**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:

**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**

**What you will need:**

* A number of items to place on tray
* A tray
* A cover for the tray

This is the old ‘What is Missing?’ game. Place a number of items on the tray and cover with a cloth. Reveal the items for a few seconds then re-cover and remove one of the items without anyone seeing. Reveal the tray again and see if anyone can identify which item is missing.

**Traffic lights with a twist!**

Red – Stop

Green – Go

Amber – means all change

Encourage everyone to start running round the hall. When the leader shouts red, then everyone must stop; when the leader shouts green, then everyone can go again; when the leader shouts amber, then everyone must change what they are doing, either start hopping, jumping, change direction…..etc. After playing it a few times, those who are last to respond are out until you have a winner.

**Today’s theme is about how God can change us from the inside out.**

**The Big Story - Seeing Jesus! Act 9 1-19 Saul to Paul**

Reader 1: Well, I am so happy today everyone. We have a visitor coming to see us to tell us a very exciting story. Our visitor is called Paul. Paul has had to go on a very interesting journey to be with us. He has had to travel in a time machine because he actually lived a very long time ago. In fact, Paul lived at the same time as Jesus so he has travelled through 2000 years of time to come to see us all and to share his story with us. *Does anybody know the story of Paul in the Bible*?

(Allow time to answer)

(loud knock on the door)

I think he is here everybody. Now remember, Paul has just travelled through time and space so let’s make him very welcome! *Are we ready to meet him? (everyone clap)*

Reader 2: Hello everybody. What a warm welcome, thank you.

Reader 1: We are so excited to have you here Paul, would you like to share your story with us?

Reader 2: My story?

Reader 1: Yes! You know the one that was written in the Bible. The one when you were known as Saul!

Reader 2: Ahh yes, so much has happened to me on my journey with Jesus, I wasn’t exactly sure which bit you referring to. Let me start at the beginning………………………..

Reader 1: That would be a good idea.

Reader 2: A long time ago I was known as Saul, I have to admit I was not a very nice person, not very nice at all. I used to bully and ridicule people who followed God, people who called themselves Christians.

Reader 1: Oh dear that doesn’t sound good?!

Reader 2: One day I was walking along the Damascus road, *do you know it*?

*(allow time to answer)*

Reader 1: Um…no, we live here in (ADD NAME OF TOWN) Damascus is in Syria isn’t it?

Reader 2: Yes, I was walking along the Damascus road with some of my friends, we were on our way to visit the temples and synagogues and arrest those who we found there worshiping God when suddenly I saw a vision, a vision of God. All I could remember seeing were lots of bright white lights flashing and I just knew it was light from heaven. I then fell on the ground and when I looked up I saw God. And then when all the heavenly lights went away, I was blind I couldn’t see anything! *Can you imagine how we must have felt?*

*(Allow for discussion)*

Reader 1: Oh my goodness, how awful – what happened next?

Reader 2: It was quite incredible really, a man named Ananias – one of Jesus’ disciples – came to see me at the house I was staying at. By then I was so convinced God was real that I was praying and asking for forgiveness for all the things I had done wrong. I had done a lot wrong I can tell you!

Reader 1: Ananias must have been so cross to see you, what did he say?

Reader 2: *Well what would you have said if you were Ananias?*

*(allow time for discussion)*

Reader 2: Well that’s the thing, he should have shouted at me, got cross at me for all the horrible things I had done to his friends, but he didn’t. Instead he said that he had been sent by God to come and heal me – so that I could see again.

Reader 1: I wonder what made him do that?

*(Allow time for discussion)*

Reader 2: Ananias had had a dream, in the dream God told him to come and find me, that when he did I would be praying, that he should put his hands on me and heal me so I could see.

Reader 1: Gosh, that is amazing – what a story.

Reader 2: I’ve not quite finished, God had told Ananias that I was important to Him and that I would do great things for Him!

Reader 1: You were given the opportunity to change.

Reader 2: Yes, God changed me from the inside out! I know I have been forgiven for the things I did wrong and now I work hard for God, trying to live my life his way and do the things he needs me to do. I have spent quite a lot of time travelling around telling others about God and how much he loves them.

Reader 1: That’s remarkable, so basically God can see the good in us and can help us to change from doing things which are mean and unhelpful to others to being considerate and kind?

Reader 2: Yes, all in the name of God.

Reader 1: Why then are you called Paul and not Saul?

Reader 2: Oh yes, thank you for reminding me. To show that I had changed God said I was to be known as Paul, sort of like leaving the old me behind and moving forward to be the person God wanted me to be, the new me if you like.

Reader 1: Thank you so much for coming to visit us today Paul. We have all learnt a lot, any last thoughts before you have to go?

Reader 2: You have to be willing to change, God had to make me blind to stop me in my tracks and change me, I am so pleased that God did that because he has done great things through me since then…………………..my question to you before I leave is…………Are you willing to be changed by God?

**Creative Adventure**

**Making toast**

**What you’ll need:**

* Toaster
* Bread
* Butter knives
* Toppings for the toast
* Plates

Before everyone begins making toast, they must thoroughly wash their hands. When ready, pop the bread into the toaster and make toast for each person, use the knife to spread the toppings onto the toast and enjoy eating it! Highlight the change in the bread from before and after using the toaster.

ADDITIONAL CRAFT IDEA:

What’s needed:

* Coffee filters
* Felt tips
* Peg
* Water

Use the felt tips to decorate the coffee filter paper, drip small drops of water onto the drawing, watch how the colours change and move. Once the filter paper is dry, attach a peg to the middle to create a butterfly. This may spark conversation about how caterpillars change to butterflies.



Wondering questions to use during creative time:

I wonder what it means to be changed by God?

I wonder how God can change our lives?

I wonder how we can help others to change?

**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 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!

Our Walking the Way Challenge this time is: to make some ice-cubes or ice lolly’s in the freezer. As you put the water in the freezer, ask God to help you change. Whenever you take some ice cubes or an ice lolly out of the freezer, notice it’s change from water to ice and thank God that you too can be changed.

**Adventurers Go!**

So today we have heard about how God helped Saul to change his ways. Saul was on a bad path, but God knew his life would be better with God in it. There are things that we could change in our lives if we let God help us. He can change us from the inside out.

**Prayers (choose one/both)**

Prayer  
Jesus, help us to be willing to change.

Change us from the inside out.

Let our lives be a shining example to others.

Amen.

Active Prayer

What you need

* Playdough

Ensure everyone has access to some playdough. Ask them to hold the playdough in their hands and to mould it into a person and to think about how their life could be changed by having God in it. After a minute or two, ask them to mould the playdough into a heart and to think about how God can change our hearts like he changed Saul’s.

**End Prayer Every Session: Altogether**

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

**Adventurers go! Amen**

**What you will need:**

* A number of items to place on tray
* A tray
* A cover for the tray
* Toaster
* Bread
* Butter knives
* Toppings for the toast
* Plates
* Playdough
* Coffee filters
* Felt tips
* Peg
* Water

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| --- | --- | --- | --- | --- |
| **Location** | **Possible hazard** | **Action required** | **Action taken** | **Signature** |
| **During session** | Use of bread/ toppings possible allergic reaction | Check for food allergies/ provide gluten free bread |  |  |
| **During session** | Use of toaster - possible burns | Careful supervision of the toaster by an adult/ unplug toaster each time toast is removed |  |  |
| **During session** | Use of knives to spread the toppings on toast | Use butter knives/ carefully supervise the use of the knives |  |  |
| **During session** | Possible tripping during active game | Discourage any erratic running in the active game/ treat any bumps or injuries |  |  |