

## 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:

Your Time, God's Time  
Ecclesiastes 3 verses 1 - 8



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.

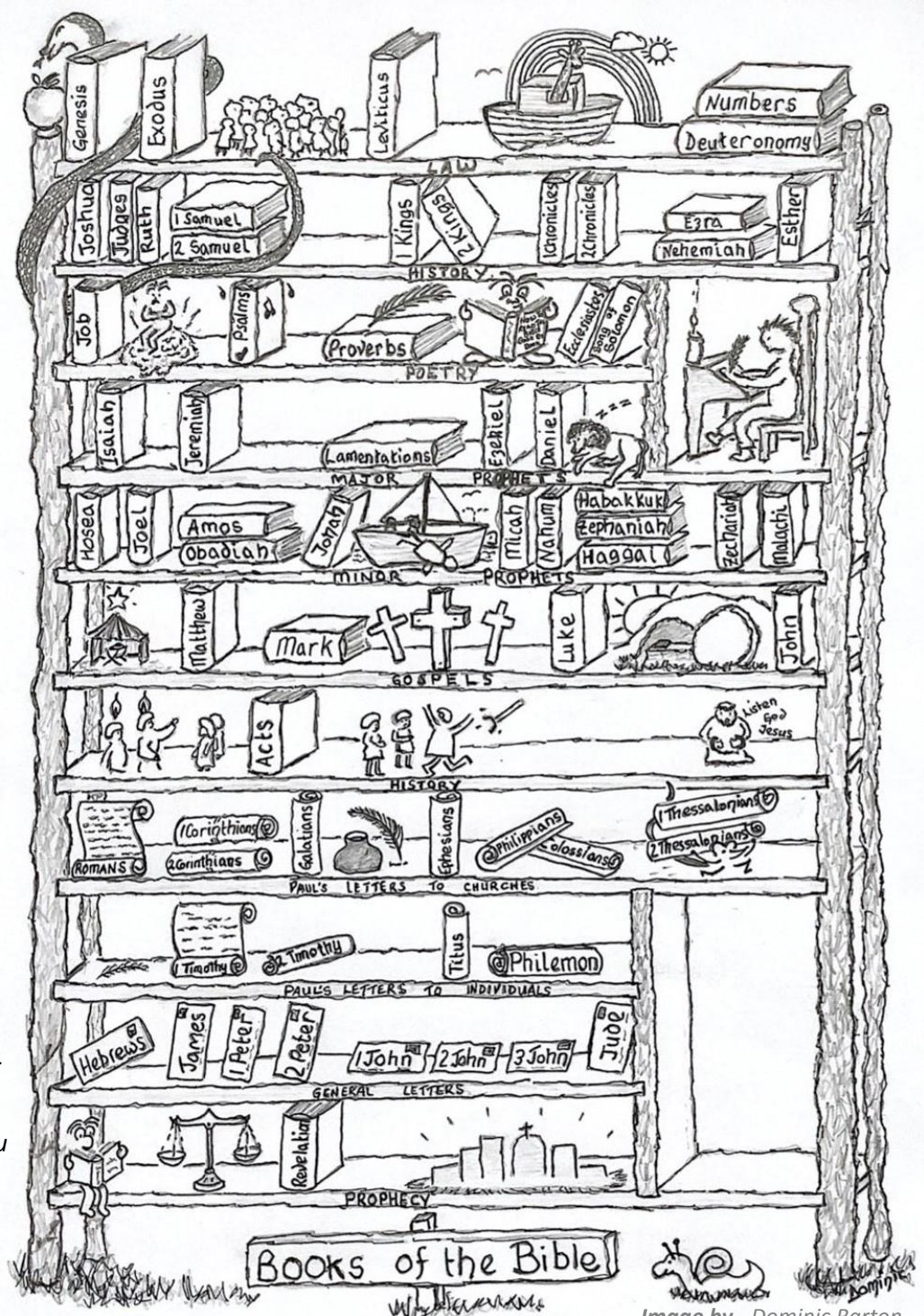
The New Testament tells us the stories of Jesus and his followers. There are 27 books in the New Testament.



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 – Ecclesiastes**

The book of Ecclesiastes was written by King Solomon (who was famous for his wisdom) around 940 BC. Solomon was wealthy, respected, and wise. As we read this book, we hear him thinking out loud. He is thinking about life and all its various moments and emotions. He is encouraging us to think again about all the different times/seasons we find ourselves in, the good and the bad, the difficult and the easy, and he is reminding us that God is always with us in whatever time we find ourselves.

Ecclesiastes 3:1 – 8 talks about life being full of different seasons -everything changes. We may all be living similar circumstances at the moment, but we all find ourselves responding in different ways. Some are happy, some are sad, some are content, some are anxious and so on. However, you are the moment, this passage is for you.

### **Online versions of the story**

#### **Watch and Listen**

Kids version told by kids <https://www.youtube.com/watch?v=1aVqbU-nYWA>

Animated reading by The Voice <https://www.youtube.com/watch?v=22eS8acYIKE>

Retold by My Little Pony <https://www.youtube.com/watch?v=2y2JcmXoav4>

Science Experiment with Quinn – watch the changes take place

[https://www.youtube.com/watch?v=vnSiwCw7dlU&t=2s&fbclid=IwAR3u9kb4Kr\\_9hqNEqUKh3\\_f6FA0yFVeLfQZvqtrq7t3TcjMk6RMLYIAEdc](https://www.youtube.com/watch?v=vnSiwCw7dlU&t=2s&fbclid=IwAR3u9kb4Kr_9hqNEqUKh3_f6FA0yFVeLfQZvqtrq7t3TcjMk6RMLYIAEdc)

#### **Dance and Sing**

God Is Everywhere (for toddlers) <https://www.youtube.com/watch?v=SvT94ynKTKM>

Every Move I Make by CJ and Friends <https://www.youtube.com/watch?v=MPvnZILn6EY>

A Time for Everything by Owlegories <https://www.youtube.com/watch?v=s4F7uo7WpKq>

Turn Turn Turn by Anthem Lights <https://www.youtube.com/watch?v=IA8f8pyScaw>

God Is Always With Us by VBS [https://www.youtube.com/watch?v=0S9iU7B\\_lzY](https://www.youtube.com/watch?v=0S9iU7B_lzY)



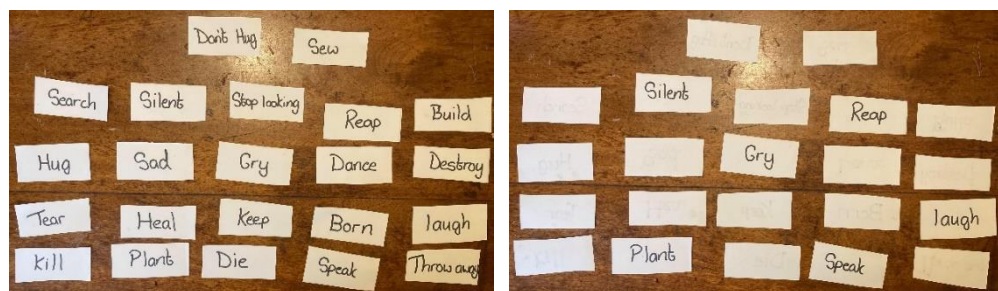
**The Story – Ecclesiastes 3 v 1-8 (The International Children’s Bible)**

There is a right time for everything.  
 Everything on earth has its special season.  
 There is a time to be born and a time to die.  
 There is a time to plant and a time to pull up plants.  
 There is a time to kill and a time to heal.  
 There is a time to destroy and a time to build.  
 There is a time to cry and a time to laugh.  
 There is a time to be sad and a time to dance.  
 There is a time to throw away stones and a time to gather them.  
 There is a time to hug and a time not to hug.  
 There is a time to look for something and a time to stop looking for it.  
 There is a time to keep things and a time to throw things away.  
 There is a time to tear apart and a time to sew together.  
 There is a time to be silent and a time to speak.  
  
 There is a time to love and a time to hate.  
 There is a time for war and a time for peace.

*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**

**Opposites Game**



Each part of the reading shows two words which are opposites of each other: silent and speak, kill and heal, and so on. This is a great opportunity to tell it whilst playing a game. Write the words on separate pieces of paper and lay them face up on the table. Then say there is a time to..... choose a word, and everyone else has to find the opposite. This can also be played as a memory game: lay the words face down on the table, take it in turns to show two words and try to find a pair. If you turn up two words which go together, keep the cards and have another go.

It can also be played easily online, showing words on the screen, or simply shouting them out. Or challenge someone against the clock in this memory game <https://bit.ly/3aklmBe>

### **Word Game**

*This is a simple word game that reminds us that change happens gradually. It can be played on a table top with paper and pens or scrabble letters and works equally well online using shared screens. It is especially good for older children who enjoy words.*

*You start with a ladder with a word at the top and the different word at the bottom. You all work together to change the word one letter at a time to get to the new word. How many steps can you make the change in?*

*For example:*

*Life to Dead*

*LIFE – LIFT – LEFT – DEFT – DEAT – DEAD*

*Sown – Reap*

*SOWN – SEWN – SEAN – SEAP – REAP*

*Have a go at Hurt to Heal, or Silent to Speaks. Make up your own.*

### **Zoom Game – what time is it?**

*An online version of Grandma's Footsteps. The group sit back in their chairs and ask the leader what time is it? Each time they ask, they come closer and closer to the screen. The leader answers each time with 1 o'clock, 2 o'clock etc. until they are ready to shout Action Time! Then the group need to disappear from their screens as fast as they can and the leader tries to catch them by touching their face on screen and saying their names before they leave. It's a lot of silly fun watching the children get closer and closer to their screens till you can see up their nose! They will also enjoy taking the leader role.*

### **Further Ideas**

*Check out the creative ideas in another FOFA@Home session called Rollercoaster of emotions, it followed a similar theme. [https://urc.org.uk/images/Children-and-youth/Resources/Families\\_on\\_Faith\\_Adventures\\_-\\_Week\\_7\\_-\\_A\\_Rollercoaster\\_of\\_Emotions.pdf](https://urc.org.uk/images/Children-and-youth/Resources/Families_on_Faith_Adventures_-_Week_7_-_A_Rollercoaster_of_Emotions.pdf)*

### **Table Top Discussions**

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

*Where have you seen God in your times today?*

*Which parts of the reading are about you today/this week?*

*What other words would you use to describe how you are at the moment and what would the opposite be?*

*What is your favourite season in the year and why?*

*How easy is it to control the situations we find ourselves in?*

## 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:

Your Time, God's Time  
Ecclesiastes 3 verses 1 - 8



A variety of faces showing different emotions – maybe a book, or photographs, or emojis, or faces drawn on paper or spoons or lollipop sticks



A mirror



A child-proof clock or watch, or several of these



Something with rainbow colours for God's promise



Small stones to spread out and gather together



**Please supervise small children! Watch that small stones or glass nuggets are not put into mouth, nose or ears. Only use if appropriate for your child.**



A sand timer if you have one

Bricks to build and knock down



Some green buds and some dead leaves





## Pray Together

### A Time to Be Sad...

Sometimes life can be sad and worrying and it is good to talk to God about our sadness. God sees and knows our tears.



Put a small amount of blue paint in a spray bottle and water it down so that it will spray easily from the bottle.

Think about difficult times or situations that are making you or others sad or worried. Cut out shape from cardboard to represent the person or situation, for example an initial or a heart or other shape. Place the shape on the paper and hold it down firmly as you spray the paint all over.



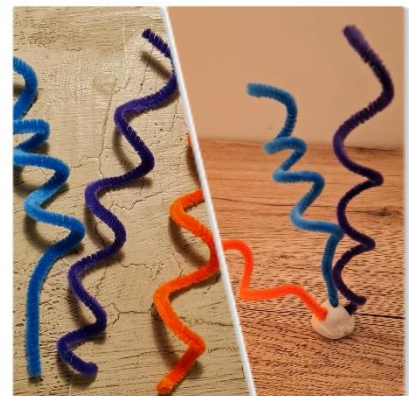
Ask God to see the tears for the person or situation that your shape represents and ask for God to wipe away the tears. Lift off the shape and see the white space protected from the paint. This is a symbol of the hope and protection that God brings.

### A Time for Joy...

There are times when we are bubbling over with excitement and happiness, we are like springs full of bounce. It is good to remember to say thank you to God and praise God for all the things that bring us joy and happiness.



Wrap a pipe cleaner around your finger quite tightly and then slide it off your finger to make a coil like a spring. As you wind it around your finger, think about the things that make you happy and bring you joy. Place your pipe cleaner springs into some play doh, modelling clay or blue tac and make a joy tree.



A prayer to say together:

**God of joy,  
Help us to find joy and happiness in all we do,  
And to share our joy in you with everyone around us.  
We give our praise and thanks to you.  
Amen.**

## Pray Together

### A Time to Be Silent...



Take two different colours of playdoh and make a small ball of each colour.

Find somewhere quiet and comfortable to sit. Take the playdough in your hands and slowly start to blend the two balls together. Take time and allow yourself to relax and just listen to what you can hear around you. You might like to play some quiet music. Know that God is with you in everything you do, including in the silence. As the two colours blend together, remember that God is close to you and, just as the colours surround each other, God is protecting you.

[\(3\) Hidden In My Heart Volume 1 - "Be Still & Know" by Scripture Lullabies - YouTube](#)

### A Time to Speak...

God wants us to talk to him and share whatever we are feeling. Sometimes we feel like shouting because we are cross and angry, sometimes we whisper because it is difficult to say something out loud, but God hears us whenever we speak. Here is a simple idea for talking to God when we are not sure what to say.

Take a coin and decide on a prayer for heads and a prayer for tails.

For example

Heads - Dear God, please help...

Tails - Dear God, I am sorry...

Heads - Dear God, please bless...

Tails - Dear God, thank you

You can decide as a family of different things to speak out as prayer for the head and tails.





## Pray Together

### A Time to Tear...

Sometimes things make us very cross and we want to shout and stamp our feet. It's OK to tell God that you are feeling angry and to give that anger to God.



Take some tin foil or a plain sheet of paper and tear off some pieces. It does not matter what shape they are. Take a piece of the foil or paper and, as you tell God what is making you cross, screw it up into a tiny ball. Have jar or a bowl and drop the screwed-up paper into it as you ask God to soften your anger and help you to know peace. Know that, however cross you are feeling, God still loves you.



When I'm cross and feeling sad,  
**Jesus you still love me.**  
When I'm angry and feel mad,  
**Jesus you still love me.**  
When I'm grumpy or sometimes huffy,  
**Jesus you still love me.**  
When I feel no one listens,  
**Jesus you still love me.**  
When I'm still and all alone,  
**Jesus you still love me.**  
When I'm very calm and quiet,  
**Jesus you still love me. Amen.**

### A Time to Mend...

Especially at this time, there are lots of people who are poorly, in pain or lonely.



On a sheet of paper, draw a heart or cut out a heart from coloured paper and stick it on the sheet. Take some plasters and think about the people you know who need God's healing. Write their names or draw a picture on the plaster and stick the plasters on the heart. Ask God to be close to them and give them healing.



**Dear God,**  
**Please help people who are sick, hurting or lonely.**  
**Please help them to mend.**  
**Amen**

I wonder which is  
your favourite  
season of the year  
and why?

I wonder what  
helps your mood  
change?

I wonder which is your  
favourite part of the  
passage from  
Ecclesiastes?

## Changing Seasons



I wonder if you can think  
of any other examples  
of things which have a  
right time?

I wonder when you think  
anger and war might be  
justified and how we  
should decide?



**TO DO TOGETHER...**



**Mood Quilt**

*Our Bible passage allows us to understand there are times when we may experience different feelings and act in different ways – sometimes even more than one in the same day. Make a mood collage and see how many colours you can add to your week, or even longer.*

**You will need:** A large piece of card  
(e.g. back of a cereal box or carton) or a big piece of paper  
Glue

*Squares – all the same size – as big or small as you have space for – chosen from a variety, thinking of colour and of texture or of what it represents.*

*Here are some possible ideas:*

*You could use plain paper and colour it or use coloured paper; recycled wrapping paper, maybe from a gift you have received (a great way to mark a special day); textured foil for good smooth days, shiny for happy special days, or rough and crumpled paper for those days when it's been tough. You could use newspaper to share good news, or a magazine picture that cheers you up – maybe a picture of plants, places, people or your favourite food.*

*This is your quilt, so the choice is yours. You might want to use a code: Red = anger or Red = warm and cosy; brown = rubbish day or brown = a hot chocolate day! You choose what works for you.*

**What to do:**

*Cut your squares and begin sticking them onto your backing card each day. Watch as the colours build up. Your quilt reminds you that each day is different and that even in the darkest or most crumpled of days, God is there.*







TO DO TOGETHER...

**Today I Feel Mat**

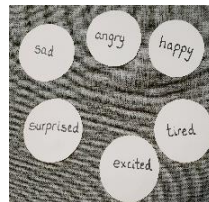
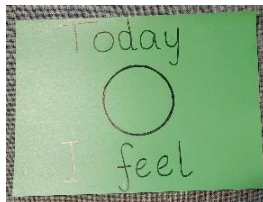
**You will need:** Two pieces of card or paper

**What you do:**

Draw around a circle shape to make six face shapes and draw in the different emotions you may feel. Cut out the circles.

On the other piece of card, draw a circle in the middle of the card and write "Today I feel" on the mat around it. You can decorate this any way you wish - we put some faces all around the mat.

Place the cut out faces with their different emotions in an envelope or bag. Each day choose one to reflect how you are feeling and place it into the blank circle on your mat. You could secure it with a bit of blutack. If you have a laminator, you could laminate your mat and then use sticky Velcro patches to hold your circle in place.



**Emoji Face**

**You will need:** Paper plate or yellow card  
Black cord, wool or shoelace

**What you do:**

Draw round a 10p to create the eyes.

Push a pencil into the sides about 2/3 of the way down your circle.

Push the cord through the holes and secure each end at the back of your plate with a knot. Now you can change the shape of the mouth to show all sorts of different emotions.





## TO DO TOGETHER...

### Sundial

**You will need:** Lego and a Lego mat

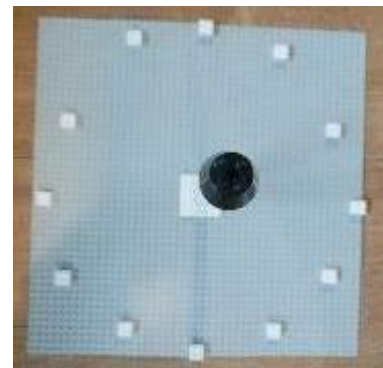
**What you do:**

Using a Lego mat, position 12 square blocks in a circle, evenly spaced.

Create a tall tower and place it exactly in the middle.

Next sunny day, place your sundial in the garden at midday and set your sundial to the right time.

Now watch the shadow move and show time going by as the sun moves in the sky.



### Alternatively

Use the cardboard circle from a pizza base.

Push a pencil through the middle and mark out 12 circles round the edge.



# Walking the Way

Living the life of Jesus today

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

**At Home:**

*As a family, make an effort to ask each other how you're feeling each day. Don't try to change how the person feels – it's OK to feel sad or fed up as well as to feel happy – but listen to them and show that you are there for them.*

**Outside:**

*This is a perfect time for thinking about this theme. We are beginning the steady change from the cold, damp, dark and lifeless days of winter to the new life and brighter colours of spring. When you're out and about, look out for signs of spring starting to appear. Buds on trees and spring flowers, insects buzzing, birds singing, sunnier days and the days getting a bit longer – what can you notice? Thank God for the changing seasons.*

**For Others:**

*There's a time to hug and a time to hold back from hugging. At the moment it's a time to hold back from hugging, for very sensible reasons. Some people may be feeling in need of a hug, though. Could you make them a "portable hug"? Maybe a heart-shaped piece of material, maybe a long piece of ribbon the length of your arms with your handprint cut out of paper fastened to each end, or how about making a pop-up card with your photo inside?*





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](mailto: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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