

## 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:

Come On, You Can Do It!  
1 Timothy 4 verses 6-16



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.

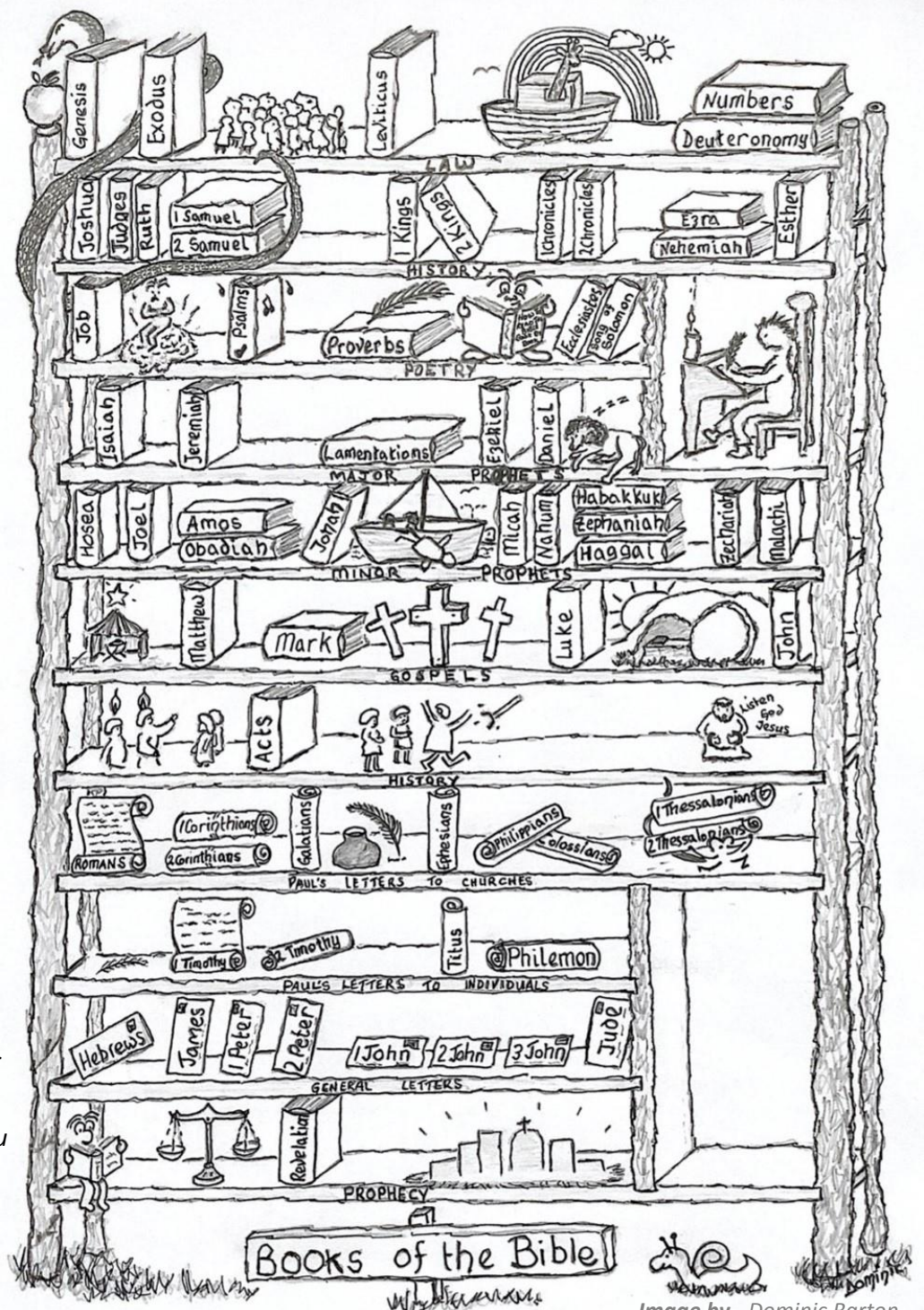
The New Testament tells us the stories of Jesus and his followers. There are 27 books in the New Testament.



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 – 1 Timothy**

The book of 1 Timothy was written around 64 AD by Paul, it is a letter from Paul to his younger friend Timothy. In the letter we see Paul encouraging Timothy who is a young church leader. He is telling him to carry on, to do well and not let people look down on him because he is young. The letter is often used to encourage young Christians to do the things they believe God is calling them to do.

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

#### **Watch and Listen**

Timothy's story by Crossroads Kids <https://www.youtube.com/watch?v=w4GSFluzBSA>  
Children talk about the Early Church [https://www.youtube.com/watch?v=2F034m5Xa\\_8](https://www.youtube.com/watch?v=2F034m5Xa_8)  
Whatever you do, do it for God by Douglas Talks  
<https://www.youtube.com/watch?v=dZQUbs3A9VE>  
1 Timothy 4 v 8 by younghearts ministries  
<https://www.youtube.com/watch?v=yFxGRsJAxmU>

#### **Dance and Sing**

1 Timothy 4 v 12 memory verse song by Seeds family worship  
<https://www.youtube.com/watch?v=Zx6uF3flpKA>  
Young by Sandals Kids <https://www.youtube.com/watch?v=ORjzt9sGzU>  
Eeny Meeny Miny Mo by Kidsspring for Toddlers  
<https://www.youtube.com/watch?v=vlkOFB4LwFM>  
City on a hill by Nick and Becky Drake <https://www.youtube.com/watch?v=lTEadEftdnM>  
Undeclared by Lifekids <https://www.youtube.com/watch?v=sfoHF3uOqUw>



**The Story – 1 Timothy 4 v 6-16 (The International Children's Bible)**

*Tell these things to the brothers. This will show that you are a good servant of Christ Jesus. You will show that you are made strong by the words of faith and good teaching that you have been following. People tell silly stories that do not agree with God's truth. Do not follow what those stories teach. But teach yourself only to serve God. Training your body helps you in some ways, but serving God helps you in every way. Serving God brings you blessings in this life and in the future life, too. What I say is true, and you should fully accept it. For this is why we work and struggle: we hope in the living God. He is the Saviour of all people. And in a very special way, he is the Saviour of all who believe in him.*

*Command and teach these things. You are young, but do not let anyone treat you as if you were not important. Be an example to show the believers how they should live. Show them with your words, with the way you live, with your love, with your faith, and with your pure life. Continue to read the Scriptures to the people, strengthen them, and teach them. Do these things until I come.*

*Remember to use the gift that you have. That gift was given to you through a prophecy when the group of elders laid their hands on you. Continue to do those things. Give your life to doing them. Then everyone can see that your work is progressing. Be careful in your life and in your teaching. Continue to live and teach rightly. Then you will save yourself and those people who listen to you.*

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

### **Spiritual Training Chant**

Teams will sometimes use this boot camp style chant to encourage each other whilst training or marching. Here's a fun Christian version to use. Perhaps your group/family could have a go at writing their own. The 'leader' says each line and everyone else repeats it each time. Here's an example

[https://www.youtube.com/watch?v=mxclz8RBQz4&list=PLm8M39DYQbeylnaly6n0GdMeEkM3\\_q6h7](https://www.youtube.com/watch?v=mxclz8RBQz4&list=PLm8M39DYQbeylnaly6n0GdMeEkM3_q6h7)

We don't care what people say  
We will follow every day  
Keeping fit in mind and soul  
Serving Jesus is our goal

Train your spirit every day  
Run the race the Jesus way  
Read your Bible, do what's right  
Pray to God both day and night

You help me and I'll help you  
That's the Christian thing to do  
We are weak but he is strong  
God is with us all day long

Loving God with all your heart  
Is the only place to start  
Serving others matters too  
You love them, 'cause he loves you

(Altogether) 'Cause I'll Keep on  
Moving  
Learning  
Growing  
Keep on  
Serving  
Gotta keep - going

(Altogether) 'Cause I'll Keep on  
Moving  
Learning  
Growing  
Keep on  
Serving  
Gotta keep - going

### **Gifts From God**

In this letter, we read that Timothy is being encouraged to notice the gifts that God has given him, to recognise the things he is good at and to not stop doing them. Timothy is told to keep using his gifts and keep getting better.

Take some time to appreciate and acknowledge the gifts that God has given to you as individuals and as a family. Perhaps capture them in some way so you can all see it, on a chart, or photo wall... Are you using these gifts? Are you training yourself to be better in them? Perhaps you could choose one or two and make a plan to use them in new ways.

### **Accept the Challenge and Go For It**

Why not consider learning something new; a language, riding a bike, swimming, juggling, or doing a back flip? What new thing do you want to learn to do? Give it a go and when it gets tough, persevere, make sure others know so that they can cheer you on and encourage you. Perhaps you know someone who can already do the thing you want to learn; I wonder how they can support you like Paul supported Timothy? Perhaps there are things you can teach each other in the family.

### **Table Top Discussions**

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

- *In the letter, Paul tells Timothy to be an example for others, even though he is still young himself. Who can you be an example to and in what way?*
- *What are your gifts? The letter reminds Timothy that you need to keep using the gifts and talents that God has given to you. Consider your talents and gifts. Are you using them all?*
- *This letter encourages Timothy to grow as a young leader. Why not take it in turns this week to lead at the dinner table. It can be a prayer, discussion, craft, activity, or something else, but everyone can have a go. Don't forget to encourage each other.*
- *Do you know anyone who needs encouraging at the moment? What can you do to help?*
- *What are the parts of your Christian life that you find most difficult? What can we do to support each other in it?*



## 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.



A toy to  
represent  
Timothy



Something with  
rainbow colours  
for God's promise



A letter in an  
envelope to open



Cheerleader's pom-pom  
– you could make these



A badge (Safety  
badge, not pin)



**Please supervise small children! Watch out for chain or string getting caught around fingers, wrists or neck etc.**



Trumpet or  
party blower



## Pray Together

### Watch and Pray!



Take two glasses and add a small amount of water to each. Add different colours of food colouring to the water. Fold a strip of kitchen paper in half and place an end in each of the glasses. Watch and wait to see what happens.



Sit quietly as you watch and use the questions from the table top activity to help you think and pray.

Do you know anyone who needs encouraging at the moment? What can you do to help?

Watch as the colours rise up the paper. Talk to God about the people you are thinking about, ask God to show you how you can help them.

What are the parts of your Christian life that you find most difficult? What can we do to support each other in it?

As the colours meet together, think about the people who support you. Talk to God about the things that you find difficult to do.

*Dear God*

*Please help us to encourage others  
And notice when people need our help.  
Thank you for those who encourage us.  
Thank you for their help and support.*

*Amen*



## Pray Together

*This letter encourages Timothy to grow as a young leader. We all start small in size but also in our knowing about God, and by encouragement from others we learn more and more. Try this physical prayer to think about how God helps us grow.*

*God helps us grow!*

***Thank you, God, for helping us grow.***

***Start out crouching in a ball.***

*We all start small – you can hardly see us at all!*

*But God helps us grow!*

***Thank you, God, for helping us grow.***

***Move to a kneeling position.***

*As you can figure – soon we get bigger!*

*God helps us grow!*

***Thank you, God, for helping us grow.***

***Move to a standing position.***

*Then it is known, that we are full grown!*

*God helps us grow!*

***Thank you, God, for helping us grow.***

***Return to crouching in a ball***

*God's word in us starts small – hardly seen it all!*

*But God helps us grow!*

***Thank you, God, for helping us grow.***

***Move to a kneeling position.***

*As you can figure – soon it gets bigger!*

*God helps us grow!*

***Thank you, God, for helping us grow.***

***Move to a standing position.***

*Then it is known, that it is full grown!*

*God helps us grow!*

***Thank you, God, for helping us grow.***

*Thank you God that you help us grow,  
both in our bodies and in knowing you.*

*Thank you that however big we get there is still more we can learn about you.*

***Amen.***

**Pray Together**



**'Pray it Forward'**

*Just as Timothy was sent to encourage others and spread the good news of Jesus, encourage others in your church to join you in praying for your community. Then 'Pray it Forward' by flooding the local area with handmade 'prayers'. Help to spread joy, happiness and love to those around us.*

*Here are some simple ideas or prayers to make and give to others.*

**Prayer Stones**



*Paint stones in bright colours for people to find. You could paint pictures on them, Bible verses, encouraging and inspirational words and more!*



**Praying Hands**



*Draw around your hands and write a prayer or blessing on them.*

*These are two simple ideas – more ideas can be found on our **Pray it Forward Pinterest board** @ChildrensMinistryScotlandURC*

# families on faith adventures

at home

*I wonder if you've ever had a chance to help someone learn about Jesus?*

*I wonder what gifts God has given you?*

*I wonder who or what encourages you?*



*I wonder if you can think of a time when someone encouraged you and you learnt something new because of it?*

*I wonder how we can encourage our children and young people to be leaders and teachers in God's family?*





**TO DO TOGETHER...**

**PE Training**

**You will need:** Space to exercise

**What you do:**

Set yourself some challenges or something which needs lots of practice. Do this every day and see how much you improve. Can you do them quicker and better? Can you do more?

PE challenge

5 Press ups

5 Sit ups

5 Squats

5 Star jumps



Set yourself a challenge, try standing up from crossed legged without using your hands.



Try a new skill like riding a bike, juggling or doing a handstand.

Timothy was told to keep going, to keep learning, growing and practicing so he was strong in faith. If doing physical challenges like these helps you get better and better, think how you can practise following Jesus and get better and better at that too!



## TO DO TOGETHER...

### Biscuit Words

**You will need:** Rich tea biscuits  
Writing icing  
Icing



### What you do:

Make up some icing and spread it on your biscuits.

Decide on the words of faith you want to put on your biscuits and using the writing icing decorate them. We thought about Timothy and wrote words like 'Serve; grow; learn; love'.

### Wrapping Paper Printing

**You will need:** Paper  
Paint  
A potato

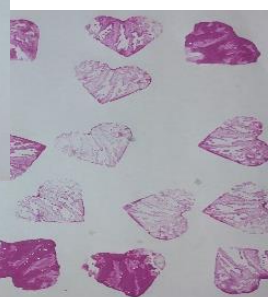
### What you do:

Cut the potato in half and, using a cookie cutter, make an imprint into the potato.

Carefully, cut out the shape (you may need an adult to help with this).

Dip your potato in paint and create a design for your wrapping paper.

We are all given gifts by God. As you wrap up a gift for someone else, think about the gifts you have been given and how you use them.





The  
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**families  
on faith adventures**

*at home*

# Walking the Way

Living the life of Jesus today

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

**At Home:**

*Remember that, no matter how young or old you are, God calls you to be an example to others in the way you act and speak, to show people what it's like to be a child of God.*

**Outside:**

*Timothy was encouraged by his grandmother, by his fellow-Christians and by Paul, and in turn he encouraged others. Maybe you could encourage people too. When you're outside, you will probably see people getting exercise, especially people running. Cheer them on! It will really make a difference if you do it and mean it.*

**For Others:**

*Flood the community with prayers. Take the things that you made while you were praying for your community above and 'pray it forward' by putting the things where people can find them and take them home with them.*





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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](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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