

## 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:

## The Promise

John 14 verses 15-21 & 25-27



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.

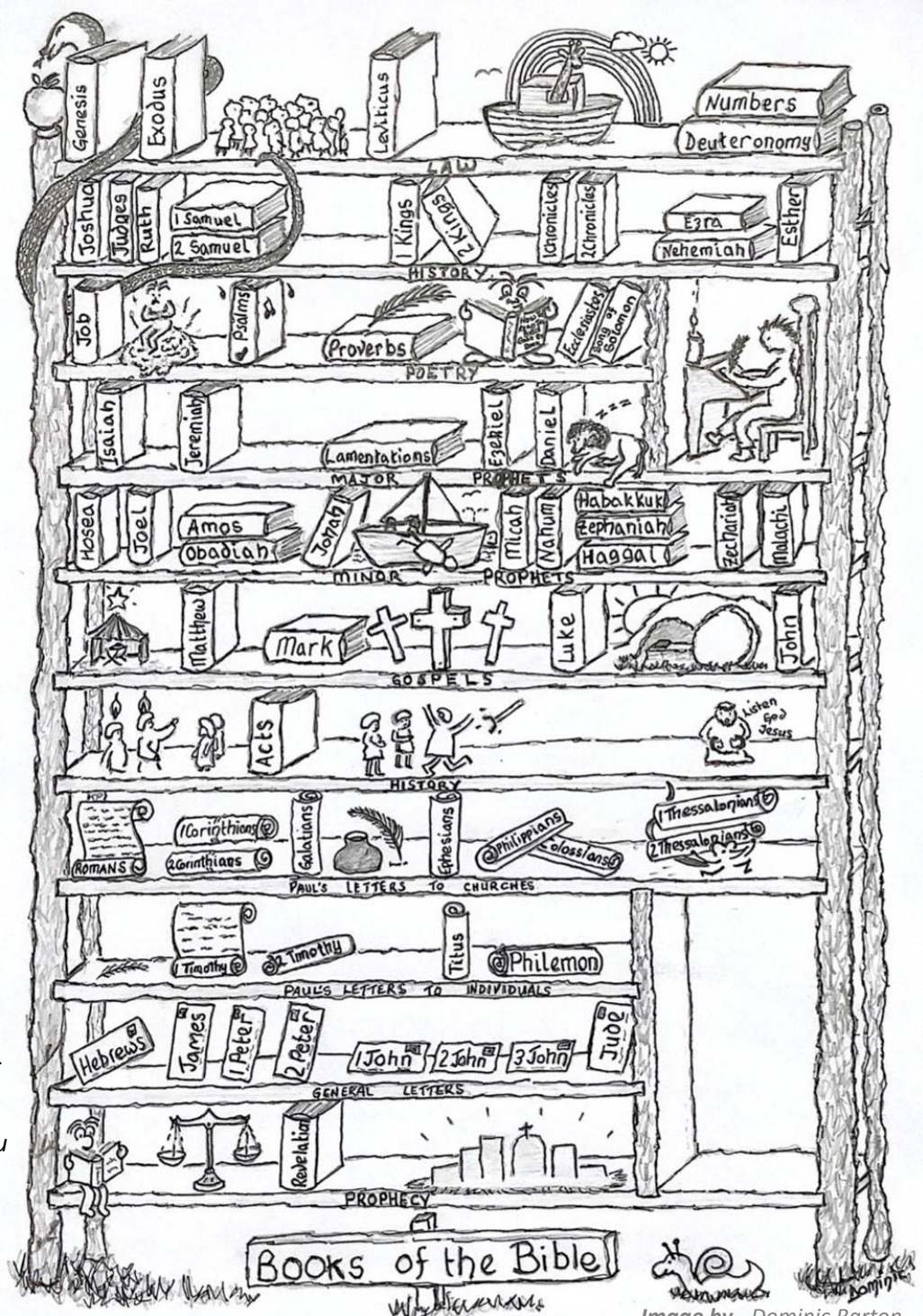
The New Testament tells us the stories of Jesus and his followers. There are 27 books in the New Testament.



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 - John**

The book of John was written around 90 AD by John, one of Jesus' disciples. The book is often the one recommended for new Christians to begin with. It tells the stories of Jesus' life, death, resurrection, and ascension to heaven. John wanted to show the readers that Jesus was more than just a good man, a teacher and a prophet; Jesus was the Son of God. John was a fisherman before becoming a disciple and so he writes using words that people can understand.

In this story we find Jesus promising that people would never be without God. He promised that the Holy Spirit is God with them always. The time we remember this happening is called Pentecost.

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

#### **Watch and Listen**

Cartoon by Saddleback Kids <https://www.youtube.com/watch?v=Bz3q63KqTi4>

Animated reading of the passage by Laura Ward

<https://www.youtube.com/watch?v=hEZBWU-RDZ4>

What is the Holy Spirit? by CCKKids <https://www.youtube.com/watch?v=OMPpPNWYBdo>

The story of Pentecost told by children <https://www.youtube.com/watch?v=vuUK6REOWuE>

From the Jesus Storybook Bible read by David Suchet

<https://www.youtube.com/watch?v=yezAl2zq0Bo>

#### **Dance and Sing**

Memory Verse song by Grace Kids <https://www.youtube.com/watch?v=e2djiHr2nxc>

Just Dance Holy Spirit to the Rescue <https://www.youtube.com/watch?v=RDlodlmwO64>

Fruits of the Spirit by Go Fish Kids Music <https://www.youtube.com/watch?v=f-ejASqf1VE>

Holy Spirit fill me up by Brenda Zhou <https://www.youtube.com/watch?v=ziCAU9B-5mU>

May the God of Hope by Doug Horley <https://www.youtube.com/watch?v=JQAtIWOLHYc>

**The Story – John 14 v 15-21 & 25-27 (The International Children’s Bible)**

*“If you love me, you will do the things I command. I will ask the Father, and he will give you another Helper.<sup>[b]</sup> He will give you this Helper to be with you forever. The Helper is the Spirit of truth. The world cannot accept him because it does not see him or know him. But you know him. He lives with you and he will be in you.*

*“I will not leave you all alone like orphans. I will come back to you. In a little while the world will not see me anymore, but you will see me. Because I live, you will live, too. On that day you will know that I am in my Father. You will know that you are in me and I am in you. He who knows my commands and obeys them is the one who loves me. And my Father will love him who loves me. I will love him and will show myself to him.”*

*“I have told you all these things while I am with you. But the Helper will teach you everything. He will cause you to remember all the things I told you. This Helper is the Holy Spirit whom the Father will send in my name.*

*“I leave you peace. My peace I give you. I do not give it to you as the world does. So don’t let your hearts be troubled. Don’t be afraid.*

Scriptures quoted from the International Children’s Bible®,  
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## Ideas to Retell/Explore the Story

### Go Fetch the Holy Spirit?

Explore all the characteristics of the Holy Spirit by playing a game of Go Fetch.

Encourage everyone to either gather their own items or work as a team.

(Read out the items one at a time and encourage them to run off and find something to bring back, then give the next item command)

Gather the following:

Something that...	Teaches you (Isaiah 11 v 2)
	Gives you comfort (Romans 8 v 26)
	Is a gift (Acts 2 v 38-39)
	Is strong (Luke 1 v 35)
	Is about peace (John 14 v 27)
	Is about friendship (John 14 v 16)
	Is gentle (Galatians 5 v 22)
	Is about Love (Galatians 5 v 22)

As the items are gathered, place them on a piece of paper that has 'Holy Spirit' written on it. Take a moment to look at the collection; these are reminders of what the Holy Spirit brings to us. (The Bible references are in brackets)

Now ask:	What do you see?
	What stands out for you?
	Are any of these items more important than the others?
	Could we take any away and still have the whole Holy Spirit?

Finally, go fetch something to add to the circle from your own thoughts, something to show what the Holy Spirit is to you?



**Symbols of the Holy Spirit**

*People have used many images of the Holy Spirit, here a just a few.*

Fire



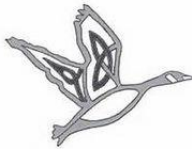
Dove



Water



Wild Goose



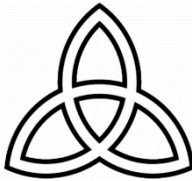
Wind



Oil



Triangle



A light/candle



Hand



Gift



*What do you think each of these symbols teach us about the Holy Spirit? Do you know of any others? Which one do you relate to most? Are there any you connect with less? Perhaps you could create a game of dominoes or a memory game using the images.*

*See our other Pentecost episode for other ideas to explore together:*

[https://urc.org.uk/images/Children-and-youth/Resources/Families\\_on\\_Faith\\_Adventures -  
Week 8 - Pentecost Power copy.pdf](https://urc.org.uk/images/Children-and-youth/Resources/Families_on_Faith_Adventures_-_Week_8_-_Pentecost_Power_copy.pdf)



**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 Holy Spirit was promised to all of Jesus' disciples. What does that mean for people today?*
- *The Holy Spirit is called the Prince of Peace. What do you think this means?*
- *What difference does it make to have the gift of the Holy Spirit?*
- *How do we know that the Holy Spirit is with us if we can't see it?*
- *The fruits of the Holy Spirit are love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness, and self-control. Which of these do you need the most? Which is most important to you and why?*

# 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



***This week's "What's in the Box" is a little different.***

***If you read the earlier section "Ways to Retell the Story",  
you will find some items to gather together.***

***These are all things that symbolise the Holy Spirit.***



## Pray Together



### Go Fetch the Holy Spirit?

*In the retelling of the story, you gathered items to think about the characteristics of the Holy Spirit. These items can be used to help you pray.*

*You can do this on your own or as a family or group together. Pick up an item and talk about the item and then say a prayer.*

*With something that.....*

- *teaches you, ask God to teach and guide you*
- *gives you comfort, ask God to bring comfort and say the names of anyone you know who need comfort*
- *is a gift, say thank you for all that God gives you*
- *is strong, ask God to help you especially when you are worried and help you to be strong for others*
- *is about peace, ask God to bring peace, thinking about situations and countries where there is no peace*
- *is about friendship, think about your friends and ask God to bless them*
- *is gentle, talk to God about times when you get cross or frustrated and ask God to help you be gentle*
- *is about love, think about how much God loves you and ask God to help you show God's love to others*

## Pray Together

### **Do Not Let Your Hearts be Troubled**

**You will need:** Hearts cut from paper or card  
Sticking plasters

*"I leave you peace. My peace I give you. I do not give it to you as the world does. So don't let your hearts be troubled. Don't be afraid"*

John 14:27



Take the hearts and tear them in half. As you do, think about the things that make you cross or worry you. Think about situations where things might feel like they are broken.

Take a sticking plaster and mend the heart by sticking the two pieces back together. Pray for God to bring peace into the broken situation, to bring peace where there is anger and fill you with God's love.



*A prayer to say together*

*Dear God,  
where there are families in distress,  
we pray for your peace.  
In the playground or park,  
where children fight or disagree,  
we pray for your peace.  
Where people are cross, worried or anxious,  
we pray for your peace.  
Dear God, give us your peace and make us peacemakers.  
Amen.*

## Pray Together

### Foaming Prayers

You will need some gel/foam soap or shaving foam.



Spray the gel onto your hands and shape it as foams, or you can spray it onto a plate and mould it there. As you mould it or just feel the softness of it in your hand, listen to this song and think about God's Holy Spirit filling you up.

May the God of Hope by Doug Horley

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



#### An alternative

Spray the gel onto a plate, find somewhere quiet to sit, and just watch the foam grow and change. If you listen carefully you can hear the bubbles popping as it grows and changes into foam. Know that God is with you and, as the foam changes, quietly ask God to fill you with the Holy Spirit.



*I wonder if you've had times when you have felt really peaceful or really loved?*

*I wonder if you find it easy to keep your promises?*

*I wonder how the disciples changed when the Holy Spirit came?*



*I wonder how you know the Holy Spirit is with you today?*

*I wonder how Jesus' peace is different from the peace the world offers us?*



TO DO TOGETHER...



**Love Mobile**

Our Bible passage uses the word love quite a few times. There are times when following God's rules and Jesus' teaching about love is easy and times when it can be a challenge. The mobile reminds you of the Bible verses and you can make the hearts soft and smooth or rough depending on whether you find the message easy, tricky, helpful or challenging. You may want to add some encouragement of your own to help you too.

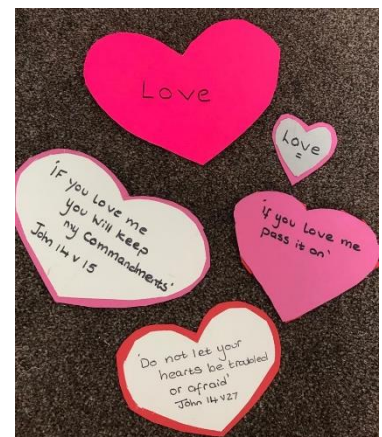


- You will need:**
- Card- recycled if possible
  - Scissors
  - Glue
  - Coloured paper  
(e.g. recycled wrapping paper, envelopes, or colour some plain paper)
  - Items to add texture:  
foil, mini pom-poms, wool, thicker paper, kitchen paper, bubble wrap, material from worn out clothes etc.

**What you do:**

Draw different sized hearts on the card. Cut out and colour/cover one side with coloured paper, foil, wool, collage of different textures. Write your Bible quotes on the other side.

Join the hearts together using wool/string. When your mobile is complete, make sure you have a loop on the top to hang it up with.





**TO DO TOGETHER...**

**Pentecost Mosaic**

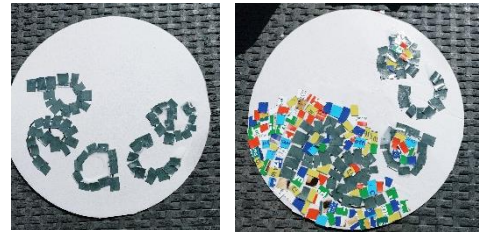
**You will need:** *Cut up bits of paper  
A pizza cardboard base or circle of cardboard*



**What you do:**

*Create your design by drawing it out on the base.  
Begin by creating the image you want to stand out, we  
chose the word "Peace".*

*This helped us to remember about the peace Christ gave  
to us and the love God has for us all.*



**Alternative**

*Ready-mixed filler  
A large plastic lid or tray  
Some smashed up pieces of broken china (you may be able to get this  
from charity shops – do not help yourself to the best china!).*

*Form your image by sticking down the paper onto  
your cardboard base using glue or, if you are using  
broken pieces of china, sticking these down onto the  
plastic lid or tray using ready-mixed filler such as  
Polyfilla. Then fill in the remaining space with pieces  
of all the different colours you have. Don't be afraid  
to leave some white spaces too.*

*You could varnish your finished piece using varnish for  
the china or PVA glue for the paper and use it as a  
mat or coaster to remind you every day of God's love  
and peace which stays with us through the Holy  
Spirit.*





**TO DO TOGETHER...**

**Bubble Blowing**

**You will need:** Pipe Cleaners  
Bubble mixture

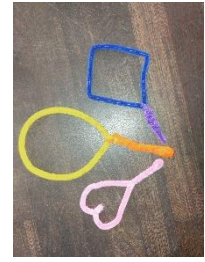
**What you do**

Create some shapes using the pipe cleaners. We used cups and boxes to help us get some good shapes. Now attach an additional pipe cleaner as a handle. Dip it into some bubble mixture and breathe.

The disciples were confused and worried what was going to happen. Blowing bubbles helps us to regulate our breathing and so when we are worried about everything going on, we can take some time to calm ourselves by blowing some bubbles.

Remember these words:

***"I leave you peace. My peace I give you. I do not give it to you as the world does. So don't let your hearts be troubled. Don't be afraid."***



# Walking the Way

Living the life of Jesus today

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

**At Home:**

*This week we found out about Jesus' promise. Although he isn't here walking by our sides every day, Jesus sent us the Holy Spirit at Pentecost, just as he promised. The Holy Spirit is always with us. So this week, whenever you promise to do something, think of the Holy Spirit and try to make sure that you keep that promise.*

**Outside:**

*One of the things that Jesus promised the Holy Spirit would bring is peace. Can you find somewhere outdoors where you feel at peace? It may be somewhere beautiful and quiet, but it could equally be somewhere busy and bustling. It may be made peaceful by you doing some gentle breathing (perhaps with some bubbles) or concentrating on something calming that you hold in your hand or focus on. Let your worries and troubles float away on the breeze and let God's peace fill you up.*

**For Others:**

*Last week we found out about different languages and the people being spread out. The story of Pentecost sees people understanding one another again and being united as God's family. This week promise God that you will use your words to help and build people up and share good news with all those around you at school, at work, in the shops, over Zoom, wherever you go.*





The  
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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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