad ingredients have an impact in the world? We must try to remember that we are asked to reflect God in the world in everything we do.

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.



In today's verse we hear how we should be glorifying God in all we do, including the everyday tasks like eating and drinking. This clip showing the care taken when Remy is making food is from the film *Ratatouille* and highlights how even making a basic meal, one seen by others as a peasants meal, can have a great impact on others.

Clip from: *Ratatouille*

<https://youtu.be/3YG4h5GbTqU?si=xxcm6llsasXRmcV7>

Questions

- I wonder why Remy took such care with the food?
- What happened when the guest ate the food?
- Does food have any impact on you?
- How does this clip reflect today's theme? Where can you see God in the story?

Talking together: Going deeper

- What is our motivation for doing good things?
- Do past mistakes make it difficult for God to be reflected in us?
- How might you glorify God in everyday things like eating and drinking?
- Do you say grace before you eat and drink? Do you think this is important or not? What about when you are out in public?
- In what ways might our eating and drinking not glorify God?

Conversation starters

- Is there a difference between doing good things and doing good things as a Christian?
- If what we do is a reflection of God, does that have an impact on others? What impact does that have on us?

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.

Spoken prayer

Take a couple of moments to think through which kingdom values you would like to include in the prayer, invite everyone to contribute. Once this has been done say the following line:

God of all,

Give everyone the opportunity to say their line of the prayer and finish with:

Help us to live out your kingdom values and to reflect the best of you to all we know.
Amen

Mirrored prayers

Write a short prayer in mirror writing (this can be done by writing normally, then placing a mirror next to the prayer and copying the reflection).

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.

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.

Alternatively:

Exploring reflections

When looked into, many things reflect an image of us. Some reflect a better image than others. The Bible verse tells us that we should aim to reflect the best image of God through us in all we do, even when eating and drinking. Explore some different materials and see which ones give a good reflection. Try them in different lights and different angles. Rate them from best to worst.

Sometimes materials can distort our reflection or can confuse us, like in a hall of mirrors or a mirror maze. Can these materials teach us anything about how to be a good reflection of God? Do people ever give a distorted reflection of God?

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:

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- 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. **How do you try to reflect God in all you do?**
 - Research something suggested by JPIT, [Resources \(jpit.uk\)](https://www.jpit.uk) Commitment for Life [cforl.co.uk](https://www.cforl.co.uk)
 - Choose either breakfast, lunch or dinner and spend some time thinking how you could reflect the glory of God when joining with this meal. It might be a blessing, sharing of food or talking to God as you prepare or eat the food. Commit to doing this for a week.
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Thank you for exploring the **Corinthians** 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