**Welcome (Parents and Carers asked to stay until after the opening Prayer)**

Welcome back to Friends on Faith Adventures. We are looking forward to going on a journey and nobody knows where we will end up. All we know is we have got our crate filled with adventure and an open path ahead. So, hold on tight and enjoy the ride!!

Let’s hear about FOFA bear and FOFA cam’s adventures this week and how everyone got on with the Walking the Way challenge. (Encourage everyone, including parents and carers, to join in.)

**The Opening Prayer**

We are friends together *(shake hands with both palms facing towards body)*

On a faith adventure (*point to forehead with thumb. Hold other hand with palm facing up and bring the side of your first hand down so that it goes across the palm of the second hand just below the fingers)*

With the Bible as our mapbook *(draw cross with thumbnail on back of hand then put hands together and open like a book)*

And Jesus as our guide *(use index fingers to point into palm of each hand in turn).*

God, be with us in all that we do *(point up, then make index finger into a hook shape and move down as though pulling down towards you)*

And go with us wherever we go *(point outwards).*

Amen *(two thumbs up with hands apart, bring hands together)*

**The alternative Prayer**

Lord help us to be:

**P**repared for adventure

**I**n all we do.

**L**oving and caring,

**O**pen to others

**T**ogether as one community

**S**haring the love of Jesus on our way.

Amen

**Fun together**

**Don’t get wet!**

What you need:

* Water bottle for each participant
* A funnel for each team
* A mop or drying cloths for spills

Divide everyone into two teams, ensuring everyone has an empty water bottle. The game is to be played in the form of a relay with half the team in a line at each end of the hall. One person in each team has a full bottle of water and a funnel. Once the leader has signalled the beginning of the game, the first person from each team runs to the other end of the hall, carrying their bottle and a funnel. They fill up the water bottle of the next person in the team by pouring the water from their own bottle through the funnel into the empty bottle. They then sit down and the next player takes the funnel and runs back to fill the bottle of the next runner at the opposite end of the hall. The aim of the game is to be the first team to be sitting down because all runners have had their bottle filled. Ensure that any spilled water is wiped up immediately

**ALTERNATIVE VERSION/ ADDITIONAL GAME**

What you need:

* 2 Buckets per team
* Water
* Enough of the same cup for each participant.

If you have access to outside you could play a variation on this game. Still divide everyone into two teams and run it like a relay but this time have an empty bucket where the team is starting from and a full bucket of water a certain distance from the starting line. Everyone should have an empty cup, everyone playing should have the same time of cup. When the game starts the first person from each team runs to the full bucket fills their cup up and then carefully brings it back to the empty bucket, empties it and takes their place at the back of the line. It’s now the next persons turn. The game ends when the once full buckets of water are empty. The winning team is the one who has transported the most water back. You could add to the chaos by setting the rule that the cup should be carried on the runner’s head!

**Today’s theme is about why Jesus describes himself as living water and what that means for our lives.**

**The Big Story – *John ch4 v 1-15 – The woman at the well***

If you wanted to involve everyone in the story you could give people the following roles and get them to act the story as it is being told:

SAMARIAN WOMAN

JESUS

THE WELL

What you need:

* Bucket of water
* 2 cups/ bowls to hold the water in

READER 1: Jesus was on his way to Samaria, when he stopped at a well, Jacob’s well…….

*[Create a well with people down on their knees and holding hands in a ring. Choose a volunteer to be the woman who would already be at the well with the bucket and two cups/ bowls. Dress her with a headscarf. Choose another volunteer to be Jesus and dress them with a teatowel on their head]*

READER 2: It’s good to know that Jacob is well – I didn’t know he’d been poorly!

READER 1: No, that’s not what I meant. I meant that Jesus stopped by the well which was known as Jacob’s well.

READER 2: What’s a well?

READER 1: A well is a deep hole in the ground full of water, often built up with stones around it. In Jesus’ time, people didn’t have taps in their homes, they had to fetch all their water from the well, just as they do today in many countries.

READER 2: You explained that very well!

READER 1: As Jesus approached, he saw a lady there getting some water herself. Jesus asked if she would be so kind as to get him some too.

READER 2: I wonder why he couldn’t get it himself?

READER 1: I don’t think he had anything to hold the water in. But rather than turning to get the water for Jesus, she instead looked shocked.

*[Woman looks shocked and turns to Jesus]*

READER 2: Shocked? Why was she shocked? Was it because he was being a bit lazy, do you think, and expecting her to wait on him?

READER 1: No, actually in those times it could have been quite usual for a man to expect a woman to do that sort of job. Things were not quite so fair in those days in that respect. But she was shocked because she was a Samaritan woman and Jesus was a Jew. Jews and Samaritans didn’t talk to each other or help each other. So, she was really surprised Jesus spoke to her.

READER 2: So, what did Jesus say?

READER 1: He said, if you were to realise who I am, you would be asking me for living water.

*[The woman could give him some water]*

READER 2: I don’t think she realised who Jesus was did she?

READER 1: No. But she replied, saying, “You don’t have anything to hold water and the well is deep, how are you going to give me this living water?”

READER 2: What did Jesus mean, anyway, when he said living water? That’s a bit of a strange thing to say.

READER 1: Good question! Well Jesus pointed at the well and said you can drink this and be refreshed but it won’t last, you will need this water again.

READER 2: That’s a bit obvious.

READER 1: But he went on to say that if you drink living water, then you will be drinking the water of eternal life

READER 2: Eternal life?! You mean we can keep knowing Jesus after we have died?

READER 1: Yes, in heaven.

READER 2: Wow!

READER 1: The woman began to realise who Jesus was and she begged for the living water, asking Jesus to serve her immediately.

*[The woman could fall to her knees at Jesus’ feet and Jesus could put a hand on her head to bless her]*

READER 2: Fancy meeting Jesus and having that conversation with her. I wonder what they said to each other next?

**Creative adventure – water collage**

What you need:

* Wallpaper
* Glue
* Felt tips
* Blue/ green Material
* Blue/ green Tissue paper
* Stickers
* Blue/ green Shiny paper
* Blue/ green paint
* Packing peanuts (similar items that could be placed in the paint to create waves)
* Brushes
* Protective coverings
* Covering for table/ floor
* Scissors
* Sticky tape
* A3 paper (optional)

Lay newspaper or protective covering on the table/ floor. On top of this place a long strip of wallpaper, you may need to use sticky tape to secure it to the table/ floor. Write the words….Jesus is living water….. either in bubble writing or some other creative style of writing. Decorate around the words using the resources you have collected to depict water/ waves. Use the felt tips to colour in the wording. Display your creation on the wall of where you meet. Take a photo of the creation and share with all those who helped create the collage. Alternatively, you may want to give each person an A3 sheet of paper and let them create their own water picture.

Wondering questions to use during creative time:

I wonder …why Jesus called himself living water?

I wonder …what it most be like to not have access to water?

I wonder …how we can help others be a friend of Jesus?

**The Adventure Map**

Explain the Adventure Map and how a lot of the books were written shortly after Jesus’s time. They tell us about what Jesus said and did and how his friends lived their lives, sharing with others how to be good followers of Jesus.

Take the group to the Adventure Map that you have created on the wall. Get the group to find where on the Map today’s story came from. Choose one or some of the things created by the group to be photographed and attach this to the wall to create a visual reminder of where the story came from and your adventure together. The aim is that in a year you will have lots of reminders of the stories and where in the Bible they come from. Use a piece of string or ribbon to connect the photo of the craft work to the book of the Bible.

**Walking the Way**

**This is a time to invite the parents and carers back in to share what the children have been up to during the session. They will also be here to hear about the Walking the Way challenge and the tasks (should they choose to accept them) that the children (and parents) are about to undertake.**

For the Younger: FOFA the bear

This is FOFA. FOFA likes nothing more than to go on an adventure; FOFA is a little more adventurous than me. FOFA believes that faith is a journey and that’s why FOFA would love to take you on a journey with him and walk the way of God in our everyday lives. Each session FOFA would like to go home with one of you and add to FOFA’s scrapbook of things you do together. FOFA doesn’t mind if you draw a picture of what you have done, take a photograph or just write a story about it. FOFA also doesn’t mind if you just come and tell the rest of us what you got up to together. But because FOFA’s memory isn’t very good as FOFA’s brains are made of stuffing, it would be better to save the memories in the book if you can. At the end of our time together we can always remember the great adventures we have been on together with FOFA and hopefully you will walk a little closer with God.

For the Older: FOFA cam

This camera is your window on the world. You have one shot at this, so choose carefully. You will be given a very precious piece of equipment – a FOFA cam. You have one photo to take with the camera, that records one thing – a way you have met the challenge. If there are other people in the photo, please ask their permission first and explain this photo will be put on display here. Bring back the camera and your photo next time to share your moment - and remember you only have ONE shot at this!

Every time we will choose someone to take FOFA bear and someone to take FOFA cam to help them with the challenge – but we can all have a go at the challenge!

Our Walking the Way Challenge this time is: As a family, search the following site for family focused activities [www.wateraid.org/uk/get-involved/all/families](http://www.wateraid.org/uk/get-involved/all/families) . If access to a computer or the internet is difficult consider creating your own poster to advertise why water is so important to our bodies and minds.

**Adventurers Go!**

So, today we have heard how Jesus described himself as living water, that knowing Jesus means to have a life long friendship with him that continues even after we have died. If we become friends of Jesus, our hearts will be full of his love.

**Prayers (choose one/both)**

Living God,

Thank you for all you provide for us,

For food and for water,

But also, for your friendship

A friendship that lasts forever and ever

AMEN

**Active Prayer**

What you need:

* Big bowl of water/ or more if you have a large group
* Paper flower shapes (template on separate page)
* Pens (biros are good as the writing does not tend to run)

Ensure everyone has a flower and a pen. Encourage everyone to write or draw a prayer on the flower. Then gently fold the petals of the flower into the middle, place on the water and as it soaks up the water the flower will open.

If needed you could watch this video for preparation of the activity. <https://www.youtube.com/watch?v=O7FCl9NVFN4>

**End Prayer Every Session: All together**

**We are Friends on Faith Adventures, travelling together with God.**

**Adventurers go! Amen**

**What you need for this session**

* Water bottle for each participant
* Access to a tap or source of water.
* 2 Buckets per team
* Water
* Enough of the same cup for each participant.
* Big bowl of water/ or more if you have a large group
* Paper flowers
* Biros
* Wallpaper
* Glue
* Felt tips
* Blue/ green Material
* Blue/ green Tissue paper
* Stickers
* Blue/ green Shiny paper
* Blue/ green paint
* Brushes
* Protective coverings
* Covering for table/ floor
* Scissors
* Sticky tape
* Packing peanuts (or similar items to create printing of waves)
* A3 paper (optional)
* Bucket of water
* 2 cups/ bowls to hold the water in

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| --- | --- | --- | --- | --- |
| **Location** | **Possible hazard** | **Action required** | **Action taken** | **Signature** |
| **During session** | Slip on water during game | Ensure you play either outside or play the indoor version of the game only. Ensure that any spillages are cleaned up immediately.  |  |  |
| **During session** | Use of sharpies and possible damage to clothes | Consider offering protective clothing  |  |  |
| **During session** | Use of scissors possible cutting of hands | Use rounded end scissors or closely supervise young children |  |  |
| **During session** | Paint on clothing | Consider offering protective clothing |  |  |

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