

Welcome to Families on Faith Adventures @ Home!

This resource has been put together for you by the United Reformed Church Children's and Youth Work team and the synod CYDOs and their equivalents.

We hope you will enjoy sharing a time of faith and fellowship together as a family through these stories, games, activities and prayers. They are designed as a 'pick and mix' of ways to experience God's message through the Bible, exploring what it means to you and express that in words and action. They are not linked to the lectionary but can be used in any order as we explore all the different parts of the Bible.

The Walking the Way challenges are one way of continuing our walk with Jesus throughout the week.

These ideas are designed to be intergenerational - maybe even to be shared with members of the family you can't see now except via the internet.

The resources are based on our non-uniformed children's groups, Friends on Faith Adventures and Pilots, but have been modified to make them suitable for all families at home.

*These activities are planned to be used together as a family and under adult supervision. Please be aware of your family's ages and abilities as some activities may need more adult support than others. **Stay safe and have fun!***

This week's Bible story is:

God's Rainbow

Genesis 7 - 9



With many varieties of activities and things to do to help explore the theme. Look out for this 'hands on' symbol.

Get to know your Bible

The Bible is like a library made up of 66 books written by many different people over many years.

The Old Testament books were written before Jesus was born. They are the holy stories he would have grown up hearing and reading. There are 39 of these.

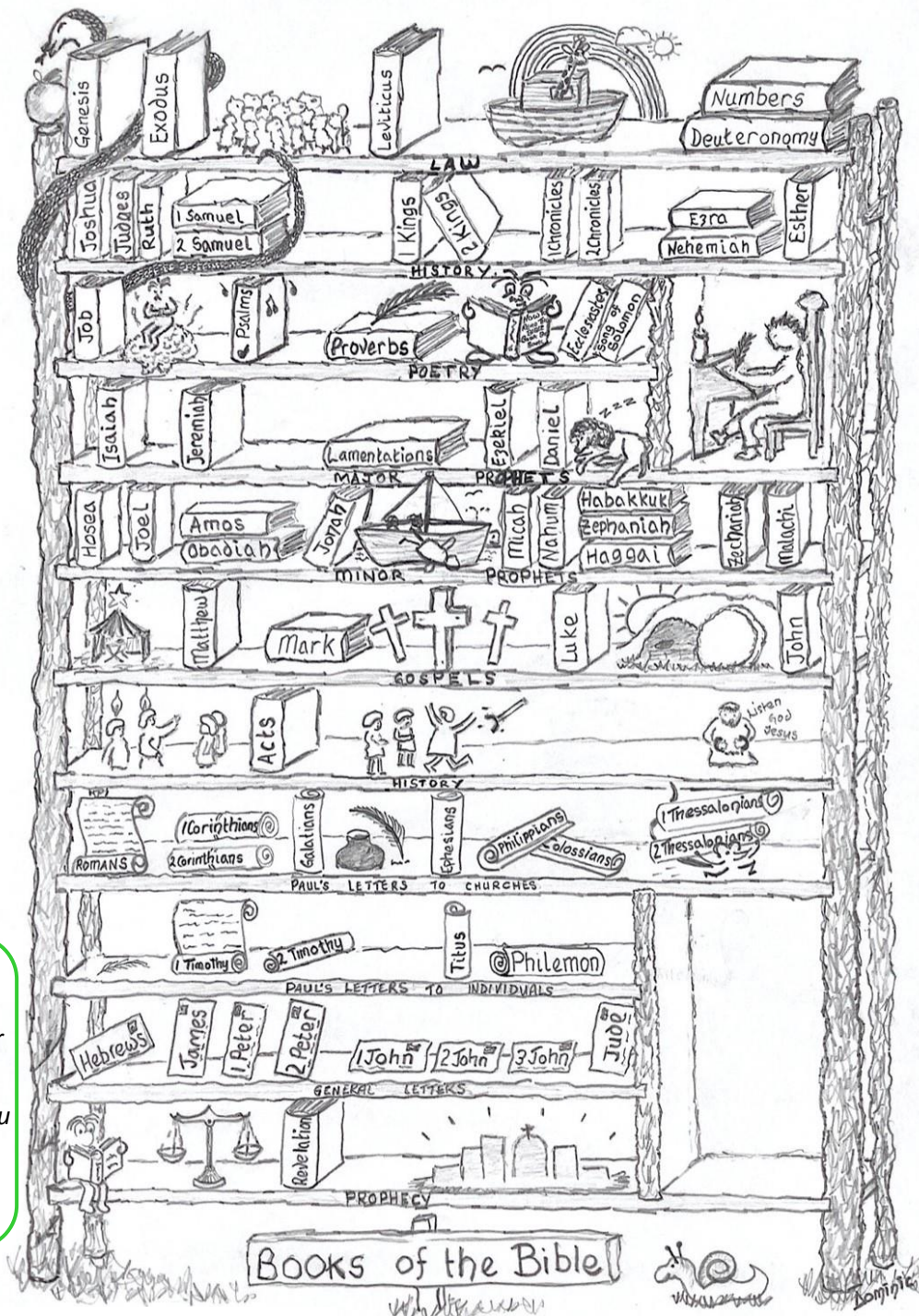
The New Testament tells us the stories of Jesus and his followers. There are 27 books in the New Testament.



Can you find and colour the book on the bookshelf that this week's story is from?

If you have a Bible, see if you can find the story in there.

You could print this out once and colour each new book on the bookshelf as you read stories from it.



Bible context – Genesis

The book of Genesis is believed to have been written by Moses over 1400 years BCE. It tells the old stories of the faith. It begins with the creation story and continues on to the times of Abraham, the father of the faith. Many of these stories would have been told and retold around campfires by God's people, over many hundreds of years, before they were captured in writing onto scrolls and later into the Bible as we know it now.

The story of Noah and the Ark is one of the most commonly known early stories. Many children may have seen images of it on their walls, birthday cards and classrooms as the story teaches animals and colours. But there is so much more to this story. We will explore the ending where God puts a rainbow in the sky as a declaration of God's love and God's promise to us all. An arc of light after a dark time.

Online versions of the story

Watch and listen

Noah's Story by Crossroads Kids <https://www.youtube.com/watch?v=4yzN0fUxikQ>

The story told for Toddlers with songs by Toddle Tales

<https://www.youtube.com/watch?v=VORuPUyBcwM>

Dance and sing

Gods rainbow and love

<https://www.youtube.com/watch?v=tRoda8l6qqY>

God is love by Becky and Nick Drake

<https://www.youtube.com/watch?v=Sc1wHXmXKsk>

All through history by Becky and Nick Drake

<https://www.youtube.com/watch?v=hQS2HHayr38>

Rainbow by Kids Praise Live

<https://www.youtube.com/watch?v=ifB4jBTDuKA>

Looking to the Rainbow by Becky Drake

<https://www.youtube.com/watch?v=GAVCHH6ZO2s>



The Story – Genesis Chapters 7 - 9 v 19

(Adapted from The Children's International Bible)

Then the Lord said to Noah, "I have seen that you are the best man among the people of this time. So you and your family go into the boat. Take with you one pair of each of the animals. This will allow all these animals to continue living on the earth after the flood. Seven days from now I will send rain on the earth. It will rain for 40 days and 40 nights. Noah did everything that the Lord commanded him.

Noah was 600 years old when the flood came. He and his wife and his sons and their wives went into the boat. They went in to escape the waters of the flood. Seven days later the flood started. That day the underground springs split open. And the clouds in the sky poured out rain. The rain fell on the earth for 40 days and 40 nights.

As the water rose, it lifted the boat off the ground. The water continued to rise, and the boat floated on the water above the earth. The water rose so much that even the highest mountains under the sky were covered by it. The water continued to rise until it was more than 20 feet above the mountains. All that was left was Noah and what was with him in the boat. And the waters continued to cover the earth for 150 days. But God remembered Noah and all the wild animals and tame animals with him in the boat. God made a wind blow over the earth. And the water went down. The underground springs stopped flowing. And the clouds in the sky stopped pouring down rain. The water that covered the earth began to go down. After 150 days the water had gone down so much that the boat touched land again.

Forty days later Noah opened the window he had made in the boat. He sent out a raven. It flew here and there until the water had dried up from the earth. Then Noah sent out a dove. This was to find out if the water had dried up from the ground. The dove could not find a place to land because water still covered the earth. So it came back to the boat. Noah reached out his hand and took the bird. And he brought it back into the boat. After seven days Noah again sent out the dove from the boat. And that evening it came back to him with a fresh olive leaf in its mouth. Then Noah knew that the ground was almost dry. Seven days later he sent the dove out again. But this time it did not come back.

Then God said to Noah, "You and your wife, your sons and their wives should go out of the boat. Bring every animal out of the boat with you—the birds, animals and everything that crawls on the earth. Let them have many young ones and let them grow in number."

Then Noah built an altar to the Lord. The Lord was pleased with Noah. He said to himself, "I will never again flood the earth.

And God said, "I am making a promise between me and you and every living creature that is with you. It will continue from now on. This is the sign: I am putting my rainbow in the clouds. It is the sign of the promise between me and the earth. When I bring clouds over the earth, a rainbow appears in the clouds. Then I will remember my promise. that continues forever. It is between me and you and is a sign of my love."

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Ideas to retell/explore the story

The Gospel Story in Colour

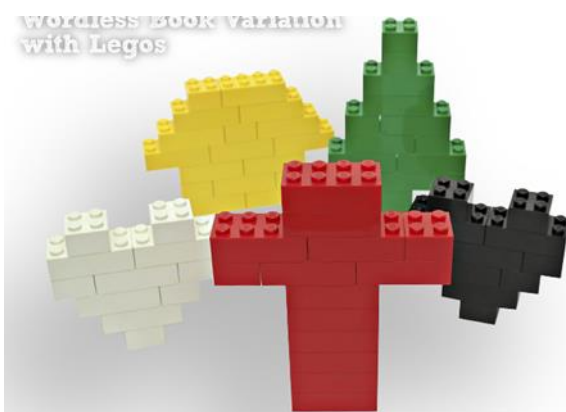
Colours make us think of many different things and many years ago a man called Charles Wesley created a way to tell people the story of Jesus using colour. He would use this story with people who were unable to understand stories told using words.

Why not retell the story using Lego or drawing, follow the steps as follows:

Make Lego shapes as you consider the meaning of each colour; each time you could stop and ask, 'what do we think this coloured shape represents in Jesus story?'

1. Make a yellow house

This represents God and heaven. God is perfect, and he made us to be friends with him.



2. Make a black heart

This represents sin. God made us with free will, we choose to live by his rules or not. When we choose to not live God's way, this is called sin. This makes it difficult for us to be friends with God.

3. Make a red cross

This represents the Jesus dying on a cross. God sent his one and only son to pay the price once and for all for our sin. Now, we can all be friends with God.

4. Make a white heart

This represents a clean heart. When we choose to be God's friends and live life God's way, the Bible tells us we are new creations. God forgives us, and we have a clean start.

5. Make a green tree.

This represents growth and new starts. Every day we keep learning and growing as God's friends. We ask God to help us to walk with Jesus, loving God and loving others.

See a version of the Gospel in colour retold here <https://youtu.be/tsYQB1GDFcs>

Story books about the theme of colour and love

My many coloured days by Dr Suess

<https://www.youtube.com/watch?v=iR0-5f-L LQ>

How the crayons saved the rainbow by Monica Sweeney

<https://www.youtube.com/watch?v=iymEq4zYp44>

What colour is love by Linda Strachan and David Wojtowycz

<https://www.youtube.com/watch?v=XrXYyAFssJ4>

Our friend Noah Boyce, who is five, led worship for his whole church on the theme of Noah's Ark. Watch it here: <https://youtu.be/r3nmgWqqgtw>

Dinner table Chat Activities

Rain Dance on the Tabletop

Have a go at creating a full rainstorm around the table.

Begin by rubbing your hands together, then one at a time start to click your fingers, next begin to pat your thighs, moving on to banging the table top or crashing pans. Once it has reached its crescendo, begin to reverse the sounds till you are left rubbing your hands together as at the start.

What other ways can you make the sounds? Perhaps the tapping of a laptop keyboard can sound like rain, or the rustling of foil for wind and rain. Have fun creating your own sounds. You could record it and build up the layers.

Here's a choir performing their version <https://www.youtube.com/watch?v=29qaNOM0o0s>

Meaning of Colours

Round the table have a selection of different colours. Discuss with each other what colours you associate with different emotions or ideas. For example, red can make some people think of anger and others think of love.

What do you think each colour would taste, sound, or feel like?

Which is your favourite colour and why?

Game – Stop the Ark

A Noah's Ark spin on an old game.

Each person has a piece of paper and pen. You write RAINBOW (A-Z for older players for a longer game) down the side of the paper.

Someone is the timekeeper. Choose a category such as Animals, transport, colours, food, names and so on. When the time starts, everyone writes an idea for each letter from the category e.g. Animals = Reindeer, Anteater, Iguana, Newt, Bear, Owl, Whale.

First to finish shouts Stop the Ark! The first person to finish now reads out their answers and everyone else compares. Everyone gets a point for guessing a word that no one else thought of.

What's in the box?



What treasures can you find to put in the box for your little ones to explore?

Perhaps older children could help find the things.



Use a box or a bag to hold the treasures and encourage any little ones to explore what's in the box/bag each week to go with the Bible story.

This week's Bible story is:

God's Rainbow Genesis 7 - 9 v19



Ziplock bag with rainbow coloured thick paint inside to squish



Something with rainbow colours for God's promise



Rainbow colours



A rainstick or tray with rice or cereal in to make rain sounds.

(Warning: some rainsticks have sharp bits on the outside – please check yours is safe)

Some sunshine coloured fabric



As with all small things, please be aware of the risk of these being put into mouths, eyes, noses or ears. Please supervise small children!

If you're ready for mess, a bowl of water, a jug and a colander



Pray Together

Raining Prayers

You will need: White vinegar
Vegetable oil
Bicarbonate of soda
Blue food colouring
Glass jar or tumbler



Add three dessert spoons of baking soda to a tall glass or jar. Fill two thirds of the glass with vegetable oil, pour in slowly. The baking soda will stay on the bottom of the glass - do not try to mix it with the oil. In a small container, something like an egg cup, add some vinegar and a few drops of blue food colouring. Add drops of the coloured vinegar to your glass and watch as the blue drops start to rise and fall.



As the drops fall like rain, think about things that make you sad and things that worry you. Talk to God and ask God to help you and give you peace. After the rain, God sent a rainbow in the sky as a promise of his love forever. As the blue drops rise, say thank you to God for his love and know that God hears our prayers.

A Big Hug



God sent the rainbow as a promise of his love and sometimes we need to be reminded that God knows each one of us and loves us.

Find a colourful blanket, cushion or soft toy that you can cuddle up: how many different rainbow colours can you find? Settle in a quiet place where you can curl up and feel safe and be still. Wrap the blanket around you or hug the cushion or toy. Spend some time being still with God.

Know that God holds you in the palm of his hands.

Pray Together

Blended Rainbow Prayers

Dear God of the rainbow that sweeps across the skies –

colours blending,

sunshine mixed with rain,

joyful,

bright and filled with promise,

reminding us of God's never-ending love:

help us remember that your promise embraces the whole earth. Amen



Use a filter paper across the top of a mug or a piece of strong kitchen paper on a plate. Damp the surface with water but try not to make it too wet. Take it in turns to drop colours onto the paper and watch as the colours blend together. Say the colour prayer together as the colours continue to blend. Allow the paper to dry and you can use it to make a rainbow prayer picture.

**Lord Jesus,
thank you for all the colours of life:**

the red of love,

blue of kindness,

purple of laughter,

orange of generosity,

green of truthfulness,

and yellow of faith.

**Thank you for all those whose lives are like rainbows,
drawing us closer to you.**

Amen.

I wonder what you think of when you think of rainbows?

I wonder what you think God's promise is for you?



I wonder whether you would find it hard to follow God's plan if it seemed a strange thing to do at the time?

I wonder what a fresh start felt like for Noah and his family?

I wonder what helps you remember to talk to God and walk the Jesus way?



TO DO TOGETHER...

A Rainbow Banner

- You will need:**
- Card – recycled cereal box or similar
 - Wool
 - Coloured paper
 - Colouring pens etc
 - Scissors, sticky tape, string



What you do:

Take a piece of card – it does not matter what size.

Fold back each end of your card to form a lip to stop the wool slipping off. I used two different strands of wool together, but one colour is fine. Stick your wool to the back of your card with sticky tape as you start. Wrap the wool round and round the card – don't worry if your card twists a bit like mine as it gives the water texture.



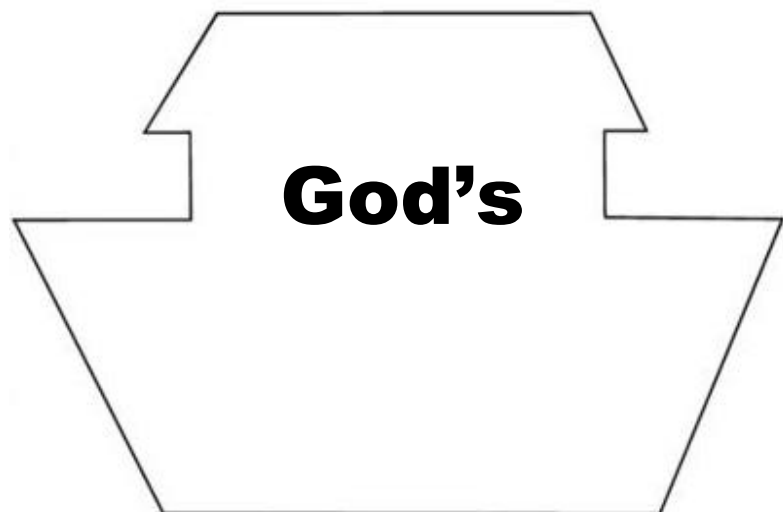
back



front

You don't need to use wool if you don't have any or would prefer to use coloured paper or colouring pens – that is cool too!

Colour an ark shape and draw a heart to remind us that God's love is with us all the time. Then colour your own rainbow. Stick the rainbow to your banner to the top and the ark about half way down. Attach a loop of wool or string to the back of your banner to hang it up.





TO DO TOGETHER...

Banana Boat

You will need:

A banana

Slice of melon (optional)

Various fruits or vegetables, the colours of the rainbow

Biscuits with animals on them

Chocolate spread (optional)

What you do:

Chop up the fruit or vegetables.

On the plate you are using, squash blackberry or similar to create a sea effect.

Place your banana on the plate and spread chocolate spread on top (optional)

Position the animal biscuits on top to create an ark.

Place the melon on the plate and create a rainbow using the chopped-up fruit and veg.





TO DO TOGETHER...

God's Rainbow Basket

You will need:

- Two paper plates
- Colouring materials
- Hole punch
- Wool, string or ribbon
- Rainbow or colourful sweets



What you do:

Cut one of the paper plates in half (you can put the unused half in the recycling or use it to make a second basket!)

On one half of the complete plate, colour a rainbow, using the shape of the plate to help you get the shape of the rainbow. You could use felt tips, wax crayons, paint or anything you choose. Remember not to colour on the outside edge of the plate.

Turn the half plate over so that you are colouring on the base. Colour it blue. You could paint clouds on, or stick tissue paper or cotton wool on, so it looks like the sky. Or you could draw Noah's ark on it and use the blue as the flood waters. It is up to your imagination. Again, remember to leave the edge of the plate white.

Line up the edges of the two plates so that the rainbow is showing above the blue and there is a pocket between the plates.

Use a hole punch to make holes round the edge of the plates where they overlap. You'll need to position the hole punch carefully to make sure the holes aren't too near the edge.

Next take some wool or ribbon and weave it in and out of the holes to fasten the two plates together. Remember to tie it firmly at the start and the end, or to tape the ends to the back of your basket.



Use your hole punch to make two more holes at the top and make a loop to hold or hang your basket using wool or ribbon or string. Write the words "God's Rainbow – God's Promise" on the border.

Finally pop some rainbow-coloured goodies in there. If you are giving it away, you will want to use wrapped sweets to keep them hygienic.

Walking the Way

Living the life of Jesus today

**Our Walking the Way Challenge
this time is...**

At Home:

Can you find a way to 'be the rainbow' for others in your family, speaking God's love and hope to each other and to members of your family you can't see in your home?

Outside:

Where can you see rainbows? Real rainbows (here's a clue – they're not just in the sky!), pictures of rainbows, and things that act like rainbows, reminding us of God's promise and the hope that promise brings.

For Others:

In our craft together we made rainbow baskets – can you give one to someone who might like to hear of God's promise?





The
United
Reformed
Church

**families
on faith adventures**

at home

Adventurers Go!

You've shared together, now share with us!

Why not send photos of your crafts, your treasure boxes, your Walking the Way challenges - or dress up to make a tableau of the Big Story and take a photo to send in.

Email your photos to: lorraine.webb@urc.org.uk
with parental permission for them to be used in publicity and online URC social media.

Alternatively, share them on our Facebook page
<https://www.facebook.com/URCchildren.and.youth/>

Remember you can find more resources on our website:
<https://urc.org.uk/resources-for-children-and-youth>

And if you've enjoyed these activities, why not see whether your local church runs Pilots or Friends on Faith Adventures (FOFA) when things get back to normal again.

Created for you by Nicola Grieves (Eastern Synod), Judy Harris (National Synod of Wales), Hannah Middleton (Northern Synod), Philip Ray (Wessex Synod, North), Lorraine Webb (Programme Officer for CYW), and Ruth White (Wessex Synod, South) on behalf of the CYDO+ and Children's and Youth Work team and Pilots.

