

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:

Peer Pressure
Romans 14: 1-13



Illustration by Ian and Sue Coate via FreeChristianIllustrations.com



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.

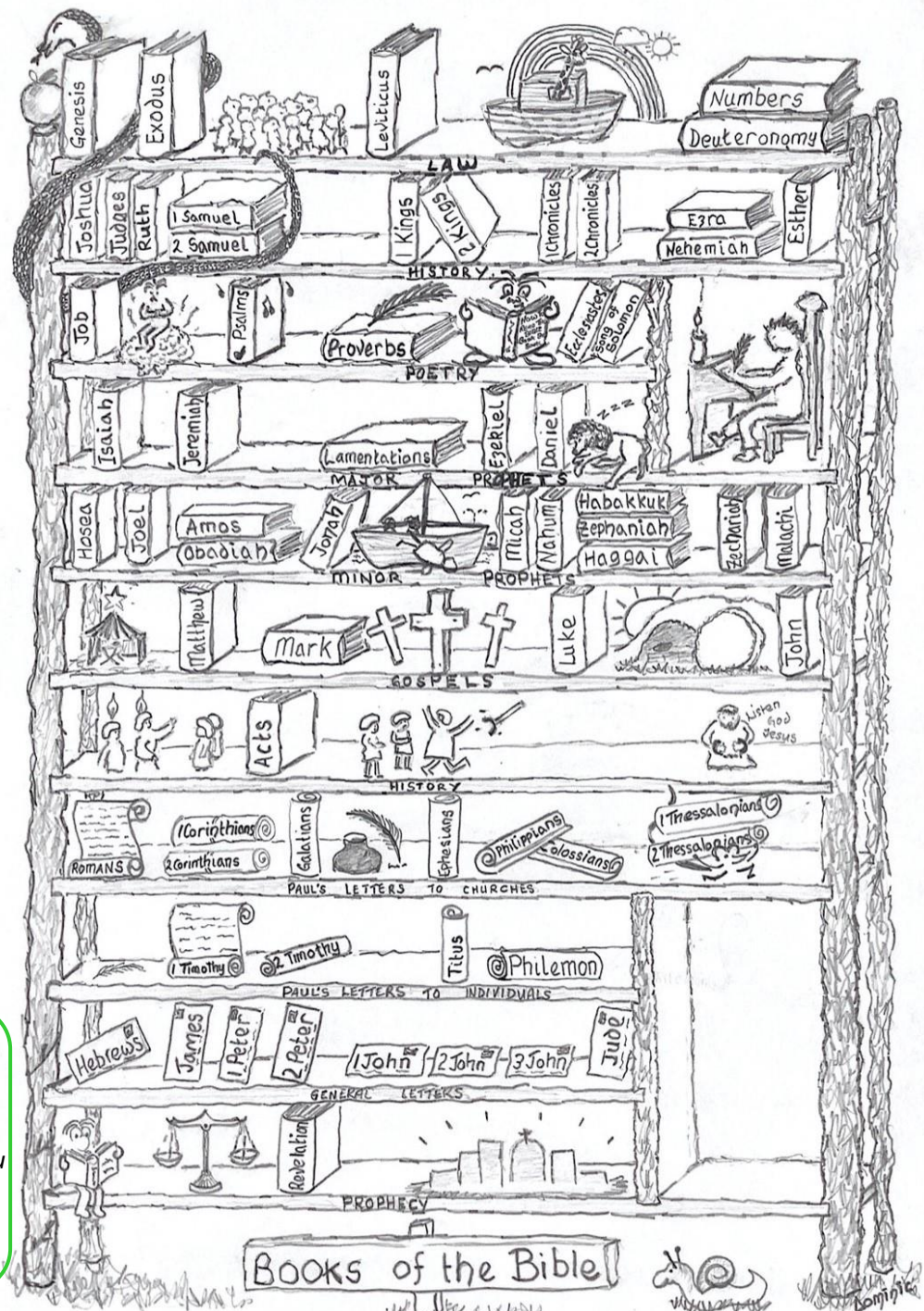
The New Testament tells us the stories of Jesus and his followers. There are 27 books in the New Testament.



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 – Romans 14 v 1 – 13

The book of Romans written by Paul around 56 AD. It's a collection of letters that Paul was writing to Christians living in Rome. Paul knew that the city of Rome was full of people all very different from each other: sailors, travelling merchants, rich important people and slaves, amongst others. He wanted them (especially all the believers) to live together in peace, seeing how they are all connected in the faith.

The Story – Romans 14 v 1 - 13 (The International Children's Bible)

Do not refuse to accept into your group someone who is weak in faith. And do not argue with him about opinions. One person believes that he can eat all kinds of food. But if another man's faith is weak, then he believes he can eat only vegetables. The one who knows that he can eat any kind of food must not feel that he is better than the one who eats only vegetables. And the person who eats only vegetables must not think that the one who eats all foods is wrong. God has accepted him. You cannot judge another man's servant. His own master decides if he is doing well or not. And the Lord's servant will do well because the Lord helps him do well.

One person thinks that one day is more important than another. And someone else thinks that every day is the same. Each one should be sure in his own mind. The person who thinks one day is more important than other days is doing that for the Lord. And the one who eats all kinds of food is doing that for the Lord. Yes, he gives thanks to God for that food. And the man who refuses to eat some foods does that for the Lord, and he gives thanks to God. For we do not live or die for ourselves. If we live, we are living for the Lord. And if we die, we are dying for the Lord. So living or dying, we belong to the Lord.

That is why Christ died and rose from death to live again. He did this so that he would be Lord over both the dead and the living. So why do you judge your brother in Christ? And why do you think that you are better than he is? We will all stand before God, and he will judge us all. Yes, it is written in the Scriptures:

"Everyone will bow before me; everyone will say that I am God.

As surely as I live, these things will happen, says the Lord." Isaiah 45:23

So each of us will have to answer to God for what he has done.

So we should stop judging each other. We must make up our minds not to do anything that will make a Christian brother sin.

Online versions of the story

Watch and listen

We just can't agree by iBelieveBible (Suitable for Older youth)

<https://www.youtube.com/watch?v=kBN4tJm5YmU>

The story of Paul (meet the author) by Kidsonthemove

<https://www.youtube.com/watch?v=g-tggp8g-TM>

Don't put people in boxes by New hope Church

<https://www.youtube.com/watch?v=zRwt25M5nGw>

Kids talk about peer pressure by CBC Kids <https://www.youtube.com/watch?v=FGv6sx0gOcc>

Dance and sing

One another by Lifetree Kids <https://www.youtube.com/watch?v=lp8tNZJCYEc>

Love the Lord by CJ and Friends <https://www.youtube.com/watch?v=vdMlxCdIY-c>

New Day by Danny Gokey <https://www.youtube.com/watch?v=0TrKXehB0pg>

Big Family of God by Nick and Becky Drake

<https://www.youtube.com/watch?v=UEvJzOxm6zs>

Every move I make by Hillsong Kids <https://www.youtube.com/watch?v=Dgf1YzscBIE>

Ideas to Retell/Explore the Story

Faith all ways

This passage reminds us that we all pray, worship, and live our faith differently. Let's remember that it's good to be different, let's celebrate and learn from each other rather than trying to make everyone do it your way.

We asked people how they prayed - here's some of the different ways....

All very different to each other, but it doesn't mean any are not right.

Are there any that are strange to you? How do you pray?

You could ask all your friends and family and find out all the different ways they worship God.

I pray on my bike because the repetitive action of pedalling means it is easy to clear my mind of clutter. It was my daily routine when I worked and commuted by bike - loads of eco brownie points too! **Tim**

I get up very early at dawn and pray and read my bible on the sofa or, if warm enough, in the garden...precious time to reflect and focus on the day. **Naomi**

While walking the dog - God seems to have more chance to get through to me when I'm more relaxed. **Chris**

I like to walk in the woods and listen to a podcast. **Rachel**

I like to worship using children's worship songs or by listening to worship music while I run. I sometimes like to worship by doodling. **Victoria**

I go on a prayer run/dance...I run to four spots and then at each stop I dance. Sometimes I have music playing or scripture while I run and dance. **Lauren**

I pray when giving my little boy his night time bottle before bed, it's the quietest and least cluttered part of my day and the room in the house with the fewest distractions. **Cathryn**

If it is a clear night, I walk out to the fields in the middle of the night and look up to the stars and pray. Being able to see how vast God's creation is really helps. **Graham**

I pray out loud if I can, preferably outdoors in nature. **Lin**

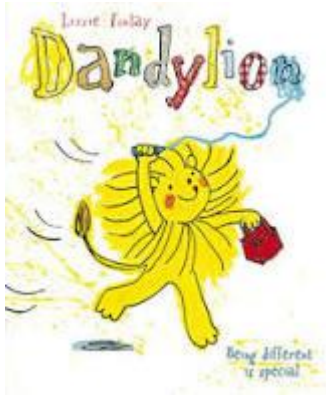
I use my Reform Siddur and Amidah. I feel connected to my faith in God, following my ancestors' traditions. Being authentic to Jesus' teaching and his Jewish traditions / customs. Psalms, walks on the beach / nature, music, singing or saying the 'Shema' can help. Last 4 years, I regularly watch Central Synagogue in New York. Due to lockdown, I often watch Jewish and Christian services online. **Saz**

I try to notice things that I find beautiful or amazing because God made me to enjoy them, things like sun beams coming through the clouds or listening to the rain fall. When I notice them, I remember that God cares for me and notices me. **Rachel**

I pray various times/places; at home; with nature; every morning & every evening. Mornings sat with meditating music; candle(s) & a glass of lemon water....sometimes need umbrella watching dawn arrive too. Evenings, usually about 40min before bed....again in garden; with candles. **Julie**

Modern parables

Familiar stories exploring the same themes



Dandy Lion by Lizzie Finlay

Lion joins a school; he is very different to the others in his class.

<https://www.youtube.com/watch?v=D8xbGPSwPkU>

You are not small by Anna Kang

Small and large bears argue about being different, until someone else arrives.....

<https://www.youtube.com/watch?v=VoGSu7kS7f0>

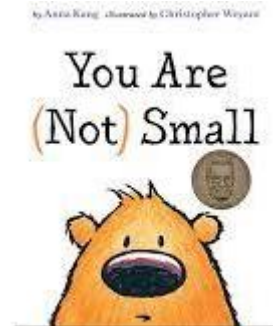


Table Top Discussions

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

- Talk about how you live your faith out, how do you worship, pray etc. Celebrate and enjoy the differences in styles.
- Paul tells us not to put an obstacle in anyone's way. What if the way you worship IS an issue for someone else?
- What does it mean to not judge anyone else?
- What are some of the ways others have put obstacles in the way for you?
- The Bible talks about not judging others, why is this important in the Christian faith? How easy is it to do?

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.

This week's Bible story is:

Peer Pressure
Romans 14: 1-13



Illustration by Ian and Sue Coate via FreeChristianIllustrations.com

A happy face and sad face, maybe on opposite sides of a paper plate or spoon



Something with rainbow colours for God's promise



A variety of things or pictures of things you know your child is not keen on and things or pictures of things they really like.

Hide these in a tray of a sensory material – sand or shredded paper or pasta, for example, and encourage your child to find them and use the two faces to show whether the items make them happy or unhappy.

Share with them which things you like and dislike too.

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

Pray Together

Prayers for the others

We all know people who we find a little different or strange. Take some time each day to name them and pray for them. Ask God to help you to understand them more and show them friendship.

You can take a step further by making an effort to get to know them better.



Pressure prayers



You may have made the stress balls in the messy play section; if so, use them to pray for times of stress and those being put under pressure.

Wherever and whenever you choose to pray, simply squeeze gently on the stress ball. You could use these words if helpful...

God,

Thank you that when we feel weak you make us strong.

I pray for those who are feeling under pressure, especially those who are being bullied or persecuted for their faith.

Just as I am holding this ball, I pray that you will hold them in your hand and keep them safe.

Help me to find ways to support them and let them know they are loved

Amen

Breathing prayers

A stilling prayer to use in a quiet place.

Sit with your feet firmly on the ground, in a comfortable chair.

As you breath in say the phrase in red.

As you breath out say the phrase in blue.

Repetition is helpful in this meditative prayer.

Fill me with your light and love

Take away my doubts and fears

Fill me with your light and love

Take away all hurt and pain

I am loved and I am yours

Help to love others too



I wonder whether you've ever been to a church which is unfamiliar to you and how people made you feel welcome?

I wonder how many different ways you can think of to pray?

I wonder how people you know choose to pray and worship God?



Illustration by lambsongs.co.nz via www.freebibleimages.com

I wonder whether your friends are all just like you?

I wonder why it's so difficult to accept that people are all different and diverse?



TO DO TOGETHER...

Obstacle course

You will need: A park to play in.

What you do:

Go to a local park and create your own obstacle course. Then do it - overcome all the obstacles in your way.

God doesn't put obstacles in our way, only opportunities.





TO DO TOGETHER...

Mini Protester banners

You will need:

- Paper
- String
- Wooden skewers cut in half
- Tape
- Play figures

What you do:

Think of something you want to

say about an issue you feel strongly about. Create a mini banner using some paper cut into triangles. Write your message with each letter on a triangle. Arrange them in order and tape them on to the string. Then attach the string to the skewers. Tape the skewers onto the dolls hands. Put the dolls in a position where people can see them protest.

Alternatively, create a small banner with some card and the skewers, write a slogan on it. Then attach it to the skewers and tape to the dolls hands.



Stress balls

You will need:

- 3 balloons
- Rice
- Cling film (optional)



What you do: Choose a balloon and give it a stretch to encourage its elasticity.

Fill it with rice, using a folded-up piece of paper as a funnel. Once it is full enough to hold in your hand, tie a knot in the neck of the balloon. Cut the neck off another balloon in a different colour and cut two smaller holes in the balloon to create the decoration. Stretch it over the first balloon. Then repeat this with the third balloon, positioning it so that you can see all the colours.



Alternatively, you can put rice onto some cling film and then twist it to create a ball shape. Then cover it with a balloon with the neck cut off. Then decorate it with the other balloons in the same way as above.



Sometimes life can be stressful. Use this ball to help you when you feel overwhelmed and need something to remind you that God is with us in the hard times.

Walking the Way

Living the life of Jesus today

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

At Home:

As you go through your day each day, remember that everything you do, however you choose to do it, is for God.

Outside:

Try doing things differently this week. Go a different route to school, perhaps. Use a different way of getting around. Play a different game outside. Remember that no matter what you do, someone else might do it differently. But that doesn't mean either of you are wrong.

For Others:

This week, try to let others make the decisions and listen to what they choose and why. Be careful to remember that their choices are theirs to make and not to rubbish what they decide, even if it's not what you would have chosen (that goes for the look on your face as well as the words you say!). Listen to their choice of music, eat their choice of food, play their choice of game, watch their choice on TV – and try to do so graciously.



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.



The
United
Reformed
Church