

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.

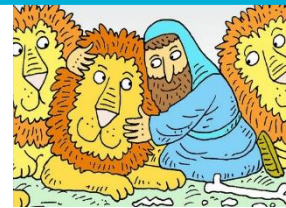
These ideas are designed to be intergenerational - maybe even to be shared with members of the family you can't see now except via the internet.

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:

Frightened But Trusting
Daniel 6 verses 1 - 23



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.

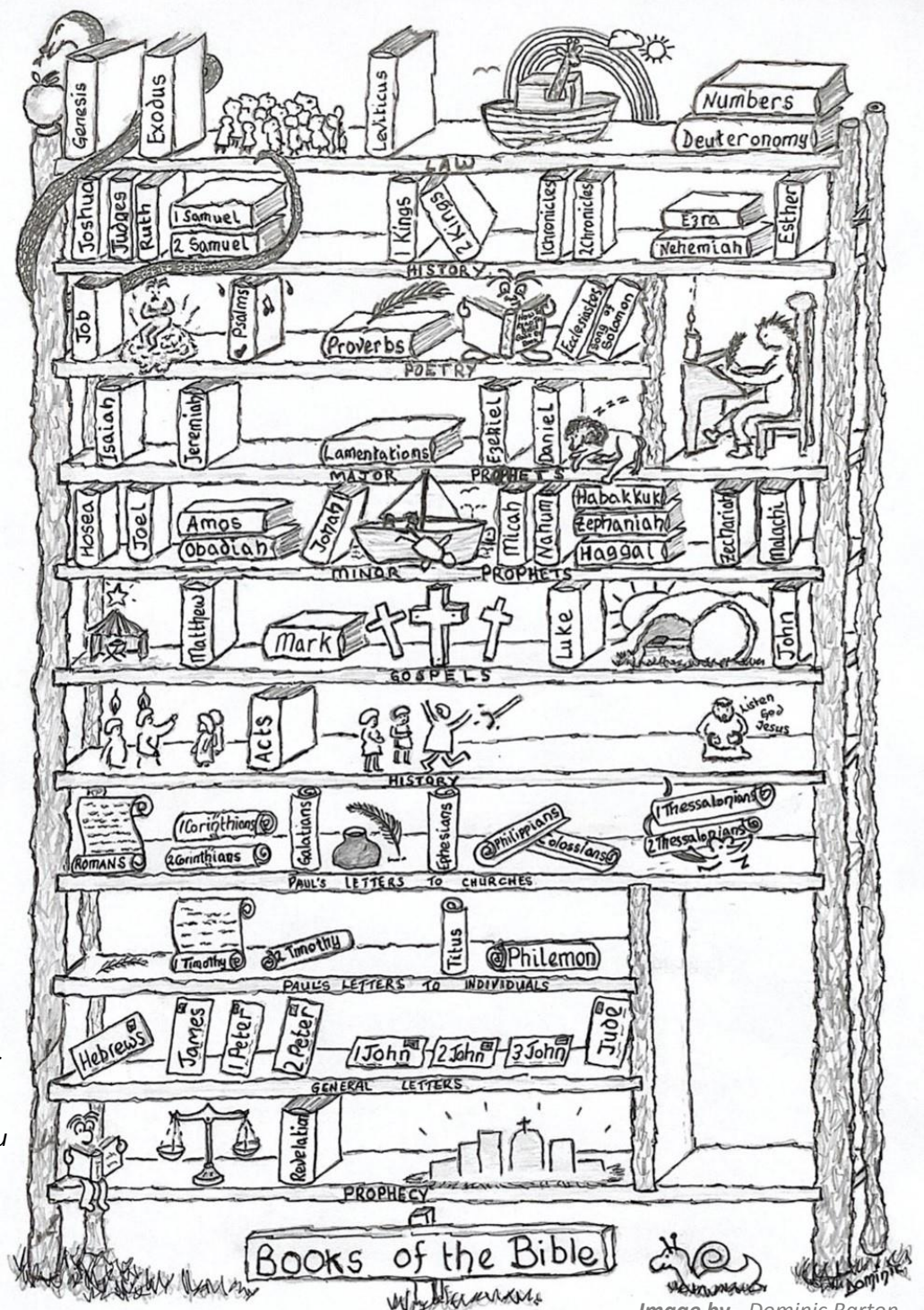
The New Testament tells us the stories of Jesus and his followers. There are 27 books in the New Testament.



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 – Daniel

The book of Daniel was written by the prophet of the same name around 536 BC. The whole book is full of amazing miracle stories. Daniel is showing us that God is powerful and can do amazing things. Daniel was a teenager when he was sent to Babylon as part of the great exile. In Babylon they worshipped many different gods but Daniel wanted to worship his one God. He had a spiritual routine to his day (holy habits) and Daniel wasn't going to stop these routines for anyone. Daniel also tells us how he watched his friends Shadrach, Meshach, and Abednego stand up for their faith and get punished for it. Daniel saw how God protected them and this may have helped him to trust God too.

Perhaps this book reminds us how important it is to share our stories with one another to encourage each other in faith.

Online versions of the story

Watch and Listen

Cartoon version by Saddleback Kids https://www.youtube.com/watch?v=bEM_X25DWPk

Animation (the full Daniel story) by Crossroads Kids

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

What is prayer by Doug Horley Puppets <https://www.youtube.com/watch?v=buALGZrLH64>

Daniel Story Song by Saddleback Kids <https://www.youtube.com/watch?v=jOROVaRYOTI>

Dance and Sing

Prayer is talking to God by Doug Horley <https://www.youtube.com/watch?v=KcaLICTqxfc>

Five fingers prayer for toddlers https://www.youtube.com/watch?v=0tnCqw8Dj_8

Only a prayer away by Lifetree kids https://www.youtube.com/watch?v=fq_BSFkxHys

I will trust in you by VBS <https://www.youtube.com/watch?v=TIJU3te81Dg>

The Story – Daniel 6 verses 1-23 (The International Children's Bible)

Darius thought it would be a good idea to choose 120 governors. They would rule through all of his kingdom. And he chose three men as supervisors over those 120 governors. Daniel was one of these three supervisors. The king set up these men so that he would not be cheated. Daniel showed that he could do the work better than the other supervisors and the governors. Because of this, the king planned to put Daniel in charge of the whole kingdom. So the other supervisors and the governors tried to find reasons to accuse Daniel. But he went on doing the business of the government. And they could not find anything wrong with him. So they could not accuse him of doing anything wrong. Daniel was trustworthy. He was not lazy and did not cheat the king. Finally these men said, "We will never find any reason to accuse Daniel. But we must find something to complain about. It will have to be about the law of his God."

So the supervisors and the governors went as a group to the king. They said: "King Darius, live forever! The supervisors, assistant governors, governors, the people who advise you and the captains of the soldiers have all agreed on something. We think the king should make this law that everyone would have to obey: No one should pray to any god or man except to you, our king. This should be done for the next 30 days. Anyone who doesn't obey will be thrown into the lions' den. Now, our king, make the law. Write it down so it cannot be changed. The laws of the Medes and Persians cannot be cancelled." So King Darius made the law and had it written.

When Daniel heard that the new law had been written, he went to his house. He went to his upstairs room. The windows of that room opened toward Jerusalem. Three times each day Daniel got down on his knees and prayed. He prayed and thanked God, just as he always had done.

Then those men went as a group and found Daniel. They saw him praying and asking God for help. So they went to the king. They talked to him about the law he had made. They said, "Didn't you write a law that says no one may pray to any god or man except you, our king? Doesn't it say that anyone who disobeys during the next 30 days will be thrown into the lions' den?"

The king answered, "Yes, I wrote that law. And the laws of the Medes and Persians cannot be cancelled."

Then those men spoke to the king. They said, "Daniel is one of the captives from Judah. And he is not paying attention to the law you wrote. Daniel still prays to his God three times every day." The king became very upset when he heard this. He decided he had to save Daniel. He worked until sunset trying to think of a way to save him.

Then those men went as a group to the king. They said, "Remember, our king, the law of the Medes and Persians. It says that no law or command given by the king can be changed."

So King Darius gave the order. They brought Daniel and threw him into the lions' den. The king said to Daniel, "May the God you serve all the time save you!" A big stone was brought. It was put over the opening of the lions' den. Then the king used his signet ring to put his special seal on the rock. And he used the rings of his royal officers to put their seals on the rock also. This showed that no one could move that rock and bring Daniel out. Then King Darius went back to his palace. He did not eat that night. He did not have any entertainment brought to entertain him. And he could not sleep.

The next morning King Darius got up at dawn. He hurried to the lions' den. As he came near the den, he was worried. He called out to Daniel. He said, "Daniel, servant of the living God! Has your God that you always worship been able to save you from the lions?" Daniel answered, "My king, live forever! My God sent his angel to close the lions' mouths. They have not hurt me, because my God knows I am innocent. I never did anything wrong to you, my king."

King Darius was very happy. He told his servants to lift Daniel out of the lions' den. So they lifted him out and did not find any injury on him. This was because Daniel had trusted in his God.

Scriptures quoted from the International Children's Bible®, copyright© 1986, 1988, 1999, 2015 by Tommy Nelson. Used by permission.

Ideas to Retell/Explore the Story

What does brave look like?

Over the week you could collect examples of what it looks like to be brave. It could be stories, newspaper articles, pictures, photos, or words.

Perhaps create an area for them to be collected, a wall, a large piece of paper, a string with pegs.

Game - Snapshot

This is simple game that a group of three or more can play. Choose themes or scenes from the story to play with.

You choose a title for your snapshot and then have 1 min to get into a freeze frame position and take a photo to 'show' the theme.

For example, you could choose 'Fear', 'Trust', 'Daniel with the lions', 'Daniel prays', 'The king in the night' and so on.

Once you have a collection of photos, you could use them to help your discussions - see table top ideas.

Show and tell the story

Retell the story using this physical interactive version. The action words are **highlighted** but we haven't said what the action should be. This means each person gets to show what each action word looks like.

This is the story of **Daniel**.

Daniel was a good man who followed God's laws. Every day he would open his window and **pray** facing Jerusalem.

Daniel worked for the **king** who liked him very much.

There were others in the palace who **hated Daniel**, they worshipped other gods.

They had a plan to get rid of Daniel, they were **sneaky** and **jealous**.

They persuaded the king to announce a new law. Everyone must only bow and pray to the king; if you broke this law you would be **punished**.

Now all they had to do was **wait**.

They didn't have to wait long. Daniel was a **faithful** man. He opened his window and he **prayed** to God.

His **enemies pounced** and sadly the King had to throw Daniel into the **lions' den**.

It was **dark and scary** and in the darkness Daniel could hear the **lions prowling**.

I wonder **how Daniel was feeling**?

He prayed to God, asking for help.

God sent **angels to close the mouths of the lions** till morning.

When dawn broke, the **king ran** to the pit and called out "Daniel, are you there? Has your God saved you?"

How **relieved** he was to hear Daniel answer, "I'm here and I am safe. My God **has saved me**."

Daniel was lifted out of the pit and the King made a new rule that all people must **worship** Daniel's God.

I'm sure Daniel was **frightened** but he chose to **trust God**.

I wonder what that looks like in your life each day?

Table Top Discussions

Each day over a mealtime, have a quick conversation. Here are a few questions to get you going.

How have you been brave this week/month?

What helps you to be brave?

Who is the bravest person you know?

What do you need help being brave with at the moment?

What does being brave look like? What colour is it? What does it sound like?

What's in the box?



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

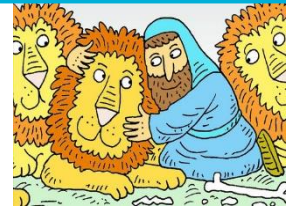
Perhaps older children could help find the things.



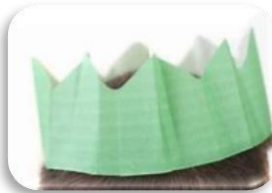
Use a box or a bag to hold the treasures and encourage any little ones to explore what's in the box/bag each week to go with the Bible story.

This week's Bible story is:

Frightened But Trusting Daniel & verses 1 - 23



A crown



LED Candle
or real unlit
candle for
prayer



A toy dressed
as Daniel



Something with rainbow
colours for God's promise



Lion-like fabric if you have any – a rough golden/yellow towelling for example – and black fabric for darkness



A lion – toy or
picture or puppet
(see ideas for
making together)



Pray Together

Trusting God

Daniel loved God and talked to him every day. Daniel trusted God and knew that God was in control of everything that happened. We can talk to God and trust God in everything just like Daniel.



Think of some words of things that you might be feeling and write them down or draw some emoticons that show how you might be feeling. You could put these up on the wall or window or place them on the table and talk to God before you have a meal together.

Talk to God and know that, no matter what, we can trust in God to be with us in each of those feelings and situations - just like Daniel!

Here are some ideas to help you get started.

- Frightened... but trusting
- Sad ... but trusting
- Worried... but trusting
- Sick... but trusting
- Angry...but trusting
- Happy...and trusting
- Hopeful...and trusting
- Brave...and trusting
- Excited...and trusting
- OK...and trusting



Dear God, thank you that you are with us in everything: the difficult and the easy and the sad and the happy. No matter what we are feeling, we can always trust you. Amen

Try saying this prayer in Makaton..... <https://youtu.be/pg1eL-HKYiU>

Pray Together

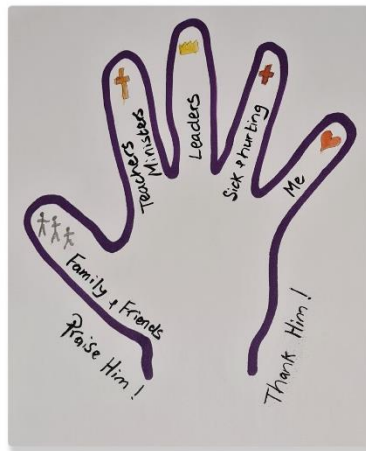
Five Finger Prayers

Sometimes we find it hard to talk to God because we do not know where to start. We carry something with us all the time that can be a great help when talking to God – our hands.



Draw around your hand or make a hand print and make your own five finger prayer. No matter where or when, you can always look at your hand and remember to talk to God.

Here are some things to pray using your hand, but you could use your own ideas.



- Thumb – family and friends
- Index finger – Teachers, ministers, doctors
- Tallest finger – Leaders
- Ring finger – Sick and hurting
- Little finger – Yourself

Pray Together

Time to Pray – Night and Day!

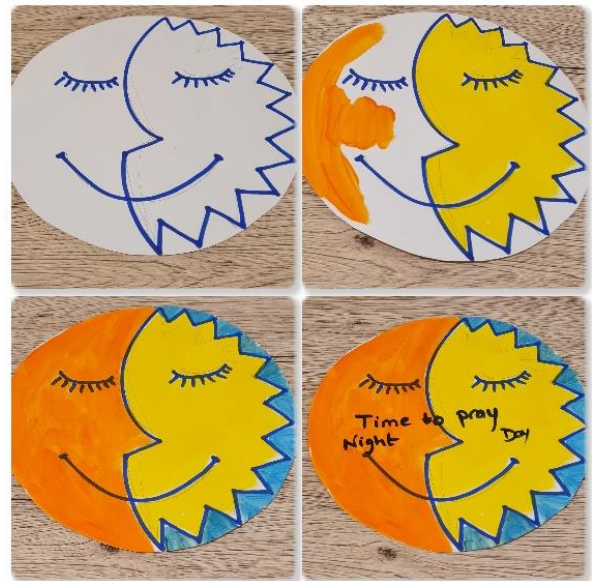
Daniel woke each morning looked out of his window and prayed to God. It is good to be able to set aside a special time to talk to God.

In the morning tell God about your day what you are looking forward to and things you might be worried about. Talk about the things you are going to and places that you will go to. Ask God to be with you through the day.

When you go to bed at night, you can say goodnight by talking to God before you go to sleep. Pray for the things that have happened during the day, talk about your family and friends and the people you have met.



Make a reminder for your wall.
Cut a circle out of card and draw a line down the middle as in the picture, making a moon and sun face. Paint or colour the two halves.



A prayer

In the early morning light or in the dark
with stars shining bright,
help me to set aside some quiet time and
find a quiet place
to meet with you today. Amen

I wonder what Daniel was thinking when we was thrown to the lions?

I wonder how God helps us when we're scared?

I wonder why Daniel didn't pretend not to pray?



I wonder why the lions didn't eat Daniel?

I wonder what Daniel was saying to God when he prayed after the King had forbidden it?

I wonder whether Daniel found it easy or difficult to trust God?



TO DO TOGETHER...

Lion Surprise Cakes

You will need: Un-iced fairy cakes
Vanilla frosting
Black writing icing
Small sweets



What you do:

Carefully using an apple corer or a sharp knife, carve out a dip into the cake. (Try to keep the bit you cut out in one piece). Insert a small sweet into the dip and, if you can, replace the lid. Spread some frosting over the top of your cake with a fork to make the mane of the lion, then, using writing icing, create a lion's face.



Alternatively - To make the cakes from scratch

110g softened butter
110g golden caster sugar
2 large eggs
½ tsp vanilla extract
110g self-raising flour
Small sweets (Millions)
Pinch of salt

For the buttercream:
150g softened butter
300g icing sugar
1 tsp vanilla extract
3 tbsp milk
Food colouring paste of your choice (optional)
Black writing icing

Heat oven to 180C/160C fan/gas 4 and fill a cupcake tray with 12 cases.

Beat together 110g softened butter and 110g caster sugar until pale and fluffy then whisk in two large eggs, one at a time.

Add ½ tsp vanilla extract, 110g self-raising flour and a pinch of salt, whisk until just combined then spoon the mixture into the cupcake cases.

Bake for 15 mins until golden brown and a skewer inserted into the middle of each cake comes out clean. Leave to cool completely on a wire rack. When cool, insert a sweet as described above.

Mix the buttercream by beating together 150g softened butter and 300g icing sugar, 1 tsp vanilla extract until smooth then beat in the 3 tbsp milk (If you want to make some of this orange to create a mane for the lion, put some in a separate bowl and use orange food colouring).

Using a fork spread the icing on the top of the cake to make it look like a lion's mane, if you wish you can pipe the icing to have a more polished look. Finish off by adding a lion's face using writing icing.



TO DO TOGETHER...

Lion Puppet

You will need: Kitchen roll core
Card
Wool



What you do:

Cut the kitchen roll core in two.

Make a large pom-pom to create a head - keep a long tail of wool which makes it easier to attach to the puppet. Carefully shape the face by flattening or trimming the pom-pom on one side and using a felt pen create a face image.



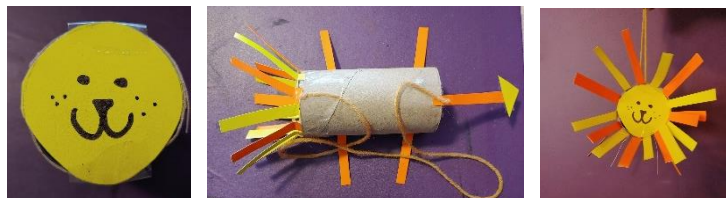
Make some small pom-poms for the feet and the tail.

Thread a long piece of wool through the core to create a handle to make your puppet move, and then attach the pom-poms securely to the cardboard tube, leaving long threads to make the legs and tail hang down.



Alternatively

Use paper strips with your kitchen roll core and create a puppet using them as shown in the photographs below.





TO DO TOGETHER...

Blackout Pictures

You will need: *Black wax crayon or paint*
Paper (especially coloured paper, or you could colour it with pencil crayons or felt tips)
A blunt pencil or stylus or nail file to scratch with

What you do:

Using a black wax crayon, cover the coloured paper in black, then use your blunt pencil, stylus or nail file to scratch out a picture in the wax.

We sometimes can be surprised by what we find in the dark – sometimes we need the darkness to let the light shine through – just like we can't see the stars when there is too much light! When we are afraid, we can trust God's promise always to be with us and we can be brave like Daniel.



Walking the Way

Living the life of Jesus today

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

At Home:

Daniel prayed three times a day, having a routine for when and where he would talk to God. You could call it a Holy Habit. In our prayers this week, we have been thinking about prayer routines. See whether you can stick to a prayer routine this week, saying good morning and goodnight to God and chatting during the day.

Outside:

When you're out and about, keep your eyes open for things that remind you of animals, especially lions, because of their shape or colour or texture or sound. Then think about the things in the world that make you nervous and afraid – maybe you're scared of dogs or cats or spiders, maybe you're nervous of people in the street, maybe loud noises or traffic make you uneasy. Everybody gets scared sometimes – even of things that are unlikely to hurt them - but we can ask God to be with us and help us be brave.

For Others:

In our story, the king comes to the pit in the morning and asks "Daniel, are you still there? Are you OK?". This week let's be like the king – who can you get in touch with and ask "Are you OK?"



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.



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