



5000 Hungry tummies

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

Share the bread game

What you need:

- One plate for each group of between 2 and 4 children.
- 21 small pieces of bread on each plate

Cut a round of bread into 21 pieces on a plate. **CHECK FOR GLUTEN INTOLERANCE – IF NECESSARY USE A GLUTEN-FREE BREAD/CAKE/WRAP INSTEAD OF BREAD.** Children should be in groups of two to four. Each child in the group in turn eats some of the bread, choosing whether to eat one piece, two pieces or three pieces on their go. They



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cannot take none and they cannot take more than three at a time. It is then the next player's turn. The goal is to avoid being the person who takes the very last piece of bread.

Bread and Fishes island game

What you need:

- Newspapers pages cut into the shapes of slices of bread and fishes

Place five "slices" and two "fishes" on the ground. Get the children to run around the room, either using music and stopping it (like in musical chairs) or just running until you shout "rumbling tummies!". When the music stops or you call out "rumbling tummies", the children should try to stand on the newspaper without touching the floor around it. They may have to share. Anyone who is touching the floor is out.

Each time remove one piece and tear another piece in half. Now there will be less space for the children to stand on. Keep playing until there is only room for one child on the paper. This child is the winner.

Bread-head/Fish-face game

What you need:

- Small pieces of bread about 5cm square (**CHECK FOR GLUTEN INTOLERANCE AND SUBSTITUTE AS ABOVE**)
- OR Haribo freaky fish <https://www.treasureislandsweets.co.uk/bugs-and-animals/haribo-freaky-fish.html> (**THESE ARE VEGETARIAN BUT NOT VEGAN**)

Each child (and adult?) in turn should put a bread square or a freaky fish on their forehead. The aim of the game is to get the bread/fish from your forehead to your mouth and eat it without using your hands.

Today's theme is about how God can do big things with the little things we offer

The Big Story: 5000 Hungry Tummies

John 6: 1-14

Required in the bag:



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- Football scarf
- Toy bus or van
- Tea-towels
- Lunchbox containing five small rolls of bread and a tin of sardines

[You will need 6 volunteers]

Reader 1: Today's story is about something that happened when Jesus was travelling around with his disciples, teaching the people about God and helping them.

Reader 2: Jesus was on tour? Did he have a special bus like Scooby Doo? *(Gets out a toy bus or van, a Mystery Machine if possible!)*

Reader 1: Not exactly. This was long before buses were invented, so they travelled around on foot.

Reader 2: Oooh, that must have been pretty tiring!

Reader 1: It was. So on this day the disciples came to Jesus and suggested that they go off up a hill on the other side of the lake for a bit of peace and quiet.

(get three children to play the parts of Jesus and some disciples and put t-towels on their heads)

Reader 2: That's a long way to go, just to get some peace and quiet.

Reader 1: Well Jesus had a bit of a following by then and lots of people wanted to be near him.

Reader 2: What, like? *(add your local football team's name. Get out a football scarf)*

Reader 1: Well not quite. But wherever Jesus went, so did lots and lots of people. *(Choose two people to be the crowd and have them follow Jesus as he walks around)* So Jesus and his disciples snuck off over the lake and up the hill to get a bit of a break from them.

Reader 2: Smart move!

Reading 1: Well you would think so, wouldn't you? But it didn't work. Not for a minute! As Jesus walked up the hill with his disciples, two or three people started to follow them.

Reader 2: A couple of people? That isn't too much of a problem!

Reader 1: Yes. but those two or three were joined by ten or 20 more.

Reader 2: Still nothing to cry about.

Reader 1: Ah, but that ten to 20 soon became four to five hundred.



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Reader 2: Now that is getting a bit silly

Reader 1: But it doesn't stop there. Those four or five hundred quickly became four to five thousand.

Reader 2: Woah! That is more than watch Accrington Stanley in a year!

Reader 1: So Jesus stopped trying to get away and spoke to them instead. He healed those that needed healing and stayed with the crowd. But as the day grew longer, it started to get dark. The disciples started to get worried about the people and thought that Jesus would have to send them away as they had not eaten.

Reader 2: They could have got some pizza delivered!

Reader 1: Now you're just being silly. Jesus asked the disciples to go out into the crowd and ask if any one had brought any food with them.

Reader 2: Don't tell me – someone popped down to the shop and treated everyone to fish and chips.

Reader 1: Not exactly. They had no money and the shop was a long way away. But then a small boy stepped forward and whispered something to one of the disciples.

Reader 2: Did he ask for a Happy Meal?

Reader 1: No, he didn't ask for something. He offered something. He had a little packed lunch with him – five little loaves of bread and two small fish - and he offered to share it.

Reader 2: Well I'm no Jamie Oliver but two small fish and five little loaves of bread between 5000 people doesn't seem a lot. *(get lunchbox out of the bag and open it to show five loaves and a tin of sardines)*

Reader 1: That is what the disciples said too. But Jesus told the disciples to go out and share the loaves and fishes between the people.

Reader 2: There must have been a riot after the food was all eaten by the first few people.

Reader 1: No. That was the amazing thing. There was enough for everyone. In fact, the disciples gathered all the left overs together at the end and there was still loads left, even though everyone was completely full. They filled 12 baskets.

Reader 2: That's crazy. Twelve baskets of leftovers after that little boy just shared his lunch?

Reader 1: Well that was just one of the amazing miracles Jesus did. He took the little that the boy offered and did something really great with it.



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Reader 2: I wonder what would have happened if the boy had not offered to share his lunch?

Creative Adventure

You will need:

- Heart-shaped card boxes <https://www.bakerross.co.uk/heart-shaped-boxes>
- Sharpies, or collage paper and glue, or paint and paint brushes

Give each child a heart-shaped box and encourage them to decorate it.

On top, or round the side, write “God does big things with the little things we offer”, or prepare a sticker saying these words for the child to stick onto their box.

These boxes will be used for the Walking the Way challenge – see below.

If you would like to extend the activity session, you could arrange a picnic for the children and share food between each other like in the Bible story.

Wondering questions to use during creative time:

I wonder what the people told others about the miracle when they got home?

I wonder what other sorts of miracle God performs today?

I wonder what God could do with the little acts of kindness we can offer?

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.



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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 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!



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Our Walking the Way Challenge this time is: Using the collection box made during craft, collect pennies from friends and family and see whether you can fill it. Bring it back to add to everyone else's and send to a charity of the group's choice

Adventurers Go!

So, today's story was about how Jesus took the small meal that the small boy offered and used it to feed over 5000 hungry tummies.

Prayers (choose one/both)

Dear God

Although we sometimes think there's not much we can do that will help others, please keep reminding us that you can do amazing things.

You can take the little things we offer and use them to make a big difference.

Help us to keep doing lots of little things to make the world a better place.

Amen

Active Prayer

Cut a fish shape out of coloured paper and draw an eye on it.

Give each child and adult a smaller piece of paper in the shape of a fishscale.

Get them to think about ways they can make the world a better place by doing random acts of kindness (like smiling at someone, lending something to someone who is without, putting some of their pocket money in a charity box, picking up litter etc) then draw this on their fishscale. Each person should then bring the fishscale and glue it onto the fish, saying "Jesus, please use what I bring".

Amen

End Prayer Every Session: Altogether



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

Adventurers go! Amen

What you need for this session

Games:

- One plate for each group of between 2 and 4 children.
- 21 small pieces of bread on each plate (**AND/OR GLUTEN FREE ALTERNATIVE**)

- Newspapers pages cut into the shapes of slices of bread and fishes

- Small pieces of bread about 5cm square (**AND/OR GLUTEN FREE ALTERNATIVE**)
- OR Haribo freaky fish <https://www.treasureislandsweets.co.uk/bugs-and-animals/haribo-freaky-fish.html> (**THESE ARE VEGETARIAN BUT NOT VEGAN**)

Story:

- Football scarf
- Toy bus or van
- Tea-towels
- Lunchbox containing five small rolls of bread and a tin of sardines

Craft:

- Heart-shaped card boxes <https://www.bakerross.co.uk/heart-shaped-boxes>
- Sharpies, or collage paper and glue, or paint and paint brushes

- Optional – picnic or shared snack



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Location	Possible hazard	Action required	Action taken	Signature
During session	Use of sharpies and glue may cause possible damage to clothes	Consider offering protective clothing	Offer children protective clothing and warn older children of the indelible nature of the pens.	
During session	Use off scissors possible cutting of hands	Use rounded end scissors or closely supervise young children	Allocate a helper to the younger children or get an adult to do the cutting	
During session	Bread causing digestive problems due to gluten intolerance	Check in advance for any dietary needs	Use a gluten free option instead of bread such as gluten free bread, GF wraps, GF cake etc.	
During session	Children running and trying to get onto islands may cause bumps or falls	Remind children to take care when running	Adult supervision for game. Children who are too boisterous may need diverting to an alternative game.	