



Mini Mustard Seeds

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

Required for the game

3/4 Spaghetti pasta

3/4 Bags of marshmallows

Split the group into equal groups of two or three. Give each group a bag of spaghetti and a bag of marshmallows. The aim of the game is to make the biggest tower using only the pasta and marshmallows. The point being big things grow out of little things



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Second game

What you need:

Two large pictures of trees minimum A1/flipchart size and make them different colours (e.g. blue trunk and red top and green top and yellow trunk on the other) you could cut these out of coloured paper.

Once you have made the trees. Then cut them into sections and number them 1 – 10. Then hide the pieces around the room and get the children to build the tree. They however must find the pieces in order starting from the bottom and making the tree bigger. You could add birds and nests to put in the tree as well if you would like to make the game last longer.

Today's theme is about how Jesus says you need to be like to get into heaven

The Big Story: Mustard seeds

Matthew 13: 31-32

Required in the bag:

- An animal tail (made out of wool or paper)
- A flower bulb
- A peach stone
- An orange or lemon pip
- Mustard seed
- Magnifying glass
- A tree either drawn on a sheet or cut out of a sheet. Or you could just join lots of pieces of paper together so that when you pull them out they are like a big bean stalk

Reader 1: Today's story is about one of Jesus' tales

(get a child to be Jesus)

Reader 2: *(get a tail out of the bag and try and attach it to Jesus)*

Reader 1: Not that kind of tale; a parable, a story. Jesus used these stories a lot to help people understand some of the things that he was trying to tell them.

Reader 2: Oh, I see.

Reader 1: And today's story was about a seed.

Reader 2: Oh seed. We've got one of them in the bag. *(pull out a flower bulb or an onion)*



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Reader 1: Oh no. That's way too big!

Reader 2: Oh ok, hold on! *(go into the bag and pull out a peach stone)*

Reader 1: No, that is too big as well!

Reader 2: Really? Well, hold on... *(go into the bag and pull out an orange seed)*

Reader 1: Nope! Still too big! *(get out a carton with a mustard seed in it and put it in your hand)*

Reader 2: *(Go over to reader 1 and looks really closely at their hand, peering as if there wasn't anything there)* I don't see it.

Reading 1: Well, it's there.

Reader 2: *(go into the bag and get out a magnifying glass and use it to see the seed)* oh there it is! Come and have a look yourself *(get some of the children to come and have a look through the magnifying glass)* That's tiny!!!

Reader 1: Jesus said this, The kingdom of God is like a mustard seed...

Reader 2: What? Tiny and hard to see? That is a bit of a weird example to use!

Reader 1: Let me finish. The kingdom of God is like a mustard seed that man plants in his garden. With care and watering it grew bigger and bigger *(go into the bag and pull out the tree, start small and get bigger and bigger as you pull)* And bigger and bigger.

Reader 2: Wow, that is big!

Reader 1: And Jesus said that eventually birds came to the tree and made nests in its branches.

Reader 2: So the tree made homes for others as well?

Reader 1: Yes

Reader 2: Well that is nice, but what does this have to do with the kingdom of God?

Reader 1: Well, Jesus was saying being part of the kingdom of God is like this. It can start as the tiniest little bit of faith and it will grow and grow. That is the same for all of us. If we listen and talk to God we will get to know him better until eventually we can share with others about God's love too. And that's how God's kingdom grows.

Reader 2: I like the sound of that and it is really easy to understand.



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Reader 1: That is why Jesus used parables or picture stories. They make his message so much easier to understand and remember.

Reader 2: Wow I wonder how something so big grows from something so tiny?

Creative Adventure

Craft 1: mustard top heads

- You will need:
- Old tights or stockings
- Mustard seeds
- Cotton wool
- Elastic bands
- Sticky goggle eyes (optional) https://www.amazon.co.uk/Creator-Zone-Wiggle-Googly-Assorted/dp/B07HJ99VB9/ref=sr_1_1_sspa?crd=1KS8LMY0H5EAU&keywords=googly+eyes&qid=1575909686&sprefix=goo%2Caps%2C144&sr=8-1-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUEyVlg0SFQ2TUczRVA0JmVuY3J5cHRIZElkPUEwODIzNzc4Mk9VSFZZOENVU1VBRiZlbnNyeXB0ZWRBZElkPUEwMzk4NTYyMIRJMIIXWFNNMVZXOCZ3aWRnZXROYW1lPXNwX2F0ZiZhY3Rpb249Y2xpY2tSZWRpcmVjdCZkb05vdExvZ0NsaWNRPXRydWU=
- Plastic/paper cups

Take a hand full of cotton wool and make into a tennis ball size ball. Sprinkle some of the mustard seeds on to the top of the ball. Carefully stuff the ball into the tights so that the seeds are at the top. Tie the bottom of the tights to hold it all together. Take a small elastic band and create a nose by pinching a small amount of cotton wool through the tights and wrapping the elastic band around it. Either take the googly eyes and stick above the nose or draw on with a sharpie pen. Then draw a mouth on the head. When completed place the head in the cup and water.

Write in sharpie on the cup "The Kingdom of God is like a mustard seed"

If the children keep watering the seeds then the head should produce green hair.

Craft 2: Seed packets

You will need:

- Seed packet template (see below) for each child
- Glue or sellotape



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- A few seeds – ones which are easy to grow are sunflower seeds, marigolds, beans etc.

Fold the template to make a seed packet., gluing the tabs in place so that it works like an envelope.

Decorate with a picture of a tree on the front with birds nesting in it. Colour the writing.

Put a few seeds into it. Talk about what you need to do to help plants grow and what the growing instructions suggest will help your faith to grow.

Wondering questions to use during creative time:

I wonder what faith is?

I wonder what you think the kingdom of God looks like?

I wonder who helps your faith to grow?

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 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.



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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: Show your faith in someone - smile at them, encourage them. Tell them, you believe in them. See if you can change someone's day by smiling and saying something encouraging.

Adventurers Go!

So, today's story was one that Jesus told to help people understand that a little faith can make a big difference.

Prayers (choose one/both)

Dear God

A little faith can make a big difference.

Help us to grow a little faith in you and to share our faith with others.



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Help us, too, to have faith in other people and to encourage them, just like you have faith in us.

Amen

Active Prayer

From seed to shoot, from shoot to stem, from stem to branch, from branch to tree.

Our faith is small but grows and grows and grows and grows for all to see.

(For each line, start with your body really tucked up small and begin to get bigger and bigger as the words suggest, ending when you are standing on tiptoe with your arms spread out like a tree)

Amen

End Prayer Every Session: Altogether

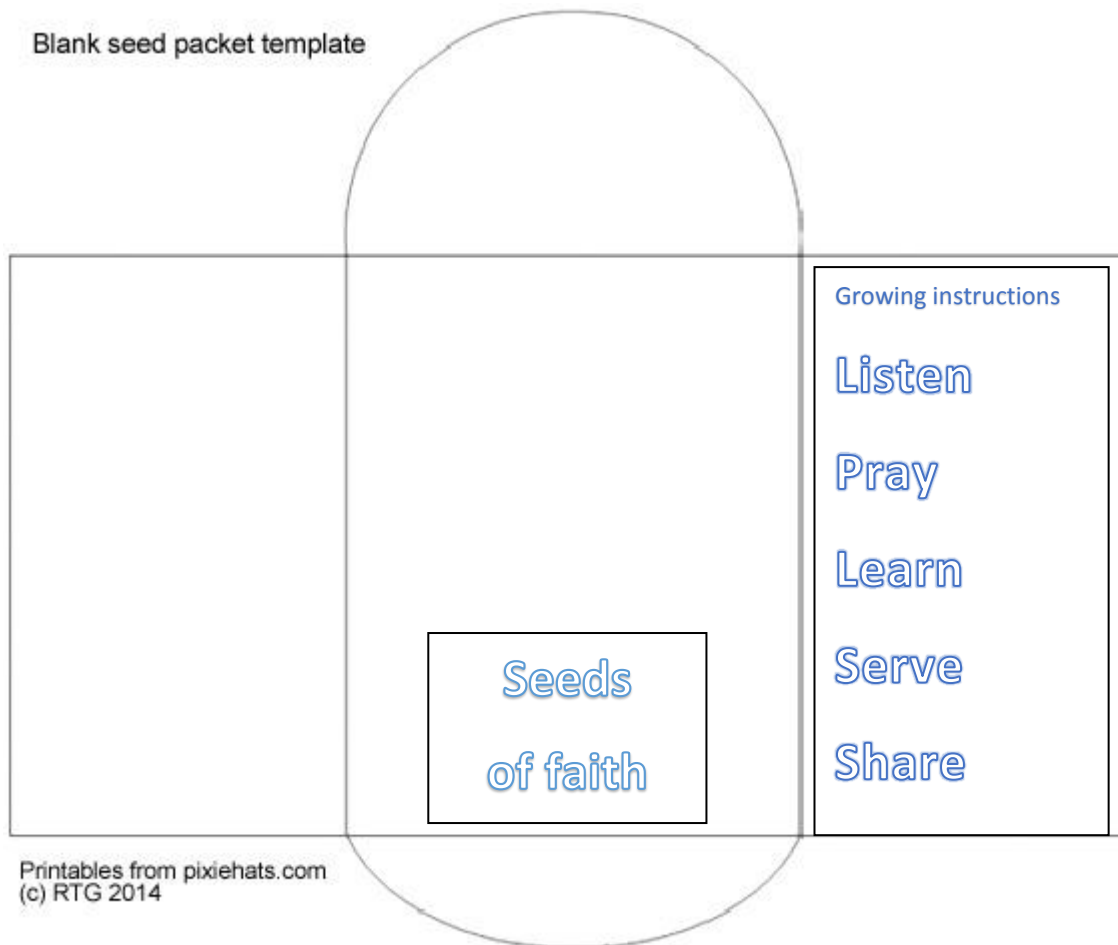
We are Friends on Faith Adventures, travelling together with God.

Adventurers go! Amen



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Blank seed packet template



Printables from pixiehats.com
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What you will need:

Games:

Game 1:

- 3 or 4 Spaghetti pasta
- 3 or 4 Bags of marshmallows

Game 2: Two large pictures of trees minimum A1/flipchart size and make them different colours (e.g. blue trunk and red top and green top and yellow trunk on the other) you could cut these out of coloured paper.

Story:

- An animal tail (made out of wool or paper)
- A flower bulb
- A peach stone
- An orange or lemon pip
- Mustard seed
- Magnifying glass
- A tree either drawn on a sheet or cut out of a sheet if you have time. Or you could just join lots of pieces of paper together so that when you pull them out they are like a big bean stalk

Craft:

Craft 1

- Old tights or stockings
- Mustard seeds
- Cotton wool
- Elastic bands
- Sticky goggle eyes (optional) https://www.amazon.co.uk/Creator-Zone-Wiggle-Googly-Assorted/dp/B07HJ99VB9/ref=sr_1_1_sspa?crid=1KS8LMY0H5EAU&keywords=googly+eyes&qid=1575909686&sprefix=goo%2Caps%2C144&sr=8-1-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUEyVlg0SFQ2TUczRVA0JmVuY3J5cHRIZElk



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[PUEwODIzNzc4Mk9VSFZZOENVU1VBRiZlbnNyeXB0ZWZlZkPUEwMzk4NTYyMIRJMlIXWFNNM
VZXOCZ3aWRnZXROYW1lPXNwX2F0ZiZhY3Rpb249Y2xpY2tSZWRpcmVjdCZkb05vdExvZ0NsaWNr
PXRydWU=](#)

- Plastic/paper cups

OR

- Seed packet template (see below) for each child
- Glue or sellotape
- A few seeds – ones which are easy to grow are sunflower seeds, marigolds, beans etc.

Location	Possible hazard	Action required	Action taken	Signature
During session	Marshmallows being eaten	Check consent forms for potential allergy problems	Offer alternatives if children are allergic to ingredients	