

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.

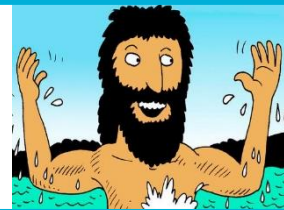
These ideas are designed to be intergenerational - maybe even to be shared with members of the family you can't see now except via the internet.

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:

Small Voices Count
2 Kings 5 verses 1-15



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.

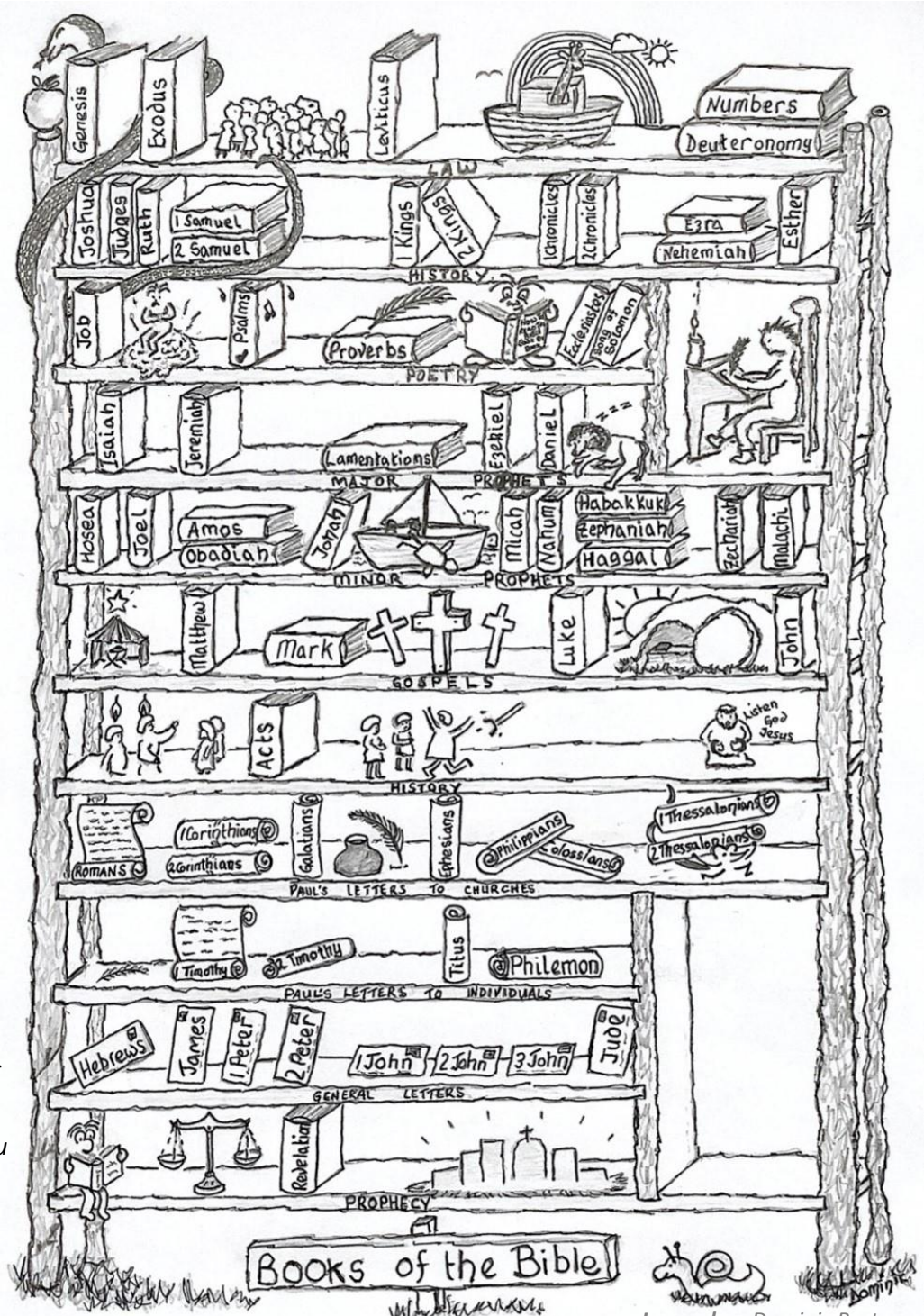
The New Testament tells us the stories of Jesus and his followers. There are 27 books in the New Testament.



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 – 2 Kings

The second book of Kings was written around 550BC. It is not clear who the author was but it was written during the Exile in Babylon. The book follows on from 1 Kings and tells the stories of many of the kings that ruled over Judah and Israel. That is how it gets its name.

This story is about Naaman, a very important man who lived with a skin disease. A young girl who works as his servant is going to change his life forever.

Online versions of the story

Watch and Listen

Story told from the Jesus Storybook bible <https://www.youtube.com/watch?v=zqbrN9jN-x0>
Naaman and the girl with no name by Pursue God Kids

<https://www.youtube.com/watch?v=66YcJEERZpA>

5 children who changed the world (not suitable for very young children)

<https://www.youtube.com/watch?v=AFKs3GGo0ME>

Stand up, Speak up by songs to rock childhood

<https://www.youtube.com/watch?v=Lymbven9UsA>

Speak Up a story about using your voice for good

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

Dance and Sing

Gonna be a powerpack by Powerpack <https://www.youtube.com/watch?v=qveKmJiDC8A>

Small but mighty by Genalina <https://www.youtube.com/watch?v=2OQtM4litJU>

If only you would listen, School of Rock <https://www.youtube.com/watch?v=omWTOFszlFc>

Let's go Heroes, Toddler Praise <https://www.youtube.com/watch?v=Kiert5hSKY>

We are the world by Voices of Hope children's choir

<https://www.youtube.com/watch?v=9tRLowGHh4c>

The Story – 2 Kings 5 v 1-15 (The International Children's Bible)

Naaman was commander of the army of the king of Aram. He was a great man to his master. He had much honour because the Lord had used him to give victory to Aram. He was a mighty and brave man. But he had a harmful skin disease.

The Arameans had gone out to steal from the Israelites. And they had taken a little girl as a captive from Israel. This little girl served Naaman's wife. She said to her mistress, "I wish that my master would meet the prophet who lives in Samaria. He would heal Naaman of his disease."

Naaman went to the king. He told him what the girl from Israel had said. The king of Aram said, "Go now. And I will send a letter to the king of Israel." So Naaman left and took about 750 pounds of silver. He also took about 150 pounds of gold and ten changes of clothes with him. He brought the letter to the king of Israel. It read, "I am sending my servant Naaman to you. I'm sending him so you can heal him of his skin disease."

The king of Israel read the letter. Then he tore his clothes to show how upset he was. He said, "I'm not God! I can't kill and make alive again! Why does this man send someone with a harmful skin disease for me to heal? You can see that the king of Aram is trying to start trouble with me!"

Elisha, the man of God, heard that the king of Israel had torn his clothes. So he sent a message to the king. It said, "Why have you become so upset that you tore your clothes? Let Naaman come to me. Then he will know there is a prophet in Israel!" So Naaman went with his horses and chariots to Elisha's house. And he stood outside the door.

Elisha sent a messenger to Naaman. The messenger said, "Go and wash in the Jordan River seven times. Then your skin will be healed, and you will be clean."

Naaman became angry and left. He said, "I thought Elisha would surely come out and stand before me. I thought he would call on the name of the Lord his God. I thought he would wave his hand over the place and heal the disease! Abana and Pharpar, the rivers of Damascus, are better than all the waters of Israel! Why can't I wash in them and become clean?" So Naaman went away very angry.

But Naaman's servants came near and talked to him. They said, "My father, if the prophet had told you to do some great thing, wouldn't you have done it? Doesn't it make more sense just to do it? After all, he only told you, 'Wash, and you will be clean.'" So Naaman went down and dipped in the Jordan seven times. He did just as Elisha had said. Then Naaman's skin became new again. It was like the skin of a little boy. And Naaman was clean!

Naaman and all his group came back to Elisha. He stood before Elisha and said, "Look. I now know there is no God in all the earth except in Israel! Now please accept a gift from me."

Ideas to Retell/Explore the Story

Children who have made a difference

This week is an opportunity to explore and be inspired by children who have used their voices and have made a difference. Here are a few to explore together. (Please watch videos before sharing them to be sure they are appropriate for your children)

Perhaps you can research others in your area who are good examples of speaking out and making a change. Can you find examples in local newspapers of children speaking up and speaking out? What can you speak up about?

Charlie Cooper (9 yrs) giving a TEDtalk on how small people can make a difference (Charlie initiated the buddy Bench idea) <https://www.youtube.com/watch?v=V7Z-Hq-xvxM>

Malala Yousafzai (12 yrs) Born in Pakistan, Malala became a campaigner against the Taliban's efforts to stop girls going to school. Malala was shot by members of the Taliban in 2013. She survived and became the youngest recipient of the Nobel Peace Prize in 2014. She still campaigns for girls' right to education around the world. Here is her story <https://www.youtube.com/watch?v=6by9NEhT9GM>

Jazz Jennings (15yrs) was assigned male at birth, but for as long as she can remember has known she was a girl. With a supportive family behind her, Jazz has been an active LGBT campaigner, talking about her experience as a trans child and teen. Here is her story <https://www.youtube.com/watch?v=BF5D2IsPfsU>

Mary Grace Henry (12 yrs) Mary Grace decided to change the life of an underprivileged girl in Kenya by funding her education. She asked for a sewing machine for her birthday and made headbands and accessories to sell at school - ultimately enabling 66 girls in Kenya, Uganda, Paraguay, and Haiti to go to school. When she won a World of Children award, she said: 'Educating a girl can reverse the course of her life, change the course of a community...and a country.' Here is her story https://www.youtube.com/watch?v=cqMblr_ccjc

Greta Thunberg (11 yrs) This Swedish teen activist has become a leading voice for climate change activism. She was 11 when she staged her first, solitary, protest in August on the steps of the Swedish parliament in Stockholm. Since then, more than one million students have joined her by walking out of their classrooms to protest against climate change inaction. Here is her story <https://www.youtube.com/watch?v=TZjWAAvjL-k>

Modern Parables

Horton Hears a Who

Take some time to watch the film together or enjoy this shorter animation of the storybook. Be reminded of the power of the smallest person being heard

<https://www.youtube.com/watch?v=EUFi9QD6qsl>



**families
on faith adventures**

at home

Table Top Discussions

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

The story tells us about the little slave girl who helped her master. Why would she want to help him if she was his slave?

Have you ever felt that you wanted to say something and nobody would listen?

I wonder why it's important for children to be listened to.

What different ways can you make your voice heard?

Can you think of a time when your voice has made a difference?

How does God want us to use our voices, as Christians?

families on faith adventures

at home

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.



Something with
rainbow colours
for God's promise



Bowl of
warm water

Toys to
represent
Naaman and
servant girl



Towel



Bandages, medicine
spoon, anything your
child associates with
being unwell



Washable plate with a
face and spots drawn o
with non-permanent
marker

Pray Together

Washing Prayer

Naaman thought washing in the river was too simple and not important enough but his servants told him to do as the prophet said and his skin was made well. Washing our hands is something we have had to think about much more recently. It is something we do lots of times a day.

Once a day when you are washing your hands, say a simple prayer to God. As you wash your left hand, pray for other people and, as you wash your right hand, pray for yourself.

Here is a short prayer you can sing whilst washing your hands, to the tune of 'Frere Jacques'

God, I praise you,
God, I praise you.
Please help me,
Please help me.
Show your love to others,
Show your love to others.
Thank you God.
Thank you God.



Wiping Away Prayers



You will need a tray with some sand. If you do not have sand, you could use flour.



Feel the sand with your fingers. Write or draw in the sand or flour something you'd like to tell God you are sorry for. God wants to forgive you. Just as Naaman was told 'wash and you will be clean', we can talk to God and he will take away the things we want to say sorry for.

When you have spoken to God, smooth the sand over so the picture or word disappears and imagine God taking it away.

Pray Together

Big and Small

It was the words of the little girl that encouraged Naaman to seek the help of Elisha.

Our prayers can be both big and small, loud and soft, quick or slow. God speaks and listens to us in all things. However small we are, each of us has a part to play in God's world.

Here is a prayer you can say together.

*Dear God,
you are a great big God
for all the world;
yours is a great big story
for all the people.
Thank you that, although we are only small,
we are an important part of your big picture.
Amen.*



A Big and Small praise prayer

*Praise God for: mountains and oceans, planets and stars
Praise God for big things
Praise God for: seeds and spiders, petals and drops of dew
Praise God for small things
Praise God for: rolling thunder and the crashing waves
Praise God for loud things
Praise God for: a breath of wind and a whispered prayer
Praise God for quiet things
Praise God for: soaring eagles and hairy gorillas
Praise God for strong things
Praise God for: snowflakes and cobwebs - a tiny baby
Praise God for fragile things
Praise God for: the flash of lightening and a humming bird's wings
Praise God for fast things
Praise God for: the growth of a tree and the erosion of cliffs
Praise God for slow things
Praise God for: the moon, the sun, other worlds
Praise God for far away things
Praise God for: the person sitting next to me, my own heartbeat
Praise God for close-by things*

*Thank you that though you are so big,
you become small enough to meet us here on earth;
though you are so strong, you show your love in gentleness;
though you are loud as thunder, you speak to us in the sound of
silence.
Thank you that, though you could be faster than the speed of light,
You choose to walk at our pace and to hold our hand.*

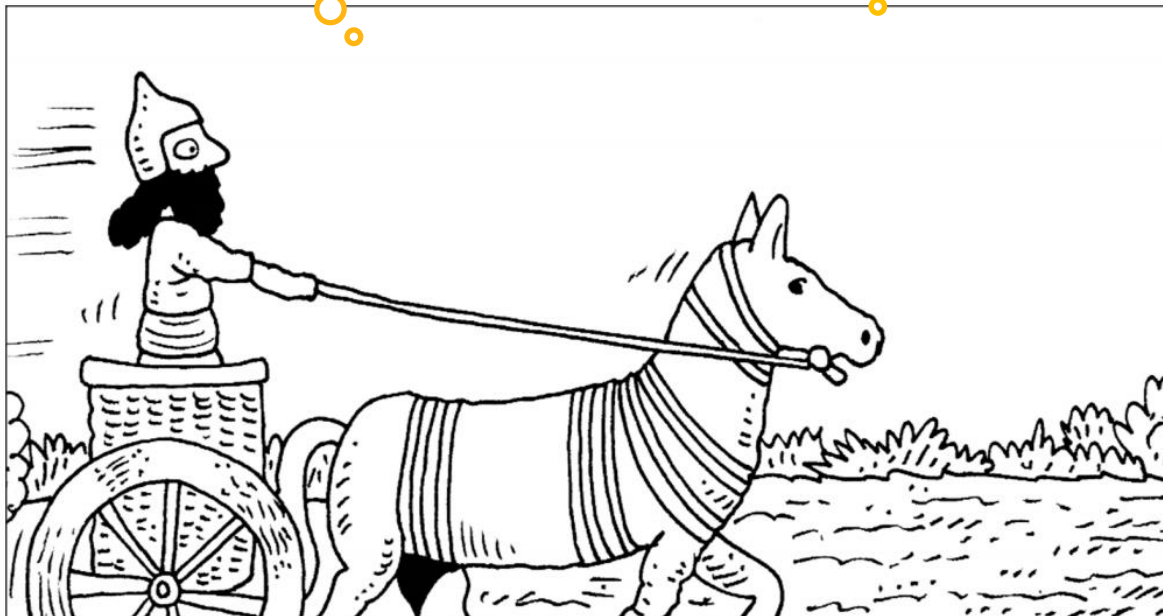
families on faith adventures

at home

*I wonder why
Naaman listened to
a servant girl?*

*I wonder if you can
think of a time when
you've had to trust
someone else?*

*I wonder what is the
best advice anyone
ever gave you?*



*I wonder why Naaman
was angry when Elisha
told him to wash seven
times in the river?*

*I wonder why God chose a
servant girl to tell
Naaman that he could be
healed by God?*



TO DO TOGETHER...



Oaty Bath Soak

You will need: 1 cup of unflavoured porridge oats
Warm water
A bath or basin

Optional: You could add some food colouring to make it look like a river.

What you do:

Using a food mixer (if you have a coffee grinder this works too), chop up the oats until you have a fine powder. If your oats are not a fine powder, put them into an old pair of tights or an old sock and tie a knot in it as this will stop the oats clogging up your drain.

You can add some powdered food colouring into the oat powder if you choose or put some colouring in the water. Start running a bath or basin of warm water and add the finely ground oats.

Let it steep for a moment.

Sit in the bath and relax for about 15 minutes, (or soak your hands in the basin).

When the time is up, drain the water mixture.

Be careful when standing up because the tub can get slippery from the oats!

Rinse off your skin before getting out of the bath or after taking your hands out of the basin.

Just like Naaman, your skin will feel smooth and silky.



Alternative

You can make this and play with your action figures to re-enact the story of Naaman.





TO DO TOGETHER...

Wipe Clean Slate

- You will need:**
- Storage box lid
 - Card
 - Coconut oil or lard
 - Black wax crayon
 - Foil
 - Plastic food bag

What you do:

Prepare a storage box lid by placing a piece of card in the bottom and gluing foil on top of the card with enough overlap to prevent any spills whilst everything is cooling.

Line a metal container with foil and add 1 tablespoon of coconut oil or lard and a black crayon.

A grown up will need to help with this.

Melt the coconut oil and the broken up black crayon in the oven.

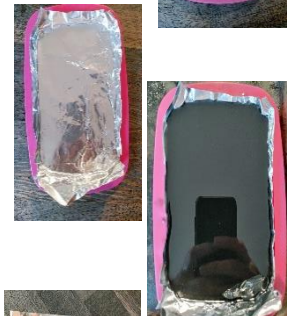
When they become liquid, turn the oven off and take the liquid out and leave then to cool slightly.

Then carefully pour into the foil lined storage box lid and leave to cool completely.

Take a food storage bag and cut along the two sides.

Take the card with the foil attached out of the storage box lid and slide it inside the bag so that the end is right against the fold. Tape the card in place on the back. The upper half of the bag should be lying on top of the solid black block. Now you are ready to draw.

On the upper piece of the plastic food bag, carefully draw your picture using a pen with the lid on. When you are done, lift the film and replace it and rub the image away so it is wiped clean.





TO DO TOGETHER...

Peeling Pictures.

You will need: Fruit or vegetable peel

What you do:

Create pictures to re tell the story of Naaman, using the peelings.



Alternative

Create some messages for you family.

Think about how Naaman's skin was healed, and how we can heal others with our simple messages made from peelings.



Walking the Way

Living the life of Jesus today

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

At Home:

Sometimes a small act of kindness can make a huge difference. Find some nice hand cream and give someone in your family a hand massage. While you are massaging their hands, quietly ask God to bless them and take care of them.

Outside:

Naaman thought he should do something grand or challenging to get God's help, but really, he just needed to do something small and simple. What small and simple things is God asking you to do when you are out and about? Pick up a piece of litter? Close a gate? Share a smile?

For Others:

Use your small voice to make a difference for others. Maybe you could write to your MP about something that is important to you or speak out at school or church or workplace about something that needs to change.



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.

