



## **Not on the Sabbath!**

### **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: Pass the Orange**

What you need:

- One large orange per team

Today's story is about rules. Split the group into two or three team, depending on numbers. Try to split the groups fairly so that there is a mixture of ages and sizes. Place an orange under the chin of one member of each team. The object of the game is that every member of the team must "handle" the orange and pass it to someone else until it has been to everyone and is returned to the person who first had it. The important rules are that nobody must touch the orange with their hands and it must not touch the floor. If either of these happens, the orange



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must be given back to the first person and the team should start again. The winning team is the team which passes the orange around the team the fastest without touching it with hands and without it touching the floor.

### **Game : Teacher, may I?**

What you need: nothing

One child is chosen to be the teacher of the law and they stand facing the far wall of the hall. The rest of the children stand in a line at the other end. Each child moves in turn. The teacher of the law gives an instruction and the child must respond "Teacher, may I?" before moving. If they remember, the teacher says yes and the child moves as the teacher has instructed. If they forget, they are not allowed to move and go back to the starting point. The teacher may also respond "No, you may not, but you can move..... instead" to make the game a bit tougher. The aim is to get level with the teacher.

Suggestions for the game:

- Take (#) steps forward
- Take (#) giant steps forward (usually a small number, due to large step size)
- Take (#) baby steps forward (usually a large number, due to tiny step size)
- Take (#) umbrella steps forward
- Hop forward like a frog, (#) times
- Run forward for (#) seconds
- Crabwalk forward for (#) seconds
- Take (#) Cinderella steps - Twirl forward with index finger touching the top of the head
- Open-and-shut the book (#) times - jump forwards with feet apart then again bringing the feet together
- Lamppost - lie face down and stretch arms forwards, bring your feet to the point reached by the fingertips
  - Take (#) steps backward
  - Run backward for (#) seconds
  - Walk backward until I (mother/father) say "stop"
  - Return to the starting line (in rare cases)

### **Game: Hand in Glove**

What you need:



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- A large dice
- A large pair of gloves, preferably gardening gloves which are less easy to work in
- A bowl of marbles or small sweets for each team
- An empty bowl for each team

Split the group into two or three teams. The teams take it in turns to roll the die. If the team rolls a six, a member of that team runs to where their bowl of marbles/sweets is, puts the gloves on, and picks up the marbles/sweets one at a time to transfer them into the other bowl. (If the gloves are not thick enough to make this tricky, you could use thinner gloves and children's chopsticks or a teaspoon to pick them up).

Meanwhile the other teams continue to take it in turns to roll the die. When they finally throw a six, they shout "stop" and a new person runs up, takes the gloves, and starts moving the marbles/sweets. If you used sweets, the winning team could share their spoils between them.

### **The Big Story: The man with the withered hand – Mark 3; 1-6**

**Today's theme is** There is never a wrong time for doing the right thing

You will need:

- Notebook with "RULES" written on the cover
- Sling or bandage
- Toy phone or mobile phone
- Diary
- Hairbrush
- 

Reader 1: In Bible times, people looked at the rules God had set out in the Bible to help people live a good life, but they took them way way too far.

Reader 2: How do you mean?

Reader 1: Well, listen to this story about something Jesus did and you'll see one really good example. It was about the Sabbath.



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Reader 2: The What-eth?

Reader 1: The Sabbath. God had told the people to have a day of rest one day a week where they could relax and praise God. This special day was called the Sabbath. It lasted from sundown on Friday night to sundown on Saturday night.

Reader 2: Oh, that sounds lovely. A whole day every week to relax and praise God, all the family together.

Reader 1: Yes, you'd think so. But the teachers and preachers got a bit carried away and they made all sorts of extra rules about the things you could or couldn't do on the Sabbath. Not exactly relaxing – not exactly praising God – just following a whole lot of rules.

Reader 2: So what if I wanted to do some D.I.Y and put up a new shed in the garden?

Reader 1: NOT ON THE SABBATH! (*encourage the children to join in shouting and wagging fingers at Reader 2*)

Reader 2: What if I wanted to go for a drive in the car?

Reader 1: NOT ON THE SABBATH!!

Reader 2: What if it's a nice day and we fancy a barbecue?

Reader 1: NOT ON THE SABBATH!!!

Reader 2: What if someone has a poorly hand and I can make it better?

Reader 1: NOT ON THE SABBATH !!!!

Reader 2: Are Jewish people still strict about the Sabbath?

Reader 1: Some are, but they make sure that their special day is about being together as a family and praising God. They make preparations beforehand so that they can spend the day without having to work. It's a joyful thing. But in Jesus' time the teachers and preachers used the law to catch people out.

Reader 2: So I take it Jesus did something on the Sabbath that he shouldn't have done.

Reader 1: You got it. Like all good Jewish people, Jesus went to the synagogue to learn and talk about God on the Sabbath. Let's use two people to be the synagogue (*Select two tall people to reach up and form an arch with their hands like the roof of the synagogue and choose a volunteer to stand under the arch and be Jesus*)

Reader 2: That's Jesus, isn't it? He's in the synagogue. Is that like a church?



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Reader 1: It is the building where the Jewish people learn and talk about God, so it is a bit like a church is for Christians. Jesus was there with all his disciples and lots of other people.

Reader 2: Were the teachers and the preachers there too? *(Choose two children to pretend to be spying on Jesus. Give them a notebook with "RULES" written on the cover and encourage them to look into the book and shake their heads, disapprovingly)*

Reader 1: Oh yes, they were there too. But instead of learning and talking about God, they were more interested in catching Jesus out and using their laws to trick him.

Reader 2: Ha! I bet Jesus did nothing wrong! They don't stand a chance!

Reader 1: Well, that depends on your point of view. While Jesus was there, a man came up to him and this man had a poorly hand. The fingers didn't work at all and his hand was all withered and shrivelled up because he couldn't use it. *(Choose a child to be the man with the withered hand)*

Reader 2: That hand looks a bit too healthy to me. We need to do something about that *(Put the child's arm in a sling or wrap their hand in a bandage)*

Reader 1: Well, Jesus saw the man and felt really sorry for him. He knew he should do something to help him.

Reader 2: Did Jesus call 999? *(gives Jesus a mobile phone/toy phone from the bag)*

Reader 1: Not exactly.

Reader 2: Did he take him to A and E and find a doctor to take an x-ray?

Reader 1: That was hardly an option in those days.

Reader 2: I bet they'd have had to queue for ages, anyway.

Reader 1: Jesus knew the teachers and the preachers were hoping to trick him because the law said you couldn't heal anyone on the Sabbath.

Reader 2: So although he could do miracles, he wasn't supposed to heal the man's hand?

Reader 1: NOT ON THE SABBATH !

Reader 2: So he made an appointment for three weeks on Wednesday? *(Give Jesus a diary from the bag)*

Reader 1: Nope. Jesus gave the teachers and the preachers a dirty look and said "What do you expect me to do? Is there ever a wrong time to do the right thing?"



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Reader 2: And...?

Reader 1: He felt really bad for the man, so he took him by the hand and told him to stretch out his fingers. Instantly the man's hand was healed.

Reader 2: Wow! That's amazing! I bet the man was over the moon.

Reader 1: He was indeed. Jesus had healed him.

Reader 2: He'd be able to clap his hands....

Reader 1: Let's see – can you clap your hands? *(get child playing this part to clap)*

Reader 2: He'd be able to brush his hair.....

Reader 1: Most certainly *(give child a hairbrush from the bag and get them to brush their hair)*

Reader 2: He'd be able to pick his nose and scratch his bottom....

Reader 1: I think that's enough of that. But the teachers and preachers were less impressed. They went off muttering and determined to get Jesus into more trouble.

Reader 2: I wonder why they were so determined to catch Jesus out.

### Creative Adventure

You will need:

- White gloves [https://www.amazon.co.uk/Gloves-ANDSTON-Jewelry-Inspection-Stretchable/dp/B07PVG81P6/ref=pd\\_sbs\\_60\\_1/260-4984576-8593205?encoding=UTF8&pd\\_rd\\_i=B07PVG81P6&pd\\_rd\\_r=58456549-e50d-4f25-af7a-da90253fc9ef&pd\\_rd\\_w=B92GA&pd\\_rd\\_wg=GnACQ&pf\\_rd\\_p=96cae456-8d7a-4bc1-91c7-9b20b4dfd7c9&pf\\_rd\\_r=H9FBSR2ZT37M1QVP9C6Z&psc=1&refRID=H9FBSR2ZT37M1QVP9C6Z](https://www.amazon.co.uk/Gloves-ANDSTON-Jewelry-Inspection-Stretchable/dp/B07PVG81P6/ref=pd_sbs_60_1/260-4984576-8593205?encoding=UTF8&pd_rd_i=B07PVG81P6&pd_rd_r=58456549-e50d-4f25-af7a-da90253fc9ef&pd_rd_w=B92GA&pd_rd_wg=GnACQ&pf_rd_p=96cae456-8d7a-4bc1-91c7-9b20b4dfd7c9&pf_rd_r=H9FBSR2ZT37M1QVP9C6Z&psc=1&refRID=H9FBSR2ZT37M1QVP9C6Z)
- Fabric pens

Give each child a pair of white gloves to decorate with the fabric pens. They could draw pictures from the story, or write some suggestions of kind things they could use their hands to do, or write a prayer that they will use their hands well.





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OR

### Creative Adventure

You will need:

- Small jam jars [https://www.amazon.co.uk/U-Pack-Pieces-1-5oz-Hexagon-Glass/dp/B07DPHLG1H/ref=pd\\_sbs\\_201\\_2/260-4984576-8593205?encoding=UTF8&pd\\_rd\\_i=B07DPHLG1H&pd\\_rd\\_r=78fb50aa-9bd1-4060-bc75-7f2f69a75fc2&pd\\_rd\\_w=yO9nH&pd\\_rd\\_wg=9KdyR&pf\\_rd\\_p=96cae456-8d7a-4bc1-91c7-9b20b4dfd7c9&pf\\_rd\\_r=TF7J0S9MHAEWSPSHSKHJ&pvc=1&refRID=TF7J0S9MHAEWSPSHSKHJ](https://www.amazon.co.uk/U-Pack-Pieces-1-5oz-Hexagon-Glass/dp/B07DPHLG1H/ref=pd_sbs_201_2/260-4984576-8593205?encoding=UTF8&pd_rd_i=B07DPHLG1H&pd_rd_r=78fb50aa-9bd1-4060-bc75-7f2f69a75fc2&pd_rd_w=yO9nH&pd_rd_wg=9KdyR&pf_rd_p=96cae456-8d7a-4bc1-91c7-9b20b4dfd7c9&pf_rd_r=TF7J0S9MHAEWSPSHSKHJ&pvc=1&refRID=TF7J0S9MHAEWSPSHSKHJ)  
or encourage the children to bring their own
- Olive oil (1/4 of a cup – scale up depending on number of children present)
- Sugar (2/3 of a cup – scale up depending on number of children present)
- Fresh Lemon juice (1 tbsp - scale up depending on number of children present)
- Wooden coffee stirrers (optional)
- Teaspoon
- Bowl
- Labels

Mix all the ingredients thoroughly in the bowl, adding more sugar or more oil as required to get a consistency that is semi-dry like damp sand.

Use a spoon to transfer mixture into a small jar.

Put the lid on and design a label for the jar

You may wish to tie a square of pretty fabric over the lid and fasten a coffee stirrer to the side for the recipient to use to get some of the mixture out.

Choose someone to gift the jar of hand scrub to – maybe someone who uses their hands to make our life better (e.g. road crossing patrol, school cook, gardener, nurse, whoever does the dishes at home etc)

### Wondering questions to use during creative time:

I wonder whether some rules are more important than others

I wonder how the man felt about being healed

I wonder what God thought about Jesus's actions



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### 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.**

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.





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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: If you made hand scrub, find someone to gift it to and thank them for all they do. If not, say a prayer to thank God for people who do the right thing. Who did you choose?

### **Adventurers Go!**

So, today's story was about a time when Jesus healed someone in need, even though the important people said he shouldn't.

### **Prayers (choose one/both)**

#### **Spoken Prayer**

Dear God, be with us today as we go our separate ways. It is easy to follow your example when we are here but it will be more difficult when we leave and people try to tell us we shouldn't be like you. Help us never to hesitate to do the right thing. Guide us to see the people who need our help, and thank you for all those who help us.

**Amen**

#### **Active Prayer**

Here (point down to the ground)

Now (tap back of wrist as though tapping a watch)



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Everywhere (stretch out arms)

Every day (Hold hands together across body, palm of one hand on back of other hand and both palms towards your body. Then make an arc with each hand upwards, in front of face, until hands are either side of your face)

May we see (point to eyes) and hear (point to ears) and do (hold out hands) and go (march on the spot)

Wherever and however God calls us (point to heaven)

**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:

- One large orange per team
- A large dice
- A large pair of gloves, preferably gardening gloves which are less easy to work in
- A bowl of marbles or small sweets for each team
- An empty bowl for each team
- Optional – children's chopsticks or teaspoon

#### Story:

- Notebook with "RULES" written on the cover
- Sling or bandage
- Toy phone or mobile phone
- Diary
- Hairbrush

#### Craft:

- Small jam jars [https://www.amazon.co.uk/U-Pack-Pieces-1-5oz-Hexagon-Glass/dp/B07DPHLG1H/ref=pd\\_sbs\\_201\\_2/260-4984576-8593205?encoding=UTF8&pd\\_rd\\_i=B07DPHLG1H&pd\\_rd\\_r=78fb50aa-9bd1-4060-bc75-7f2f69a75fc2&pd\\_rd\\_w=yO9nH&pd\\_rd\\_wg=9KdyR&pf\\_rd\\_p=96cae456-8d7a-4bc1-91c7-9b20b4dfd7c9&pf\\_rd\\_r=TF7JOS9MHAEWSPSHSKHJ&psc=1&refRID=TF7JOS9MHAEWSPSHSKHJ](https://www.amazon.co.uk/U-Pack-Pieces-1-5oz-Hexagon-Glass/dp/B07DPHLG1H/ref=pd_sbs_201_2/260-4984576-8593205?encoding=UTF8&pd_rd_i=B07DPHLG1H&pd_rd_r=78fb50aa-9bd1-4060-bc75-7f2f69a75fc2&pd_rd_w=yO9nH&pd_rd_wg=9KdyR&pf_rd_p=96cae456-8d7a-4bc1-91c7-9b20b4dfd7c9&pf_rd_r=TF7JOS9MHAEWSPSHSKHJ&psc=1&refRID=TF7JOS9MHAEWSPSHSKHJ) or encourage the children to bring their own
- Olive oil (1/4 of a cup – scale up depending on number of children present)
- Sugar (2/3 of a cup – scale up depending on number of children present)



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- Fresh Lemon juice (1 tbsp - scale up depending on number of children present)
- Wooden coffee stirrers (optional)
- Teaspoon
- Bowl
- Labels

OR

- White gloves [https://www.amazon.co.uk/Gloves-ANDSTON-Jewelry-Inspection-Stretchable/dp/B07PVG81P6/ref=pd\\_sbs\\_60\\_1/260-4984576-8593205?encoding=UTF8&pd\\_rd\\_i=B07PVG81P6&pd\\_rd\\_r=58456549-e50d-4f25-af7a-da90253fc9ef&pd\\_rd\\_w=B92GA&pd\\_rd\\_wg=GnACQ&pf\\_rd\\_p=96cae456-8d7a-4bc1-91c7-9b20b4dfd7c9&pf\\_rd\\_r=H9FBSR2ZT37M1QVP9C6Z&psc=1&refRID=H9FBSR2ZT37M1QVP9C6Z](https://www.amazon.co.uk/Gloves-ANDSTON-Jewelry-Inspection-Stretchable/dp/B07PVG81P6/ref=pd_sbs_60_1/260-4984576-8593205?encoding=UTF8&pd_rd_i=B07PVG81P6&pd_rd_r=58456549-e50d-4f25-af7a-da90253fc9ef&pd_rd_w=B92GA&pd_rd_wg=GnACQ&pf_rd_p=96cae456-8d7a-4bc1-91c7-9b20b4dfd7c9&pf_rd_r=H9FBSR2ZT37M1QVP9C6Z&psc=1&refRID=H9FBSR2ZT37M1QVP9C6Z)
- Fabric pens



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Location	Possible hazard	Action required	Action taken	Signature
<b>Craft</b>	Lemon juice may irritate small cuts and may irritate eyes	Children should avoid getting lemon juice on hands. If they do, they should wash hands straight away.	Activity supervised by responsible adult	
	Use of essential oils may cause irritation or allergic reaction on skin	If you choose to replace lemon juice with essential oil, this should only be handled by an adult or older child and used in very small quantities. It should be kept away from skin	Activity supervised by responsible adult	
	Glass jars may break and cause injury	Children should be reminded that glass can break and to be careful. Activity should be carried out in safe environment with no running. Breakages swept up immediately by a responsible adult and disposed of safely.	Activity supervised by responsible adult. Provision made in advance for safe storage of jars Dustpan and brush and safe receptacle for broken glass identified and kept close at hand.	
<b>Games</b>	Possible allergic reaction to sweets	Check ingredients of sweets for allergens. Check consent forms for allergies or other dietary requirements.	Activity supervised by adult	