

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:

A New Way of Living
Acts 9 verses 36-42



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.

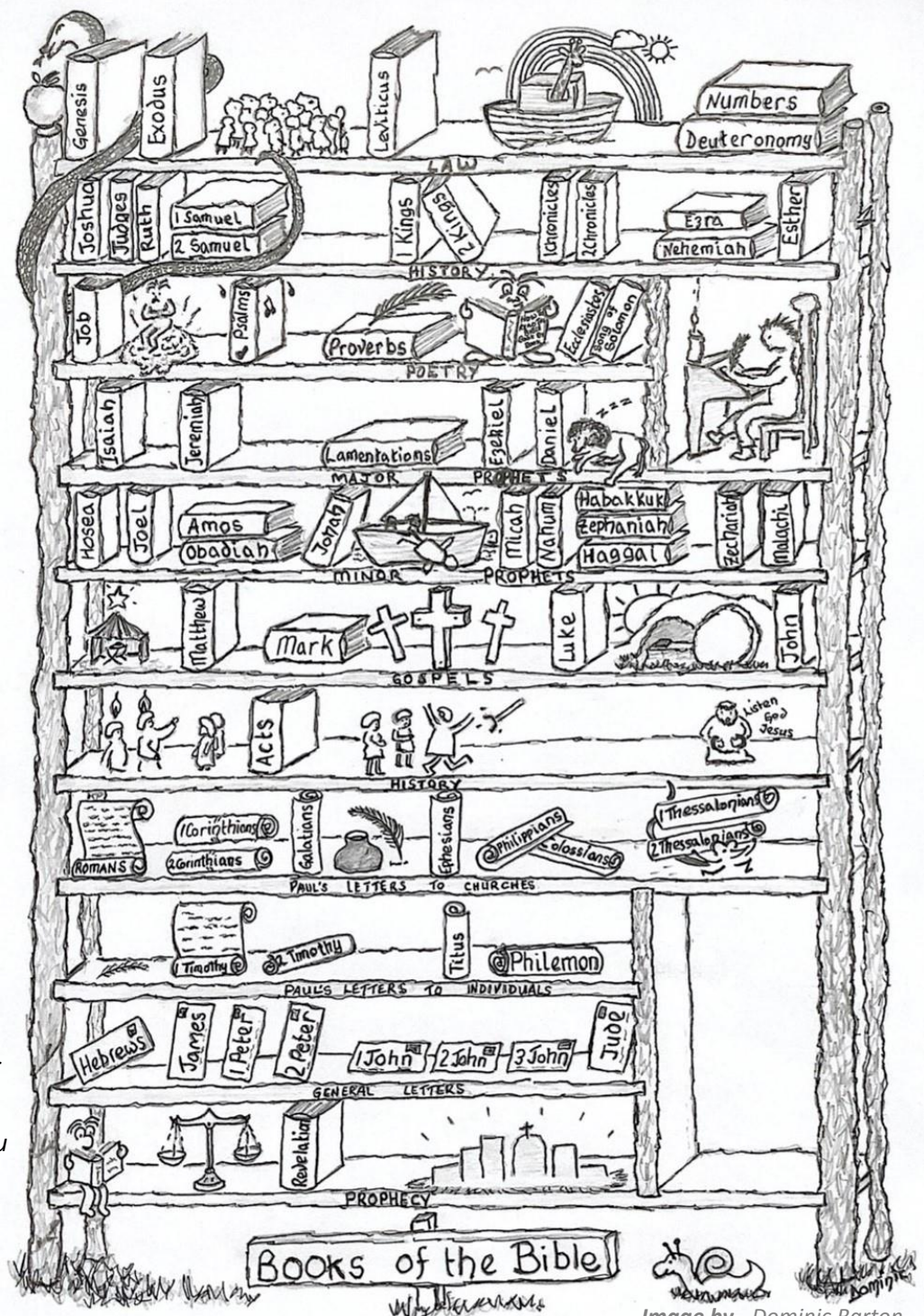
The New Testament tells us the stories of Jesus and his followers. There are 27 books in the New Testament.



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 – Acts

The book of Acts was written around 62AC by Luke, one of Jesus' disciples. The book tells the story of how the Christian church began after Jesus went back to heaven and the Holy Spirit came down. The first half of the book tells Peter's stories, and the second half follows Paul's journeys.

This story is about some of Jesus' disciples, Tabitha and Peter. Both are Christians (followers of Jesus) but both are different. The story encourages us to think about what it means to be Jesus' disciples today.

Online versions of the story

Watch and Listen

Who was Tabitha by Slapstick theatre

<https://www.youtube.com/watch?v=UPr006hnwQ4>

Dorcas of Joppa in Lego by Impact kids

https://www.youtube.com/watch?v=J0u_JKocBhU

Peter and Tabitha by Pantano Kids (Preschool)

https://www.youtube.com/watch?v=MVu7Tir_hl4

Children talking about being a disciple

<https://www.youtube.com/watch?v=Q2RlcupSByk>

What is a Christian with Douglas Talks (puppet)

<https://www.youtube.com/watch?v=DnEKhl-saAc>

Dance and Sing

Shine and serve by Yancy https://www.youtube.com/watch?v=qVE8ZNHhd_A

Go and make disciples by WBeleiver7 <https://www.youtube.com/watch?v=G0JeVbd5KHM>

You are my God Preschool worship <https://www.youtube.com/watch?v=nbfafXcO4dA>

Follow you by Kidspring <https://www.youtube.com/watch?v=7O4rBpQYz98>

My whole self by Lifekids <https://www.youtube.com/watch?v=IRN5FTB87h0>

The Story – Acts 9 v 36-42 (The International Children’s Bible)

In the city of Joppa there was a follower named Tabitha. (Her Greek name, Dorcas, means “a deer.”) She was always doing good and helping the poor. While Peter was in Lydda, Tabitha became sick and died. Her body was washed and put in a room upstairs. The followers in Joppa heard that Peter was in Lydda. (Lydda is near Joppa.) So they sent two men to Peter. They begged him, “Hurry, please come to us!” Peter got ready and went with them. When he arrived, they took him to the upstairs room. All the widows stood around Peter, crying. They showed him the shirts and coats that Tabitha had made when she was still alive. Peter sent everyone out of the room. He kneeled and prayed. Then he turned to the body and said, “Tabitha, stand up!” She opened her eyes, and when she saw Peter, she sat up. He gave her his hand and helped her up. Then he called the believers and the widows into the room. He showed them Tabitha; she was alive! People everywhere in Joppa learned about this, and many believed in the Lord.

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

Prove it!

In this story we can see lots of different examples of what it means to be a disciple/follower of Jesus (Christian). Sometimes we use the phrase ‘holy habits’ to explore the sorts of things Christians might do every day. Holy habits include: serving others, being generous, prayer, being with other Christians, making other disciples, reading the Bible, and loving others.

Use the story to explore what it means to be a Christian.

You could begin by listing or drawing the things Christians say and do then, as you read the story, you can see which ones you can find. e.g. Tabitha served others and was generous to the poor, Peter prayed and miracles happened.

You could do this activity using Bibles and post-it notes or even by ringing a bell or making a noise whenever you notice an example in the story. How about finding some pictures of the story and playing ‘find the proof’? Simply put a big ring around all the bits of the picture story that show what being a Christian is.

Further thinking: *You could discuss and find examples in your own family life that show you are Jesus’ disciples.*

Design a disciple

Take some time to explore what it means to be a disciple today. Perhaps you could draw or write it or build a disciple to show what one is. What kind of things do today’s disciples say and do?



**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:

- *In the story, the people were sad that Tabitha had died and were showing the clothes she had made for them. We are missing lots of people at the moment. Perhaps some have died, others we haven't seen for so long. What are the things we miss about them? I wonder what people miss about us?*
- *What new habits/holy habits have we begun in lockdown that we don't want to lose? I wonder if there are any habits that you have not been able to do in lockdown that you are looking forward to doing again?*
- *I wonder if miracles still happen today? Can you think of any examples?*
- *What is more important, to read your bible and pray or to help the poor and be generous?*
- *What are the special skills that you have and how can you use them as a disciple?*

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



Pieces of fabric,
dolls cloths etc.



A toy to
represent
Dorcus



Tissues



A spoon or paper plate showing
a happy face on one side and a
sad face on the other side

Pray Together

Praying With Symbols

In this story there are lots of different examples of what it means to be a disciple/follower of Jesus (Christian). Sometimes we use the phrase *holy habits* to explore the sorts of things Christians might do, every day. Holy habits include: Serving others, being kind, prayer, sharing the good news of Jesus, reading the Bible, and loving others.

Here are some different symbols you can use to help you pray.



Try sticking them onto a lolly stick or coloured pencil and put them in a pot. Sit around the table with your family or group and take it in turns to draw out a symbol. Chat about which habit the symbol might represent and then talk to God about that habit.



Dear God, help us to understand what it really means to love and to serve you. Amen



As an alternative you could put the symbols face down on the table and take it in turns to turn them over, or put the symbols somewhere you will see them to remind you of the different ways of being a follower of Jesus.

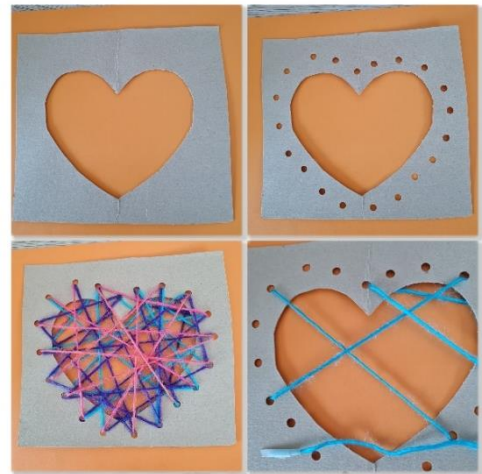
Pray Together

Woven Heart Prayers

Tabitha stitched clothes and served the community in which she lived. One of the ways in which we can be a follower of Jesus is to share hospitality and community with others and to pray for each other.



Cut a heart from the centre of a piece of card, an old packing box will work very well as the card needs to be quite strong. Make holes around the edge about 1cm from the edge of the heart. Using some wool weave across the heart making a random pattern. It is helpful to stick a piece of Sellotape around the end of the wool to help you thread the wool through the holes. You can use lots of different colours if you have them, just stick the wool down at the back so it does not come undone.



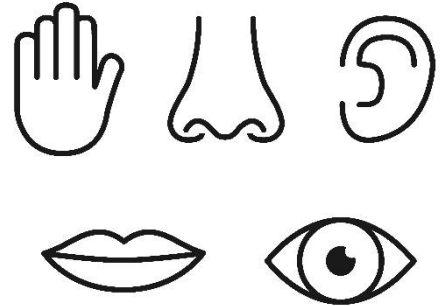
As you weave the heart think about all the people in your community and talk to God about them. Say thank you for the people who help you, for example the school crossing person, the post person, the people who empty your bins - each has an important part to play in your community. Pray for the people who may be struggling living on their own, or who are feeling poorly and finally pray for the people closest to you and yourself. The more you weave through the heart, the more your prayers link together as one. When you have completed your weaving, offer your woven heart as a prayer and say Amen.

Pray Together

Walking the Way of Jesus

Teresa of Avila who lived a very long time ago wrote:

*Christ has no body but yours,
No hands, no feet on earth but yours,
Yours are the eyes with which he looks
Compassion on this world,
Yours are the feet with which he walks to do good,
Yours are the hands,
with which he blesses all the world.*



Here is an action prayer you can say and do together that help to think about what ways in which we might be better eyes and hands and feet for Jesus in the world.

Dear God
We bring you our prayers.

We bring you our heads (touch your head)
to remind us that we want to think carefully and wisely about what you want us to do.

We bring you our eyes (point to your eyes)
to remind us to look for your glory in the world around us.

We bring you our mouths (touch your lips)
to remind us to speak kindly to others and to speak your name boldly.

We bring you our ears (cup your ear)
to remind us to listen for your voice.

We bring you our hearts (put your hand on you heart)
to remind us to love the people we meet.

We bring you our hands (hold hands out in front of you palms up)
to remind us that we are working for you when we do things for others.

We bring you our feet (walk on the spot)
to remind us that we want to follow Christ and walk in his way.
In the name of Jesus Christ, our Lord,
Amen.

I wonder what good things people say about you when you're not around?

I wonder who in this story is most like you?

I wonder what happened next in this story?



I wonder why the people trusted Peter to help them?

I wonder whether Peter was worried that his prayers would not be answered in the way he hoped?



TO DO TOGETHER...

Design a Disciple

You will need: A cereal box
Paper

What you do:

Using an old cereal box, draw and cut out some blank figures.

Decide what your disciple will look like: we chose a chef to represent 'hospitality', and someone campaigning about the environment to represent 'caring for the earth'.

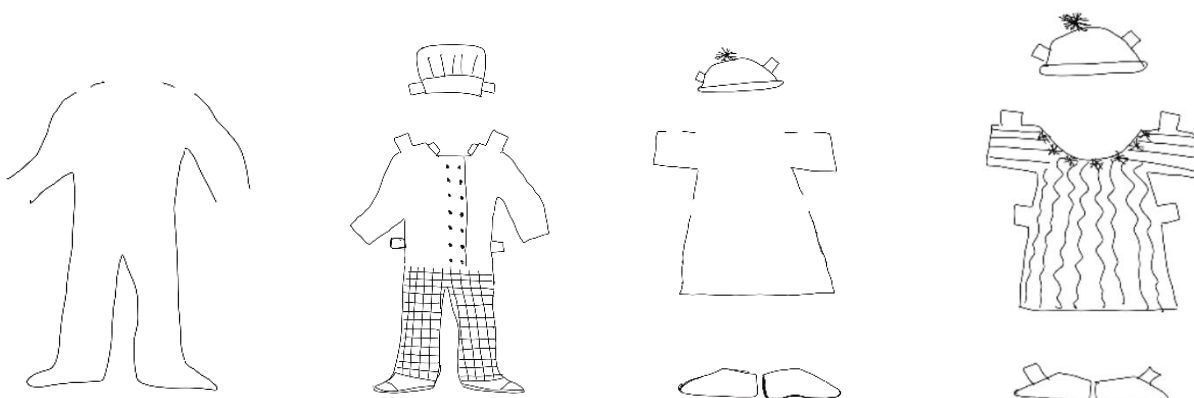
Place the figure on a blank piece of paper and draw round it in the areas where you want the clothing to be (this makes the clothes fit the figure). Make sure you draw some tags on the outside for your clothes to be attached to the figure.

Now complete the look by drawing in the design and colouring it in or sticking fabric on.

You can create lots of different clothes because, remember, we do not all have just one gift and they are all different for everyone.

Tabitha was a disciple who used her gifts to help other people. I wonder what clothes she would wear? What about Peter?

Here are some ideas of different disciples - Being a friend, telling people about Jesus, hospitality, caring for the earth, sharing together.





TO DO TOGETHER...

Seed Bombs

You will need: 1 cup of flour
10 cups of soil or compost
Wildflower seeds

What you do:

Mix 1 cup of flour and 10 cups of soil/compost together.

You may want to add some water to the mixture to make it stick together.

Get a handful of the mixture and make it into a ball - you will need to squeeze it to make it stick together. If it doesn't, then add a bit more water to the mixture.

Roll the ball in some wildflower seeds and leave for 2 days to dry.

Make sure you wash your hands well after handling soil or compost.

As you make your seed bombs, think about how the good news of Jesus is spread. When we share the news, it can have unexpected results.

When your bombs have had time to dry out a bit, take them out on a walk and throw them on grassy areas which look sad and uncared for. It might amaze you in a few months to see the beauty which you have shared and the new life which has sprung up.





TO DO TOGETHER...

Upcycling

You will need: Some old clothes
Lots of ideas

What you do:

Decide what you want to do with your old clothes to upcycle them.

You could make a bag from an old t-shirt by cutting the sleeves off, cutting slits along the bottom and tying the strips of fabric together to make a row of knots which will form the bottom of the bag.



You could bling up an old t shirt by cutting it up and embellishing it with glitter glue and sequins.

You could put patches on old jeans, or create a skirt from a pair of jeans and a top if you have a sewing machine.

Tabitha helped people by mending their old clothes and making new clothes for them. When you are getting creative in your upcycling, remember the story of Tabitha.



Walking the Way

Living the life of Jesus today

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

At Home:

Now that schools are opening and more people are going back to their workplaces, it may be a little difficult to find that quality time together as a family that we had chance for during lockdown. Can you, as a family, intentionally set aside a bit of time each day this week to do something together – eat, watch a movie, go for a walk, play a game – but also share a favourite Bible story or verse with each other.

Outside:

We can easily get drawn into habits but sometimes it is good to change these. Try using a different route to get to school, to work, to the shops, to church. As you go, think about how you can be a blessing to the people on your route, maybe praying quietly as you go. Coming out of lockdown gives us the chance to do things differently and better than we did them before the pandemic. What else can you change?

For Others:

Tabitha gave what she had to others and made things to bless them. Can you have a sort out and pass on the things that could bless others – the clothes you've outgrown over the last year, the toys you no longer play with, a book that someone else might enjoy. Think about someone you know who might really appreciate them and pass them on with a smile.



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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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