



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: Hebrews 13: 5-8

Theme: God is with us always – that's a promise.

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

The promise in Hebrews is a reminder that God is always with us; It is the same promise that was given to Moses and the Israelites and was passed down by Moses to Joshua when he became leader (Deuteronomy 31 v 8). The promise is also seen in the New Testament; Jesus gave the same promise at the great commission before he went back to heaven. It's the promise of Pentecost, God with us always.

This is one of the key relational promises throughout the whole of God's story, running through the bible like a word in a stick of rock.

This session is part of a series of God's promises, although this session stands alone you may want to visit the others.

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 the Faith Adventures: Children together or else the Lord's prayer found at the end of this session.

Active game - Would you rather?

This game is based on the well-known game of choices, but with an active twist. This week's passage opens with a choice that is still relevant for us all – should we be motivated by money, or be satisfied with what we have?

You will need:

- a list of *Would You Rather?* questions
- two large bowls
- enough tokens for each group member to make several choices – (you could use ping pong balls, buttons or building bricks as tokens)

After writing your list of questions (see examples below for inspiration if this is the first time you are playing the game), place the same number of tokens in each bowl. Place the bowls on opposite sides of the room.

Ask the group a *Would you Rather?* question – if they choose option A, they must run to the left-hand bowl, for option B they must run to the right-hand bowl. (You could add tension by asking the group if they are sure, or if they'd like to change their mind?) Once everyone has decided, they must pick a token from their chosen bowl, then go back to the centre of the room for the next question.

Repeat, until you have used all your questions, or one of the bowls is emptied of tokens!

Would you Rather? – Examples

- *Would you rather.....fight a horse-sized duck or an army of duck-sized horses?*
- *Would you rather.....win a million pounds for life or £1,000 per week?*
- *Would you rather.....be a fish or a bird?*

Quieter game - Shadows

A little like mirrors, a copying game. No resources are needed.

Ask the ch to work in pairs. One person moves and the other copies.

The difference between this game and the game mirrors is that usually you would stand opposite each other like a reflection in a mirror, but for Shadows the person copying stands behind, like a shadow. It allows the main person to move more around the room which can add to the fun.

You could comment that shadows are with us always.

Experience – Bible story and songs

Hear, watch and sing the Bible story

This link takes you to Contemporary English Version -

<https://www.biblegateway.com/passage/?search=hebrews%2013%3A%205-8&version=CEV>

Hebrews 13: 5-8

5Don't fall in love with money. Be satisfied with what you have. The Lord has promised that he will not leave us or desert us. 6 This should make you feel like saying,

"The Lord helps me!
Why should I be afraid
of what people
can do to me?"

7Don't forget about your leaders who taught you God's message. Remember what kind of lives they lived and try to have faith like theirs.

8Jesus Christ never changes! He is the same yesterday, today, and forever.

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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

Listen: Jesus be the Centre by Chetvalley Worship

<https://youtu.be/884tPls01e0?si=N-zkQoMzFI6GbwhI>

Questions for discussion

- How do the lyrics of this song fit with today's Bible passage?
- What part of the song do you find the hardest to believe?

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.

Remembered Bible activity

This is an activity using a technique that begins with what the group already know about a story or a timeline from the Bible.

Begin by asking the children to think of stories in the Bible that show times when God has been with people (Moses crossing the seas/ Jonah in the whale), encourage the group to shout out examples. If people are not sure of any spend some time researching on google or in Bibles. Then invite them to draw scenes or write the titles of the stories on paper and hang them on a washing line as the remembered Bible builds. You could place them in chronological order too. This technique empowers those who have some bible knowledge and it often brings a richness to the storytelling as different parts of the story are recounted, especially to those who have never heard them before.

Sit back and look at your remembered Bible timeline and all the times when the Bible reminds us that God is with us.

It doesn't end there though, if we were to continue the timeline to show times in our recent history or times in our own families, what stories might we add to the washing line? You could add some as you chat. When we look at this evidence, examples of God keeping the promise to always be with us, I wonder how it makes us feel?

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.

You could use either or both of these clips.



Ponyo 2008: Studio Ghibli - Official English Trailer by GKIDS Films
<https://youtu.be/h6XP82TyFWw?si=gnavgmQOgLf1d2lGo>

When Sosuke rescues Ponyo he promises to look after her, but it isn't always easy to keep his promise.



Star Wars: The Last Jedi 2017: Lucas Film and Disney

Luke Skywalker reunites with R2D2 by Jap Takito

https://youtu.be/o9YQ_OIM8DA?si=ooDLRgyZZSizNaIM

A faithful friend has waited patiently while others had given up on Luke Skywalker ever returning.

- Who are the people you like to stick close to?
- Who surprises you? Who are the friends that don't leave you to do things on your own?

Group discussion

- The passage tells us to be satisfied with what we have, what does this look like for you?
- When we look at the injustices in the world, does it make it harder to be satisfied?

Personal reflection

- I wonder when you feel God is with you.
- I wonder what it is that runs through your core being e.g passions, convictions, etc

Express – prayer and creative activities

Praying together: enabling your group to respond spiritually

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.

Heavenly Father,
thank you Jesus that you are the same yesterday, today, and forever.
Thank you that your goodness and grace is unchanging and unchangeable.
Thank you for the many precious promises contained in the Bible that are as true today as when they were written down.
Help us to live by those promises
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. Choose whatever will work best for your group.

Eternal biscuits

Make some eternal biscuits, for an extra challenge make them with a more difficult shape maybe a heart shape.

Invite some older adults to the group to hear their stories about having faith throughout their life or/ and examples of how God has been with them throughout life.

You will need:

- 250g Butter
- 125g Granulated Sugar
- 105g Brown sugar
- one and a half teaspoons of baking powder
- one egg
- two teaspoons Vanilla essence
- 440g plain flour
- red food colouring



What you do:

This recipe makes about 64 biscuits.

Before the session (or do this as a group activity)

In a large bowl beat the butter with an electric beater. Add the granulated sugar, brown sugar and baking powder and beat until combined. Beat in the egg and the vanilla essence.

Beat as much of the flour as you can with the mixer and stir in any remaining with a wooden spoon.

Divide the dough in half and put one half back in the mixer with some red food colouring and mix until the colour is even throughout the dough.

Put the dough in the fridge to chill.

In your session, divide the dough so each child has a piece of each colour dough.

Roll out the dough and then place one colour on top of the other and roll it into a log shape.

Chill the dough for 15 mins.

Cut the dough into thick slices (about 6mm) and bake for 8-10 minutes in a preheated oven at 190°

The biscuits should be firm around the edges and the bottoms lightly browned, when ready.

Put them on a rack to cool.

Here is a video which shows you how to make them.

<https://youtu.be/aj4lpmYSSPY?si=Z2aWSczYL8jwC79z>

God's promises are eternal and run through everything in our lives, just like the pattern running through the biscuits.

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 are you the most satisfied with in life?**
- Research something suggested by JPIT, Resources (jpit.uk) *Commitment for Life* cforl.co.uk
- Create a time capsule. Use something made of metal as a container, fill it with things which someone may find interesting in the future. Include some Bible scripture, such as the one from this session. Hide or bury the time capsule. There are some fun videos online which show people opening time capsules they have found

Thank you for exploring the **Hebrews** 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