



Wise Words

Welcome (Parents and Carers asked to stay until after the Pilots 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 Pilots Prayer

Lord help us to be:

Prepared for adventure

In all we do.

Loving and caring,

Open to others

Together as one community

Sharing the love of Jesus on our way.

Amen

Fun Together

Game : Whose words?

What you need:

- The list of “wise words” from below
- Two signs, one saying “Wise words from the Bible” and one saying “Someone else”
- Coloured stickers
- Blotack

Fasten the sides at each side of the room. Put the children into teams by giving them coloured stickers . Stand all the children in the middle of the room.

Call out the first “wise words” from the list. Each of the teams has ten seconds to decide whether the wise words came from the Bible or from someone else and then all the children run to stand by the



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sign of their choice. It may be that they all run to the sign that their team decided or it may be that dissenting voices run elsewhere – it is down to each individual. When you reveal the correct answer, give each team points according to how many from that team have gone to the correct sign.

At the end of the game, you could ask if anyone was surprised by any of the answers.

Game : Who do you listen to?

What you need:

- Blindfold
- Obstacles (may be as simple as cones or chairs in a random slalom or as complicated as climbing through hoops and over benches, depending on the age and ability of the groups)
- Stop watch

One person is chosen to do an obstacle course against the clock whilst blindfold. This person chooses one person that they trust to be their guide. All the children, including the guide, stand at the side of the room and may not move any closer to the person doing the course.

The child with the blindfold starts the course and their chosen guide calls out instructions to navigate them safely to the other side. However, all the other children in the room can also call out misleading instructions. The blindfold person has to focus on the voice of their trusted guide and ignore the rest of the group in order to get there safely. The child who can complete the course the quickest is the winner – and will have achieved this by knowing who to listen to!

Remember, not all children will be confident being blindfold or manoeuvring through obstacles when they can't see. Participation should be voluntary.

Game : Listening Whispers

You will need:

- Strips of paper with words from Proverbs on

Everybody should sit in a circle. The first person is given a sentence on a strip of paper to read and whisper into the ear of the person sitting to their right. They can only read it once. The person listening then has to whisper what they heard into the ear of the person sitting on their right. In this way the message should be passed round the group. When it gets to the last person in the circle, they should



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say the sentence out loud. Then the person who started reads out the sentence on the paper to compare how similar the message is or how it has changed.

Today's theme is The Bible can help us live well

The Big Story: Wise Words – Proverbs, selected verses

You will need:

- A toy owl
- A Bible
- Wizard's hat or long grey beard

Reader 1: What do Merlin, Gandalf and Albus Dumbledore have in common with Owl from Winnie the Pooh?

Reader 2: They're all wizards?

Reader 1: Don't be silly. Owl isn't a wizard.

Reader 2: They've all got two legs?

Reader 1: Oh, very clever. They've all got two legs. That's not very unusual. Come on, use your brains.... There's a clue there, you know.

Reader 2: *(Make a real show of thinking carefully.... Go to speak and stop again to think.... Scratch head..... hum.... Eventually make a gesture as though suddenly realising the answer! Or ask the children to whisper the answer and then pretend it's your own!)* I've got it! They all seem pretty clever at giving good advice.

Reader 1: That's it. They are all very wise. I'll let you in on a secret *(Take toy owl out of the bag)* – lots of people think owls are very wise but they're actually a bit slow off the mark. Not the smartest cookie in the jar! But Owl is wise in the stories, just like Merlin and Gandalf and Dumbledore.

Reader 2: Are there any wise people in the Bible?

Reader 1: There are lots. And a lot of their wise sayings are all gathered together in one book. It's a book called Proverbs. *(Take out a Bible and show where Proverbs is. You could look in the index or you could open the Bible in the middle which is Psalms and then leaf back to where Proverbs is the chapter before it)*



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Reader 2: What sort of wise things do they say? Things like “Don’t put your half eaten chewing gum in your pocket or it’ll get covered in fluff?”

Reader 1: No, not exactly.

Reader 2: My gran always says, “Remember to wear clean knickers in case you get knocked down by a bus”. Is that from the Bible?

Reader 1: No, though it’s pretty wise for all that. But it’s not from the Bible.

Reader 2: How about “Don’t count your chickens before they cross the road”?

Reader 1: Now you’re being silly! IN fact, the Bible has a proverb about that. It says “Good people think before they answer”

Reader 2: Hey! And is there some advice about not being nasty to your friends?

Reader 1: Actually there are lots. Good people choose their friends carefully, and kind words are like honey–sweet to the soul and healthy for the body.

Reader 2: That’s true. It’s definitely much better to be kind than to be mean. It helps everyone get along better.

Reader 1: So does forgiving people who are mean to you. The Bible says ‘Do not say, “I’ll pay you back for this wrong!” Wait for the Lord, and he will avenge you’.

Reader 2: What does avenge mean? *(Invite the children to make suggestions)*

Reader 1: It means that if anyone is going to be cross about what the other person’s done and put things right, it will be God. You can forgive them and move on.

Reader 2: Hmmm.... So the Bible’s telling us not to bear a grudge?

Reader 1: Yes, you’re wise if you learn to forgive people, just like God forgives us.

Reader 2: It’s true. I once threw someone’s packed lunch in the bin because they had hidden mine. They hit me, and then I hit them, and then they hit me harder, and I hit them harder, and then....

Reader 1: I think we get the picture. You both ended up covered in bruises.

Reader 2: Yes.... And I think I had more than they did, too. I wish I’d let God sort that one out instead. *(Encourage one or two of the children to tell a story of when they took revenge but it didn’t make things better)*



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Reader 1: Deceit is in the hearts of those who plot evil, but those who promote peace have joy.

Reader 2: You're saying I'd be much happier if I did things to bring peace instead of plotting to do mean things? I guess that's true too. Honestly, the Bible is much too wise.

Reader 1: Sometimes there are some proverbs which sound a bit odd today, just because the way people live has changed. So in those days children were beaten a lot by their parents and their teachers and people believed that helped them to learn. So some of the proverbs tell us that it spoils children and stops them learning if we don't beat them.

Reader 2: (*Rubbing hands together*) Hey.... Shall we give that a go?

Reader 1: No. It's never right to beat children like that and there are much better ways to help them learn. We know that now.

Reader 2: But it says it in the Bible!

Reader 1: Sometimes we have to read what's written in the Bible and remember that it was written a long time ago. Most of it is still right for today, but we have to be wise and think carefully about what we read. We have to make sure it still feels right.

Reader 2: How can we tell?

Reader 1: We can pray about it. God will help us know what's right. For the Lord gives wisdom; from his mouth come knowledge and understanding.

Reader 2: So God's words are wise and help us to understand what's in the Bible? That's pretty cool, cos there are some tough bits in the Bible that I find seriously hard to understand.

Reader 1: That's very honest. It says in proverbs that with humility comes wisdom.

Reader 2: Humility? What's that?

Reader 1: When you're honest about the things you can't do and you're not all proud and boastful.

Reader 2: And with humility comes wisdom? (*take wizard's hat or long beard out of the bag and wear it*) If I keep on like this I'll be as wise as Dumbledore!

Reader 1: Or at least as wise as an owl....

Reader 2: I wonder whether there are any other proverbs that are not so helpful these days?



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Creative Adventure

You will need:

- An academic diary – these can be purchased quite cheaply from The Works or Poundland
- Foam sheets, felt, coloured paper, colouring materials, stickers etc to decorate
- Glue

It will soon be a new school year. A diary is a good end-of-term gift from your FOFA group to the children as they will soon be moving into a new school year, possibly even a new school.

Provide materials (some examples above) and encourage the children to decorate the front of their diary. The diary reminds us that God has wise words to help us through every day of our lives. They could choose a proverb to use as a motto for the new school year. Some examples might be:

- Wisdom is a fountain of life to the wise (16:22)
- Ask the LORD to bless your plans (16:3)
- Listen to what is wise and try to understand it (2:2)
- Wisdom is more valuable than jewels (3:15)
- The LORD has given us eyes to see with and ears to listen with (20:12)
- Trust in the LORD with all your heart. (Never rely on what you think you know). (3:5)
- An honest answer is a sign of good friendship (24:26)

Wondering questions to use during creative time:

I wonder who you think is the wisest person you know?

I wonder how you get to be wise?

I wonder whether you have to be old to be wise?



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The Adventure Map

Explain the Adventure Map and how a lot of the books were written hundreds and thousands of years before Jesus came to Earth. However, a lot of the stories in the Bible before the birth of Jesus, talk of his coming and set out how God wants us to live our lives.

Take the young people to the Adventure Map that you have created on the wall. Get the children to find where on the Map today's story came from. Choose one or some of the things created by the children 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



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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: Talk to someone you know who is very wise and knows God. Ask them what advice they would give you. Write it down or draw a picture together to remind you.

Adventurers Go!

So, today's story was not so much a story as a set of ideas and advice, wise words that people from long ago thought would help those who read them to live a good life. Some of them sound a bit funny now, but most of them can still help us live well today. The Bible may have been written a long time ago but it holds some good advice if we read it.

Prayers (choose one/both)

Spoken Prayer

Lord, teach us how to be wise. Help us to think before we speak and to listen to you telling us the right choices to make. Help us to be kind and work for peace, just as Proverbs tell us to. Be with us every day and help us live as Jesus taught us. Teach us how to be wise.

Amen

Active Prayer

God wants us to listen to God's voice and to ask for wisdom.

Today our closing prayer will be a bit different.

Find a space and sit or lie down. Close your eyes if you want to.

You can either just relax your body and listen to your breathing and the sounds around you,



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Or you can think about things which are on your mind, things that you are worried about or have to decide about, or things you're really happy about and share them with God quietly in your thoughts.

Listen out for God talking to you and sharing wisdom with you. Relax and feel God's peace.

In a moment I am going to whisper Amen. When you hear the word, whisper it after me and then stand up and we will say it out loud together. *(Children who are unused to silence will find this very difficult. Give them opportunity to settle. Allow the silence to last just long enough for them to relax into it but not long enough for them to get fidgety)*

Amen

End Prayer Every Session: Altogether

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

Adventurers go! Amen



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What you need for this session

Games:

- The list of “wise words” (see below)
- Two signs, one saying “Wise words from the Bible” and one saying “Someone else”
- Coloured stickers
- Bluetack

- Blindfold
- Obstacles (may be as simple as cones or chairs in a random slalom or as complicated as climbing through hoops and over benches, depending on the age and ability of the groups)
- Stop watch

- Strips of paper with words from Proverbs on (see below)

Story:

- A toy owl
- A Bible
- Wizard’s hat or long grey beard

Craft:

- An academic diary – these can be purchased quite cheaply from The Works or Poundland
- Foam sheets, felt, coloured paper, colouring materials, stickers etc to decorate
- Glue



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Location	Possible hazard	Action required	Action taken	Signature
Games	Children bumping into objects whilst blindfold	<p>Remind children to walk rather than run.</p> <p>Supervise the activity carefully and step in to avoid children bumping into things.</p> <p>Establish that if the adult leader shouts STOP, everyone immediately goes quiet and stands still.</p>	Supervision by responsible adult	
Craft	Scissors may cause injury to person or clothing	Use round ended scissors as appropriate, depending on age and dexterity of child. Show children how to pass scissors carefully. Lock scissors away before and after activity.	Supervision by responsible adult. 1:1 support where needed	
	Glue and other materials may cause damage to clothing	Offer the use of an apron. Use washable glue and other materials.	Supervision by responsible adult	



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Sentences for the game – Whose Words?

The blue sentences are from the Bible, the green are just common sayings

Do yourself a favour and learn all you can; then remember what you learn and you will prosper

Be lazy if you want to; sleep on but you will be hungry

A chain is only as strong as its weakest link

Remembering wrongs can break up a friendship

An idle brain is the devil's workshop

A ship in the harbour is safe, but that's not what a ship is for

The start of an argument is like the first break in a dam; stop it before it goes any further

Don't bite off more than you can chew

Get all the advice you can and you will succeed; without it you will fail

God helps those who help themselves

Remember the LORD in everything you do and he will show you the right way

Thoughtless words can wound as deeply as any sword, but wisely spoken words can heal

Hope for the best but prepare for the worst

Never put off until tomorrow what you can do today

People who live in glass houses shouldn't throw stones at others

Worry can rob you of happiness, but kind words will cheer you up

Slow and steady wins the race

Arrogance causes nothing but trouble: it is wiser to ask for advice.

People with a hot temper do foolish things; wiser people remain calm

You can catch more flies with honey than with vinegar

Never eat more honey than you need: too much may make you vomit.



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Proverbs for the game: Listening Whispers

Good people think before they answer. Evil people have a quick reply but it causes trouble. (15:28)

A gentle answer quietens anger but a harsh one stirs it up (15:1)

A person's words can be a source of wisdom, deep as the ocean, fresh as a flowing stream (18:4)

Even children show what they are by what they do; you can tell if they are honest and good (20:11)

Getting involved in an argument that is none of your business is like going down the street and grabbing a dog by the ears. (26:17)

Remember the LORD in everything you do and he will show you the right way (3:6)

Selfishness only causes trouble. You are much better off to trust the LORD (28:25)

When you give to the poor it is like lending to the LORD, and the LORD will pay you back (19:17)



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