

## 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:

God's World in Your Hands

Psalm 8 verses 1-9



*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.

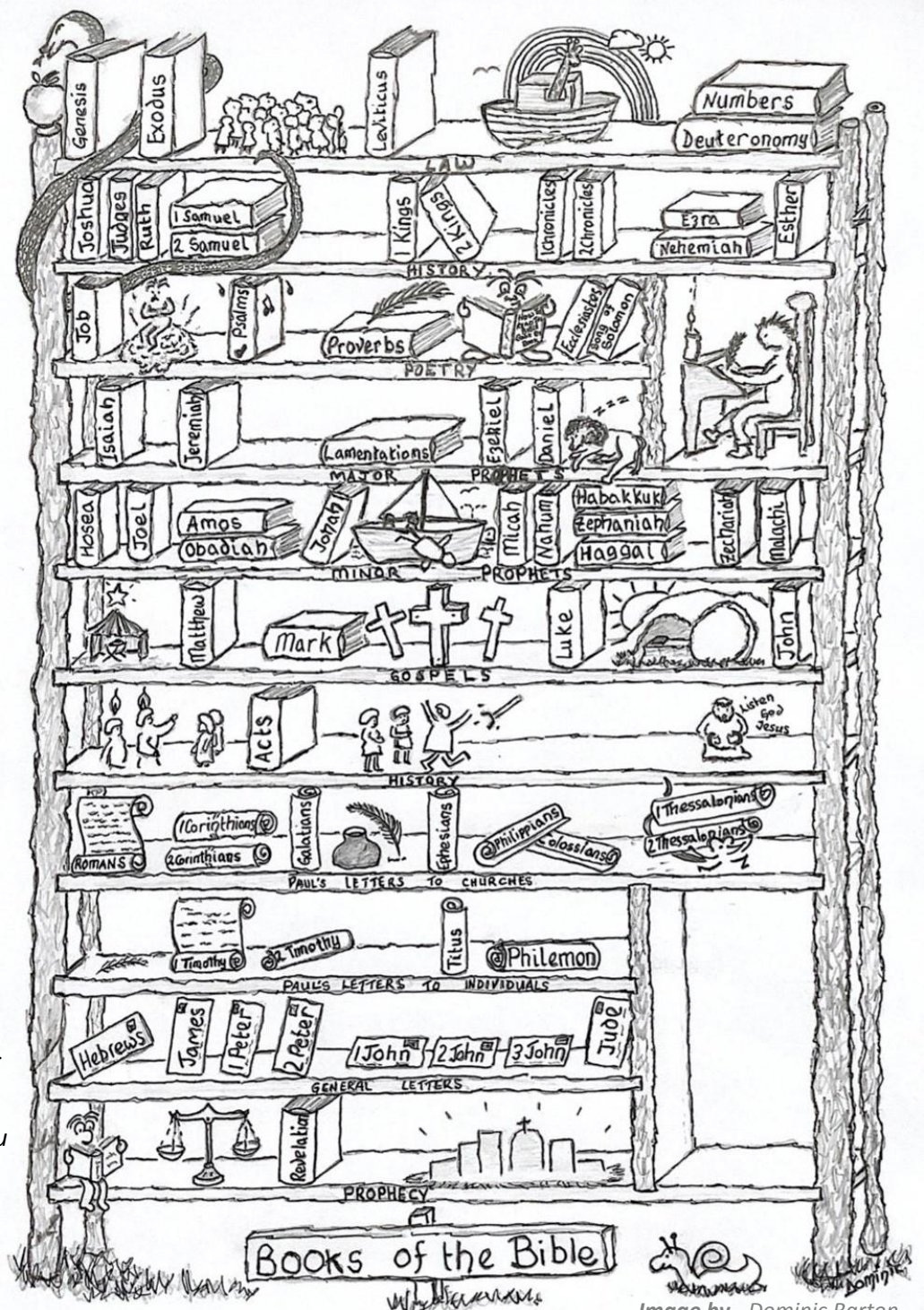
The New Testament tells us the stories of Jesus and his followers. There are 27 books in the New Testament.



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 – Psalms**

The book of Psalms was written around 1400 – 450 BC by many different authors but the main writer was the shepherd boy David who became King. David wrote over half of the 150 Psalms. Psalms are poems that would have been put to music. They are varied and talk about sadness, praise, prophecy, promises, and encouragement.

Psalm 8 was written by David who would have spent a lot of time outside looking after the sheep day and night. It is a celebration of creation and a reminder that we are to look after the world that God has created.

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

#### **Watch and Listen**

5 min devotional on Psalm 8 <https://www.youtube.com/watch?v=-ElfMB1eOIA>

Taking care of God's world with Douglas the puppet <https://www.youtube.com/watch?v=-Wf6TH6qwlY>

Save our world by Robinlittlewood [https://www.youtube.com/watch?v=bn8R\\_Xqj10](https://www.youtube.com/watch?v=bn8R_Xqj10)

Animation of Creation by the Gospel Project

<https://www.youtube.com/watch?v=cZrwd7DqStA>

Lorraine tells the Creation story – A Very Precious Thing [https://youtu.be/dBAHBy\\_C60M](https://youtu.be/dBAHBy_C60M)

#### **Dance and Sing**

Psalm 8 by GBC Sunday School Resources <https://www.youtube.com/watch?v=40BthRkqFIM>

Lovely Jubbly by Doug Horley <https://www.youtube.com/watch?v=v1yu1L6LZCo>

Creator God by Nick and Becky Drake <https://www.youtube.com/watch?v=GM4IVZuljEI>

The Lorax Let it grow <https://www.youtube.com/watch?v=OqvD4NC-s9E>

Colours of the wind (Pocahontas) <https://www.youtube.com/watch?v=O9MvdMqKvpU>

***The Story – Psalm 8 verses 1-9 (The International Children’s Bible)***

*Lord our Master, your name is the most wonderful name in all the earth!*

*It brings you praise in heaven above.*

*You have taught children and babies to sing praises to you.*

*This is because of your enemies.*

*And so you silence your enemies and destroy those who try to get even.*

*I look at the heavens, which you made with your hands.*

*I see the moon and stars, which you created.*

*But why is man important to you? Why do you take care of human beings?*

*You made man a little lower than the angels. And you crowned him with glory and honour.*

*You put him in charge of everything you made. You put all things under his control:*

*all the sheep, the cattle, and the wild animals,*

*the birds in the sky, the fish in the sea, and everything that lives under water.*

*Lord our Master, your name is the most wonderful name in all the earth!*

*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***

***Go Outdoors to tell the story***

*The creation story or psalms such as Psalm 8 were inspired by people looking at the creation around them and experiencing a sense of awe and wonder at the Creator God. Take some time to go on a walk or simply sit in a park to enjoy these Psalms and stories together in the place they belong.*

*This activity explores the story of creation in two parts.*

### **Go Fetch**

*It begins with a game of Go Fetch outdoors. Recap the story of creation together and then go off to collect natural items that represent each part of the story. E.g. Light and Dark – something light and dark coloured.*

*Sun and moon – something round and white, yellow or silver*

*Land and water – something green/grass and something wet like a pebble*

*Birds of the air – a feather*

*Once all the items are collected, you need to find a long stick, the type you might find to walk with.*

*Alternative – If you do not live near a green space, these items can be found in magazines for cutting out.*

### **Story Sticks**

*The final step is to bind all the items onto your story stick. Keep it natural using threads and string to tie the pieces onto the stick. Then you can take it in turns to tell your creation stories to each other using your sticks. An alternative is to create a story stick which is about celebrating creation, which would give you many different stories, similar to Psalms.*

*You could use pens to write God's name into the stick too, as a reminder that all creation shouts God's name. The brave could carve God into the stick.*

*Once your stick is complete, it can be held high as a reminder that all creation points us to God. Hold the stick out in front of you in both hands as a reminder that creation has been given to us; it is in our hands and we need to take care of it.*

### **FACT: Story Sticks or Journey Sticks**

*Aboriginal people in Australia used journey sticks to show and tell others about their journey when they returned. They found a large walking stick, collected materials found along the way, and tied them to the stick in chronological order. Native Americans also decorated sticks to recount their journeys and tell about their travels.*

### **Modern Parables**

*Modern stories exploring the themes of Psalm 8:*

*Why not relax and watch The Lorax together*

*<https://www.youtube.com/watch?v=GkO29Z1hvhY>*

*How to help the earth by The Lorax <https://www.youtube.com/watch?v=lbUS3jPjyrc>*



**families  
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*at home*

### ***Table Top Discussions***

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

- *God made us to be stewards over the earth. What does this mean? What does it look like when we do it well?*
- *What are the parts of creation that make you think about God and why?*
- *Do you think we were always going to be a part of God's creation, or were we added simply to take care of it?*
- *What's the best present you ever received? Do you still have it?*
- *What do you think is the strongest/ most fragile part of creation?*

## 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 globe or simple map

Something with  
rainbow colours  
for God's promise



Pieces of fabric of all  
difference colours



Flower heads,  
grasses, bark etc



Toy animals, birds  
and sea creatures

## Pray Together

### Senses

Go out into your garden or the local park. What can you see, hear, touch, smell? Look at the different things around you.

Touch the different surfaces and textures. Stop and think how each one makes you feel. With the hard and rough surface, talk to God about things that are difficult and frightening. God knows our tears and sadness. With the shiny and water-like items, talk to God about what is making you sad. With dirty and squishy things like mud and sand, ask God to help you and be with you when you feel stuck. With the colourful flowers and leaves, think about how God has made each of us to be unique and say thank you to God for your friends and family. Let your feet feel the grass and know that God is with you in everything. Enjoy being in God's creation and just be still in God's company.



### A Senses Prayer

Thank God for all the colour in the world –  
For the rainbow of colour we see all around  
flowers, birds, trees, building, pictures,  
football shirts.

**Thank you God!**

Thank God for all the sounds in the world –  
water in a stream or rainfall,  
waves on the beach,  
wind rustling in the trees.

Birds singing, music, traffic and peoples  
voices,

**Thank you God!**

Thank God for all the smells in the world –  
grass after rain, herbs rubbed between  
fingers, sausages on a BBQ  
and freshly baked bread.

**Thank you God!**

Thank God for all the sights in the world –  
wide open spaces, winding roads,  
gardens and parks, hills and beaches,  
buildings old and new, and each other's faces.

**Thank you God!**

Thank God for special people in the world –  
friends and family, heroes and helpers,  
teachers and learners, doctors and nurses.

**Thank you God!**

Thank God for all our ability to enjoy these things –  
to see, hear, smell, touch and taste.

**Thank you God!**

Dear God, bless all the people  
who sense things in a different way.  
Thank you that you made each of us  
just as we are, precious to you.

**Amen**



## Pray Together



### **Rainbow Prayers**

*Colour or paint a rainbow. Follow the colours of the rainbow with your finger. As you guide your finger along each colour, give thanks to God for all the things you can name of that colour.*

*Try taking it in turns to name different things of a particular colour and then say a big amen together.*

### **Daytime and Night-time**

*Go outside in the daytime and look up at the sky, what can you see?*

*The sun?*

*A rain cloud?*

*The trail of an aeroplane?*

*The shapes in the clouds?*

*A bird hovering?*

*Leaves blowing?*

*Go outside at night-time, what can you see?*

*A light flashing from a helicopter or aeroplane?*

*A bat or night owl?*

*The moon and stars?*

*Beams of light from beacons and buildings?*

*A prayer to say together:*

*Amazing God, you have created the heavens and the earth.*

*You put the stars in the sky, and set the sun and moon in place.*

*You created everything we see.*

*Everything you have made is wonderful.*

*Help us to care for this world you have made.*

*We praise you for your glorious creation, and thank you for the place you have given us in it.*

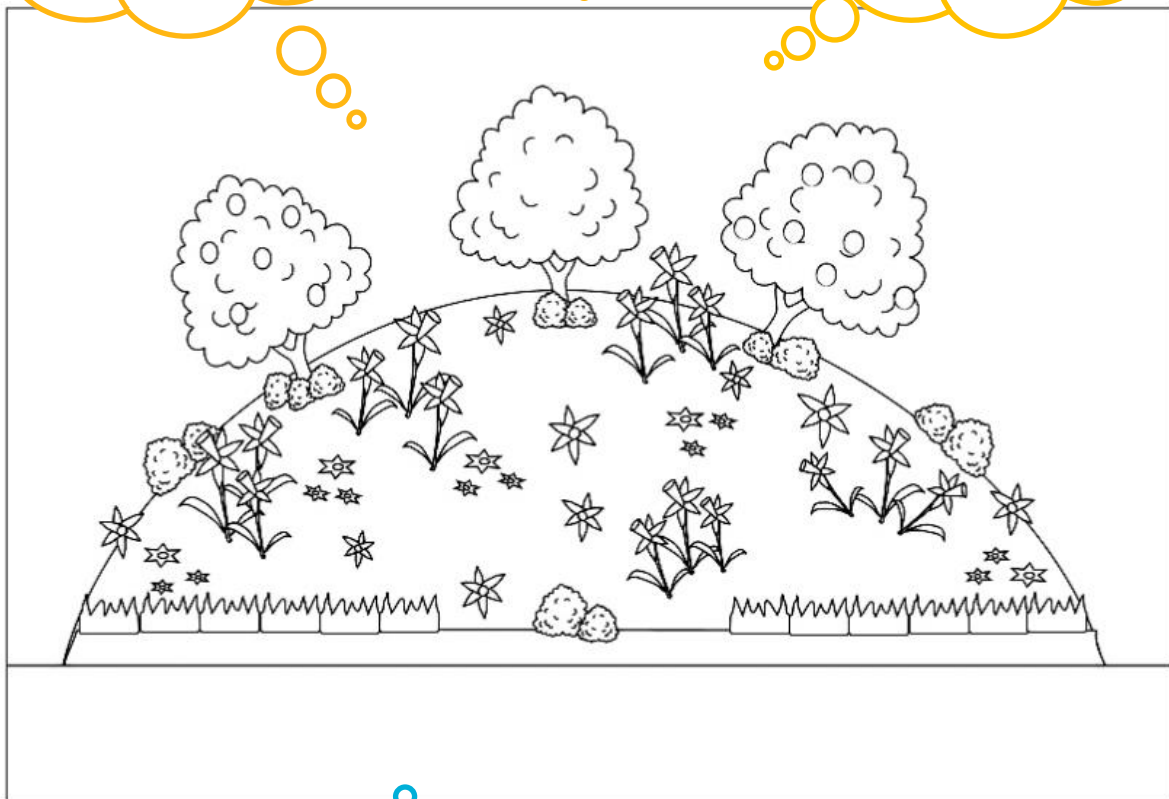
*Amen.*



*I wonder what is your favourite part of creation and what is your least favourite?*

*I wonder what is your favourite season?*

*I wonder what God thinks when looking at how we care for creation?*



*I wonder what promise you might want to make to God about how you might care for God's creation?*

*I wonder whether there is any part of creation which is not affected by climate change, pollution and human activity?*



## TO DO TOGETHER...

### Seedy Trees

**You will need:** Scrap paper in green and brown  
Some wildflower seeds (if you have them)  
Parchment paper/ or baking paper  
Towel  
Rolling pin or tin can

### What you do:

Rip up the scrap paper into very small pieces and place it into a bowl. Add a small amount of water and leave it to soak until it gets quite mushy. Using a hand blender, blend it together until it is like pulp. Once it is all combined, squeeze the pulp to remove some of the excess water. Put a towel onto a flat surface and place the parchment sheet onto it. You can place this onto a chopping board or baking tray to make it easier to move around. Start to press the paper pulp onto the sheet of parchment/baking paper into a tree shape, blending the green and the brown to make it look like a tree and sprinkle your seeds, if you have them, onto the pulp. Place another sheet of parchment on top of the pulp, and roll it out, quite firmly to create a thin sheet of paper. Carefully take the top layer of paper off and leave it in a warm place to dry out. Consider our responsibility to look after creation and where you can leave these trees to grow into something beautiful.





## TO DO TOGETHER...

### Framing God

**You will need** A stiff piece of card  
Scissors

**What you do:**

Write the word *God* out of a piece of card and then cut it out.

Hold up your frame in different places and look through it, or even take a photo, to remind you that all creation shouts *God's* name, and *God* is everywhere in creation.





TO DO TOGETHER...

**Litter Pickers**

**You will need:** A Bamboo Cane  
Strong tape  
Or  
A clean 6-pint milk bottle  
Some old socks

**What you do:**

*Cut your bamboo cane in half.*

*Position your canes in a V shape and tape one end together - near a knuckle if you can, as this will create extra space to help it move. This creates a pincer action like chopsticks.*

*Or*

*Cut the 6-pint milk bottle in half, put a sock on the side of each half, and then loosely tape the socks to the milk bottle. You can now put your hands inside the socks to make some 'big hands' to pick things up with.*

*As we think about the Psalm, consider the difference it makes to God's creation when we collect the litter which gets left about. I wonder how much litter you find when you really look?*



# Walking the Way

Living the life of Jesus today

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

**At Home:**

*God asks us to treat creation responsibly. Make one change this week that shows you are caring for God's creation. Maybe you could remember to turn the lights off whenever you leave a room, or try to use less water (though still make sure you have plenty to drink!), or not buy anything in a plastic container, or try only to buy things grown/made locally, or don't use the car. So many little things we can do which can really make a difference!*

**Outside:**

*Did you make some seed paper? Why not write on it "Please look after this tree" and hang it on a tree near you. It will remind people to take care of nature but will not cause litter and will help spread some seeds too. If you didn't make seed paper, perhaps you could get some wildflower seeds and sprinkle them on some waste ground in your neighbourhood.*

**For Others:**

*Paint or draw a picture of God's beautiful creation and send it to someone who finds it difficult to get out and about. Perhaps if you know someone who is visually impaired, you could make a collage with different textures for them to feel instead and tell them all about what your picture shows.*



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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.*

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