

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 friends or family 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:

What are you doing here Elijah?

1 Kings 19 v 11-13



Illustration by Martin Young - www.biblecartoons.co.uk



With many varieties of activities and things to do to help explore the theme. Look out for this 'hands on' symbol.

From

and

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.

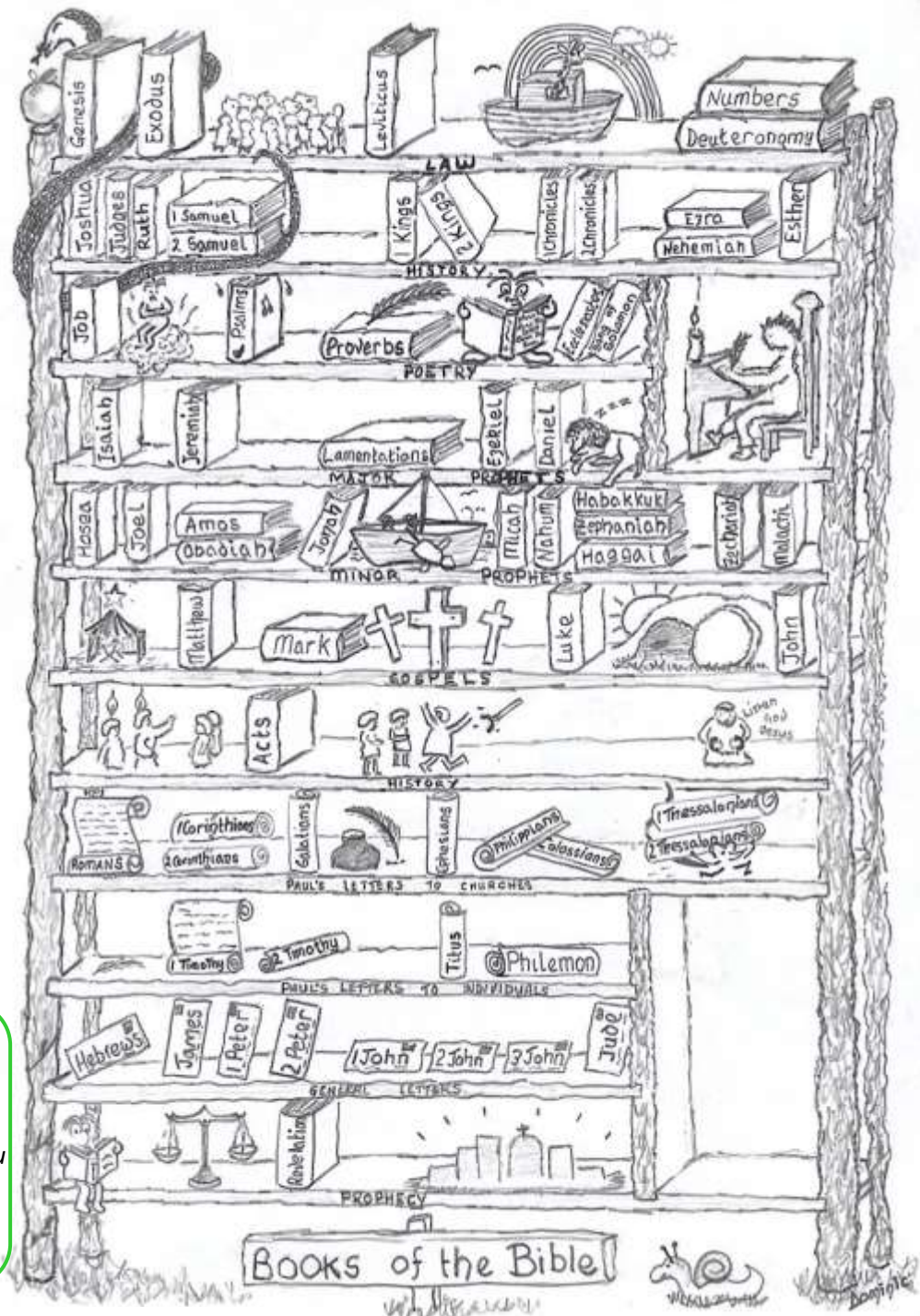


Image by - Dominic Barton

Bible context – What are you doing here Elijah?’

The book of 1 Kings was written around 550 BCE, it was written during the Israelites exile in Babylon but we are not sure who wrote it.

The book includes the stories of one of the most important prophets, Elijah.

Last week’s episode of FOFA@Home explored how Samuel, the young boy, heard God in the night. This week we look at an old man, a prophet who hears God whilst he is hiding in a cave. I wonder what God is going to say to him.

The story so far.... Elijah was running away, he felt like the world was against him, he had had enough. The rulers of the land were trying to get rid of all the prophets and Elijah was next on their list. He runs away and hides in a cave.

The Story – 1 Kings 19 v 11 - 13 (The New Living Translation)

“Go out and stand before me on the mountain,” the LORD told him. And as Elijah stood there, the LORD passed by, and a mighty windstorm hit the mountain. It was such a terrible blast that the rocks were torn loose, but the LORD was not in the wind. After the wind there was an earthquake, but the LORD was not in the earthquake. And after the earthquake there was a fire, but the LORD was not in the fire. And after the fire there was the sound of a gentle whisper. When Elijah heard it, he wrapped his face in his cloak and went out and stood at the entrance of the cave.

And a voice said, “What are you doing here, Elijah?”

Online versions of the story

Watch and listen

Elijah's whole story by Crossroads Kids

<https://www.youtube.com/watch?v=2T5gAXoerjw&t=147s>

Animation by Kids on the move <https://www.youtube.com/watch?v=RjzWfG7k9Ik>

Dramatized reading by Thankfully Christian Ministries (Worth a watch)

https://www.youtube.com/watch?v=t6iJ_2Kdm6U

Drawn animation by Cartoonworks.com <https://www.youtube.com/watch?v=GNuXeW-c88M&t=87s>

Short reflection by Kids on the move <https://www.youtube.com/watch?v=CibuAmWRcBA>

Dance and sing

Listen by Crossroads Kids <https://www.youtube.com/watch?v=CyWv43MUXzI>

I have a maker by Kids music <https://www.youtube.com/watch?v=H8ROgVOyTdE>

Speak to me by Kathryn Scott <https://www.youtube.com/watch?v=rPYPRpzF0Tk>

He's Jesus by Vineyard Kids <https://www.youtube.com/watch?v=jjLaW54Oy54>

Voice of God by Dante Bowe https://www.youtube.com/watch?v=hP5u4BUcq_U

Ideas to Retell/Explore the Story

Something to share and think about

All these are real examples of how people said they cope:

Where do you go when you're feeling low?

When you have had enough, where do you go?

When you want to escape, stamp your feet and shout,

Where do you go, to keep everyone else out?

Do you go to your room in your duvet cave?

Do you tell yourself to stand up and be brave?

Do you pull your hood up over your head,

And try to block out the world instead?

Do you hide in your wardrobe in the still and the dark?

Do you hide amongst people, in a crowded park?

Do you have a small place, a secret nook?

Do you curl up in a chair and hide in a book?

Do you go to a friend for a hug and a talk?

Do you put on your shoes and go for a walk?

Do you run to your room, away from the noise,

And lose yourself in your favourite toys?

Do you go to the bathroom and lock the door?

Do you go under the table and lie on the floor?

Do you put on your headphones and listen to tunes?

Do you lose yourself in dance, in your room?

Whatever you do and wherever you go,

There's something this story wants you to know.

In the times when the world doesn't seem to care,

God is nearby, God is right there.

God is your safe place, your lighthouse, your home,

God will never hurt you or leave you alone.

Discuss – have a conversation about how you handle the times when you have had enough, or you are feeling angry, scared, or sad. I wonder what people prefer to do when they feel this way? If they like to be on their own, where do they go, what do they do?

Listening Game

Elijah had hidden himself away in a cave and God spoke to him in a very still small voice. God was not in the loud crashing sound of earthquake, wind and fire.

Gather lots of everyday household objects that make different sounds. Hide them under a cloth and get everyone to face away from you. Make a sound with each item and see who can guess correctly what it is. Finally, get everyone to listen very carefully and make a very quiet sound eg dropping a pin on the floor and see if anyone can hear it. This will help conversations around listening and the different sounds and how sometimes we just need to be very still to hear God.



Drama

This is another great story for acting out together. Build your cave/den first, then gather all the bits you will need to make the sounds of the wind, earthquake, and fire. Then you are ready to bring the story to life. Have fun! You might use the noise makers in the craft section in your drama.

Table Top Discussions

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

- Have you ever heard the phrase 'you can be alone in a crowd'? I wonder what this means? Have you ever felt totally alone in a crowded place?
- Where do you go to hide? How do you handle the times when you have had enough? What helps you?
- Can you think of a time when you were totally alone and felt that God was with you?
- Why do you think God showed himself in the whisper and not the fire, wind or earthquake?
- In the story, Elijah walked 40 days and nights to Mount Horeb, which means the mountain of God. It is the place where God gave Moses the 10 rules for life. I wonder why Elijah went there? I wonder why God asked him, 'What are you doing here?'

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:

What are you doing here Elijah?

1 Kings 19 v 11-13



Illustration by Martin Young - www.biblecartoons.co.uk

This week we invite you to gather things for the box which are quite random. When you pull them out ask 'What are you doing in here?'

Here are some suggestions which are random but can link to the story.

An old toy not played with anymore



Something with rainbow colours for God's promise



Something to use as a blindfold, or to cover a face



A safe mirror

Something to make a noise



Things which are a parents or grandparents (make sure they are not breakable)

Pray Together

Earthquake, wind and fire!

Find some objects to make the noise of the wind, earthquake and fire. Bubble wrap makes a crackling sound like fire really if you screw it up tightly to make the bubbles burst. You can use a box to hit to make the earthquake sounds and card to wobble to make the wind. Have a look to see what items you can find - the louder the better.

Make lots of noise to represent the sounds as in the story. After each sound, stop and be still for a moment before making the next sound.

When you have made all three sounds, stand or sit as quietly as you can and whisper your prayers. Ask God to be close to you and to help you to listen.

*Like the prophet Elijah,
up a mountain, listening out for your voice,
help us listen out for what you want to say to us. Amen*

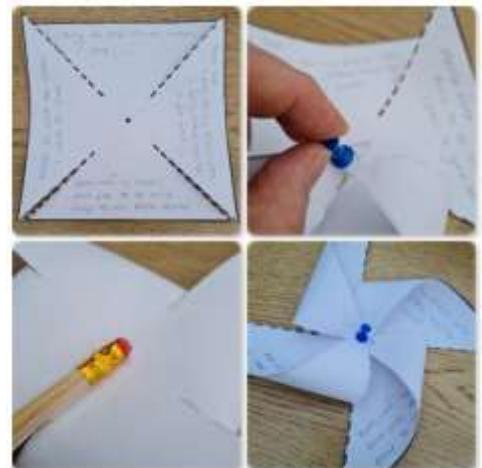


Windmill prayers

You will need:

- Windmill template
- Pencil with an eraser on the top
- A drawing pin or push pin

Cut out the template and cut along the dotted lines. Write your prayers onto the four sections of the windmill. Turn down alternate points and capture the end of the points with the push pin. When you have all four corners on the pin, push the pin through the central dot on the template. Then carefully push the pin firmly into the eraser.



As Elijah hid in the cave, there was a strong wind but God was not in the wind but in the stillness.

Turn the windmill to face the wind and it will catch the wind and spin. You can blow on the windmill to make it turn. Watch as the prayers spin round, think about what you have written. Turn the windmill away from the wind and it will instantly stop.

When the windmill is still, ask God to hear your prayers and then say Amen.

This is a great prayer activity to do together as a family or group and all stop the windmills at the same time.



Breathing in the stillness

God found Elijah in the cave in the stillness. Sometimes when we think about our breathing, we can make ourselves feel calm and still. Try sitting quietly and just being aware of your breathing in and out. As you do, listen to what you can hear - perhaps there are noises that distract you from quietly listening. Just as the noises passed Elijah by, God is in the stillness.

God is sometimes in the mighty storm,
sometimes in the powerful earthquake,
sometimes in the fierce fire,
and sometimes in the still silence.

Dear God

Help us to look and listen for you in the stillness

Amen

Take in a deep breath and think about people who you know who need to feel God close to them. Slowly breathe out and ask God to bless those people, that they may know God is close to them.

Take in another deep breath and as you hold your breath, think about things that are making you sad or worrying you. Breathe out slowly and ask God to help you.

Dear God

help us to look and listen for you in the stillness

Amen



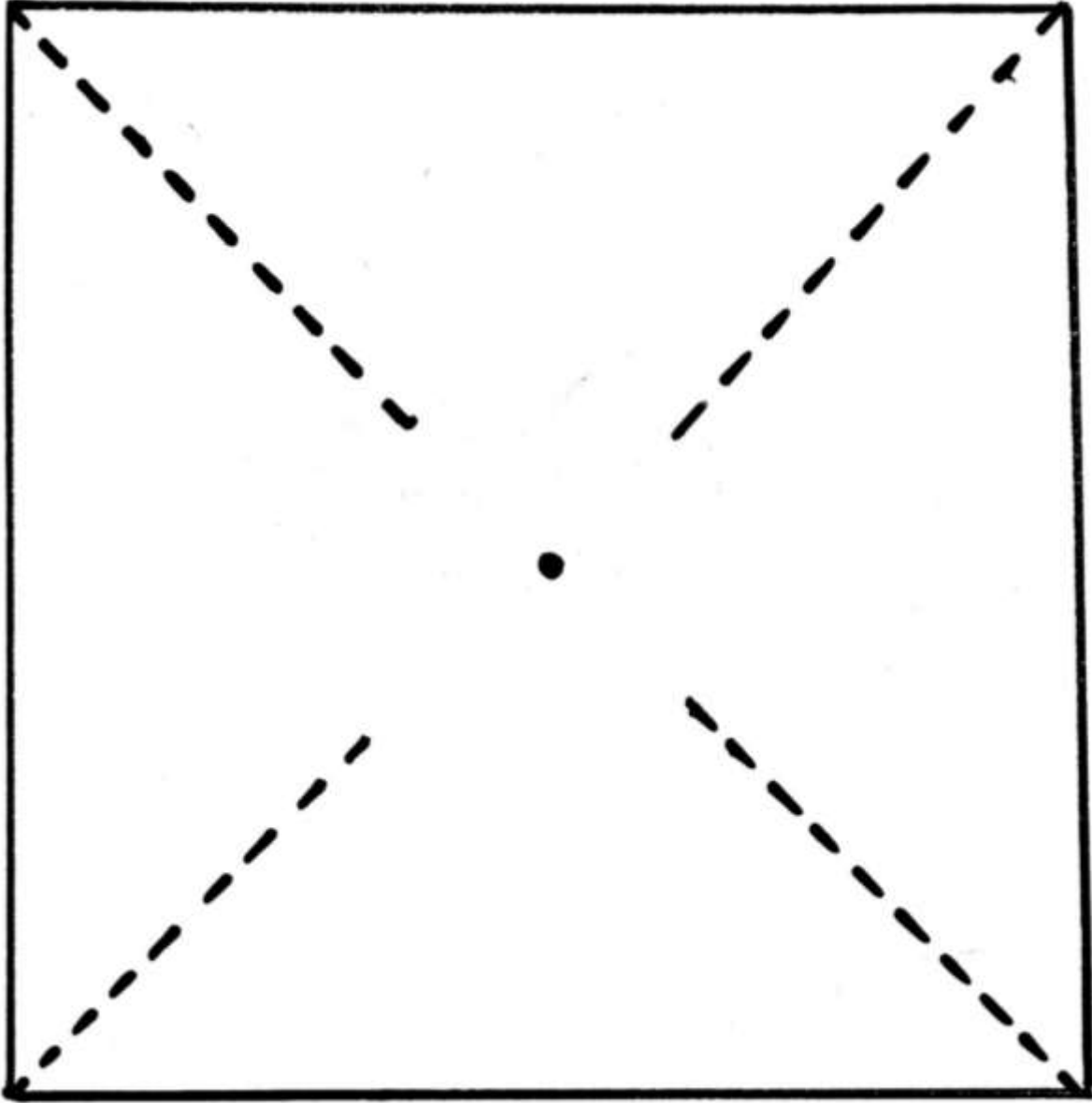


The
United
Reformed
Church

families
on faith adventures



Windmill Template



*I wonder whether you
have felt like Elijah,
wanting to hide
away?*

*I wonder whether
Elijah was frightened
by the wind,
earthquake, or fire?*

*I wonder why Elijah covered
his face with his cloak when
he heard the whisper?*



Illustration by sundayschoolsources.com

*I wonder why there was the
windstorm, the earthquake,
and the fire and God was not
in any of them, but was in
the whisper?*

*I wonder whether you know
God's present with you. Is it
through dramatic things or
gentle things?*



TO DO TOGETHER...

Elijah story wheel

God looked for Elijah in many places. These were not the right places for Elijah to listen to God. Elijah was happy when he was in the right place to hear God - where was it?

You will need:

- Large paper plates x2 or a recycled large cereal box
- Scissors, glue, a brass fastener, colouring material

Method: Colour your templates and cut out and stick onto your card/ paper plates (don't forget to cut out a quarter of template one to form the viewing area). Place your brass fastener in the middle or make a hole (a grown up may need to help you). Now you can re-tell the story.



Elijah Cave Cakes

You will need:

To bake the cup-cakes:

(alternatively buy plain cup cakes)

- Self raising flour (75g)
- Baking powder (1/2 teaspoon)
- Room temperature unsalted butter or margarine (50g)
- Caster sugar (50g)
- Large egg (1)
- Cup-cake cases



For the icing:

- Room temperature unsalted butter or margarine (50g)
- Icing sugar (100g)

For the fillings and decorations:

- Mix of small sweets of your choice
- One jelly baby

What to do (you will need adult help with some of this):

Switch the oven on to 180°C/375°F

Sieve the flour and baking powder into a bowl. In a different bowl, mix the butter/margarine with the caster sugar until smooth. Beat the egg separately and gradually add the egg to the butter and sugar mix a little at a time, whisking or beating with a spoon.

Once all the egg is mixed with the butter/margarine mix, add this to the flour mix and gradually fold the cake mix over and over, trying to avoid beating or stirring vigorously as this will remove air from the mix.

When all the mix is an even consistency, arrange your cup-cake cases on a muffin/tarte baking tray and now you can spoon the mix into the cases – one teaspoon amount in each.

Bake in the oven for 15 minutes or until they are ready – check by sticking a cocktail stick into two or three of the cakes. You're looking for the cocktail stick to come out clean. Leave the cakes on a wire rack to cool.

Mix the icing by creaming the butter/margarine with the icing sugar. Best using a wooden spoon – keep going as it looks like it is not creaming for a while, but then it suddenly starts to work and then you have lovely creamy icing. At this point you can add flavouring or colouring if you would like, we added vanilla flavouring to ours.

Now comes the hiding part. Using a sharp pointed tip knife, carefully cut the middle section out from each cake (remembering which middle goes with which cake as you'll be putting it back in a moment!). Try not to cut right down to the bottom of the cake, you're trying to create a crater in the cake. Now you can hide one of your sweets from your sweet mix in each cake, remembering to have one cake with a jelly baby in. Replace the middles on top and press them down as they should go back to being almost flush with the cakes again. We found cutting a little off the underside of the 'lid' for the jelly baby one helped as the jelly baby was quite a bit bigger than the other sweets.

Now, using a piping bag or just spreading with a knife, cover the tops of the cakes with the icing, ensuring that no cracks show where the cuts were made. You can now decorate your iced cakes as you like.

When you enjoy the cakes as a family or group, have some fun seeing what sweet or treat is in your cake. The person who discovers the Jelly Baby, which represents Elijah, can call out 'What are you doing in here, Elijah?!?!'

Note – when making the cakes up, don't be tempted to highlight which is the jelly baby cake with the decorations, it is meant to be a surprise as Elijah was hiding so is our jelly baby.



Noise makers

There is lots of noise outside the cave and God then speaks in a whisper.

Here is a simple noise maker/ windy whirler to create and have fun with as you explore sound and wind.

Plastic Straw blowers

You will need: Plastic straws and scissors

1. Cut the blowing end of your straw into a V shape.
2. Cut the other end of your straw into a spiral, about half way up the straw.



3. Time to get blowing - you might find pressing your lips hard into the straw works best. It is tricky to get a sound out of it but give it a go.



I wonder how else you can make noises? Try making thunder using marbles in a wooden tray. Or using a watering can onto an umbrella. Or using your hands and fingers on your lap or on different surfaces.

Here is a link to making a **paper banger** for thunder crashes <http://www.origami-instructions.com/origami-popper.html>

Walking the Way

Living the life of Jesus today

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

At Home:

Reflect on what your personal 'cave' place is. Where do you go to 'get away' or 'retreat' or to take 'time out'? Share your reflections with others in your family so they can be aware and sensitive to your needs when you are in these places.

Outside:

When God found Elijah, he asked 'What are you doing here?' When you are out and about, leave a message in places which might be other people's 'cave' – maybe a bench, a quiet corner, a bridge. The message should read 'What are you doing here?' and on the reverse 'God loves you and is here with you'.

For Others:

Reach out to someone you know who is in their 'cave' and who is struggling, or lonely or in need of gentle care. Be a listening ear, not to fix or solve their situation, but to listen and show God's love through your presence.



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

