



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 3: 5a-8

Theme: We all can plant and care for the seeds of faith, God does the rest.

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

Corinthians

This week we are continuing to explore the theme of 'Growing'. Last week we looked at how we are all connected to Jesus and God by exploring the metaphor Jesus used when he said "I am the Vine." This week we'll be looking at how the vine got there in the first place!

The vine must have been planted by someone, but just planting a seed isn't always enough. It needs to be nurtured, fed, supported and cared for – just as faith, and our relationship with God must be.

We often hear that we must 'trust God' – but God also trusts US to do what is needed when the time is right.

We can help nurture the seed of faith in others just as others have done it for us. God might create the seed of faith, but we can sow it, water it, nourish it, support it. Indeed, that is what God expects us to do.

Unlike the seeds that farmers and gardeners sow, we might never get to see the seed reach its full maturity as a plant – or even a tree! We don't always get to see the fruits of our labours, but we know that the care and support we show to others today, because of our faith in Jesus and God, may have a big effect in their lives some time in the future. And that is why it is worth doing.

We might not think that, when we are kind to someone, or stand up for them, or listen to them without judging them, we are planting seeds of faith. But we are.

And everybody can do it – no matter how much faith we have, even if our own seed of faith has barely germinated. Encourage your group to recognise this and to act on it.

Be prepared for how you might answer questions about why, if God cares for everything and helps all things to grow, there are still droughts and harvest failures.

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 alternative 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

<https://youtu.be/ECibetK2EYI?si=oqLRojtZp1svj7rz> – Timelapse seeds growing

This video link shows a time lapse video of some seeds growing. How does this video help us to understand the Bible verses better and the theme of growing in general?

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.

Exploring seeds and growth.

Consider inviting someone to give a simple testimony about their faith has grown and been nurtured – how were the first seeds sown in their lives? Who or what was central in that happening?

If this is not possible then start with this activity:

Gather lots of different types of seeds. Lay them out on the table but don't mix them up. Invite the children to guess what each seed grows into. You could provide a picture of each plant and ask the group to match the seeds to the plant.

Chat together about how some seeds take only days to grow (like cress seeds), whilst others can take a decade or more (like an apple tree).

This can encourage us to think how we could plant an acorn and may not see it grow to fruition in our lifetime.

I wonder what else we can learn or already know about seeds and growing.

Either tell this story in your own words or read this poem of a man building a bridge that he'll never cross. <https://www.poetryfoundation.org/poems/52702/the-bridge-builder>

- The old man seems very calm, do you think he felt sad about not being able to use the bridge?
- Are there any things that you've made that you haven't been able to enjoy, but others have?
- What do you think is on the other side of the bridge?
- Why do you think he was confident that other people would be able to use what he'd built?
- I wonder how people have come before you and what they have done/planted to benefit you?
- I wonder what could you be leaving for those younger than you?

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.

Sewing Community Seeds (CRCW Derby)

<https://urcarchive.org.uk/wtw-news/3455-our-small-seeds-are-growing.html>

Questions

- Lots of different people are involved in the project, how do they support it in different ways?

- Are there activities in your church or community that involve different groups of people?
- What things are you good at, that are different from you friends? Are there skills that your friends have that are different to you?

Talking together: Going deeper

- What do seeds need to grow, ones in the ground and seeds in our faith?
- What seeds do you plant in other peoples lives to help their faith to grow?
- Who has planted into your life that has helped your faith to grow? What did they plant?
- If God is the one who makes the seeds (faith) grow, why do some people struggle with their faith?

Conversation starters

- Are some seeds more useful than others?
- Do you agree that the person who plants the seed and waters them is not important?

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.

Seed Prayer

Lay out a variety of seeds of different shapes and sizes on a coloured cloth in the centre. Try to include some larger and more intricate seeds too. Encourage each person to select one seed to hold in their hand.

Nurturing creator God, you have made us to be creative and nurturing too.

These seeds remind us that faith starts quite small, planted in us like a seed planted in the ground.

Thank you for those who nurture and encourage us as we grow in faith.

Thank you for the example of Jesus to follow and the inspiration of the Holy Spirit to keep us going when things are tough.

Help us remember that we can plant and nurture those seeds in others, by our words and our actions and our attitudes.

Forgive us for the times we've been too embarrassed or nervous to sow those seeds. Forgive us when we've expected instant results or have said or done things that hurt others.

Fill us with the confidence to share our faith and keep us growing in you.

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.

Finding seeds

Choose a selection of fruits containing seeds. Take out the seeds, clean them and try to separate the individual seeds. Notice whether this is easier with some fruits and what makes the task more difficult. When the seeds are cleaned and separated you could try planting them in a small pot filled with compost – two or three seeds per pot. Think about what country the fruit was grown in originally, do you think your plant will grow fruits or just foliage? Why?



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. **How do you care for your faith?**
- Research something suggested by JPIT, [Resources \(jpit.uk\)](https://www.jpit.uk) Commitment for Life [cforl.co.uk](https://www.cforl.co.uk)
- Perhaps there is a community garden project you could volunteer at?

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