

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 family or friends 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:

Peace, Be Still
Mark 4 verses 35 - 41



Illustration by: Lambsongs via freebibleimages.org



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.

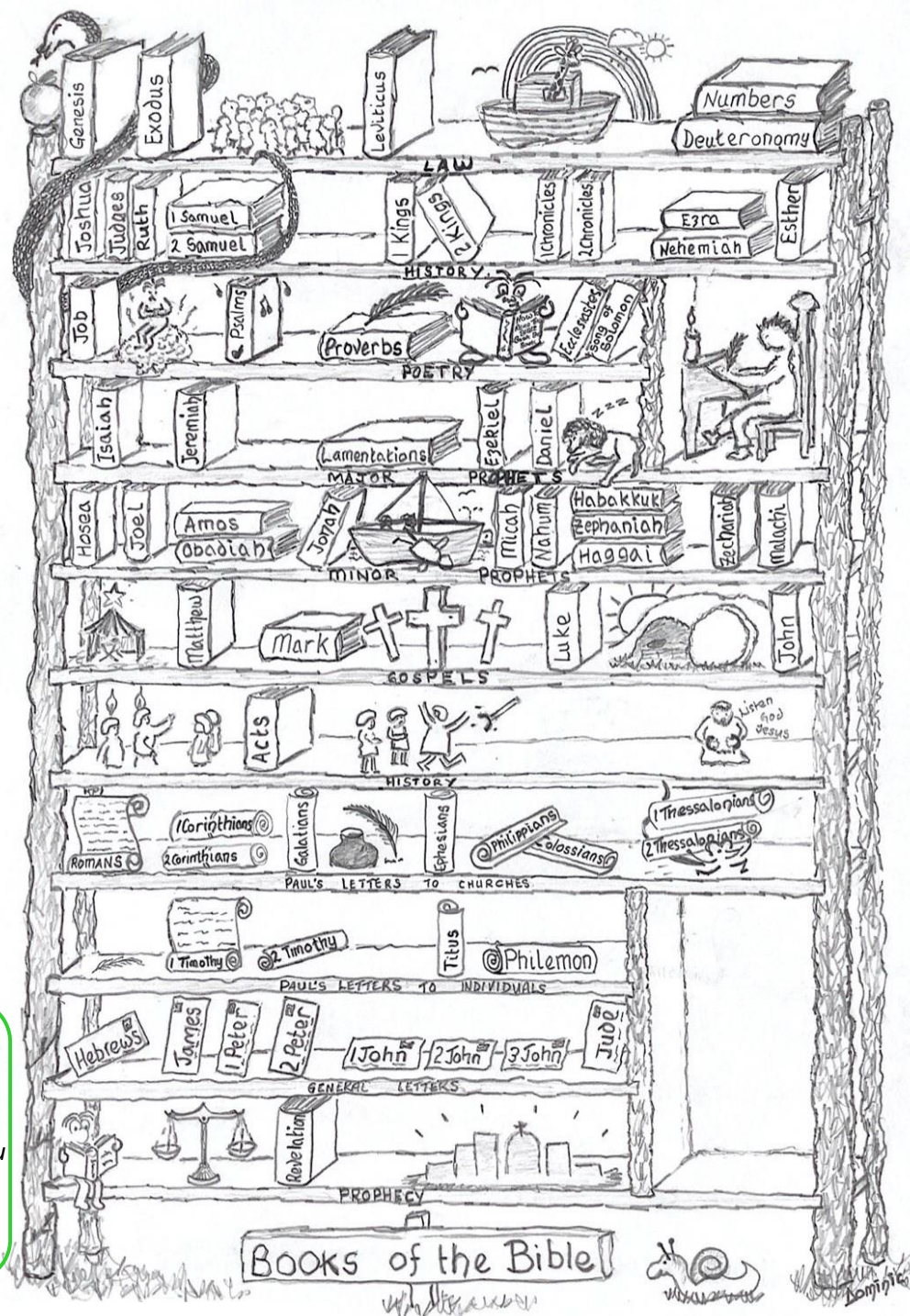
The New Testament tells us the stories of Jesus and his followers. There are 27 books in the New Testament.



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 – Peace, Be Still

The book of Mark was written around 60 AD by John Mark who was thought to be a friend of Peter who then travelled with Paul and Barnabas. Mark's book begins at the start of Jesus' ministry as an adult and is crammed with stories of miracles. Mark wants the reader to see how powerful Jesus was and to ask themselves, "Who is this Jesus, and why can he do these amazing things?"

This episode of FOFA@Home is released during Remembrance Week and we use this story to reflect and ask, 'Where do you need peace in your life at the moment?'

The Story – Mark 4 v 35 - 41 (The New International Readers Version)

When evening came, Jesus said to his disciples, "Let's go over to the other side of the lake." They left the crowd behind. And they took him along in a boat, just as he was. There were also other boats with him. A wild storm came up. Waves crashed over the boat. It was about to sink. Jesus was in the back, sleeping on a cushion. The disciples woke him up. They said, "Teacher! Don't you care if we drown?"

He got up and ordered the wind to stop. He said to the waves, "Peace! Be still!" Then the wind died down. And it was completely calm.

He said to his disciples, "Why are you so afraid? Don't you have any faith at all yet?"

They were terrified. They asked each other, "Who is this? Even the wind and the waves obey him!"

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Watch and listen

Cartoon by Saddleback kids <https://www.youtube.com/watch?v=uYLHqdSO9OY>

Animation from Jesus Storybook Bible read by David Suchet

<https://www.youtube.com/watch?v=tx4ZA26ZsBA>

The storm that stopped by Alison Mitchel <https://www.youtube.com/watch?v=fEBs6y2f7n8>

Dance and sing

Be still and know by Scripture Lullabies <https://www.youtube.com/watch?v=o9DU26kNvmM>

Peace be still by The Belonging Co <https://www.youtube.com/watch?v=dUpKZz0Nm7c>

Light a candle for peace by Kids Praise <https://www.youtube.com/watch?v=JIWmo-lQZNs>

Still by Hillsong <https://www.youtube.com/watch?v=oc3vSHSdmV4>

Got to get the wiggles out of me <https://www.youtube.com/watch?v=VBIZiR3pp6M>

Ideas to Retell/Explore the Story

A Chaotic Poem to share

(you could have a go at writing your own)

Peace, Be Still.

Sometimes peace is hard to find.

When your things-to-do list isn't getting any smaller

And people are queuing up to ask you for something more;

When everyone is shouting your name and asking you to help them...

Peace, Be Still.

When you are carrying too many worries, for yourself and for others;

When people you love are sick or struggling and you can't see a way to help;

When you are tired, more tired than you have ever been before...



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Peace, Be Still.

When there are too many questions and not many answers;

When you have homework piling up and you feel yourself falling behind;

When there are big decisions to be made and everyone is giving you advice...

Peace, Be Still.

When all you want is a duvet day but the diary is jam packed full;

When you feel overwhelmed and a panic attack is creeping over you;

When there is too much clutter and everything is a mess...

Peace, Be Still.

When people are rude or unkind to you;

When others are expecting too much from you;

When it feels like every day is another argument...

Peace, Be Still.

When you just cant find that thing that you have lost and need to find it NOW;

When you have to make changes you didn't expect and didn't see coming;

When you just feel fed up and in a bad mood...

Peace, Be Still.

When life is loud and tough and busy,

May the words of Jesus push into your day:

Peace, Be Still.

Interactive story

All you need is a bed sheet, the bigger the better.

Gather on top of the bed sheet (parachute) and begin to tell the story of how Jesus had been teaching people all day. As you think about him getting into the boat, sit around the outside with your legs tucked underneath.

As you begin to think about the waves and the wind growing and getting bigger, have some fun with the sheet together: how high can you make it mushroom, how violently and noisy can you shake it? You could even put some soft toys, paper boats or balls on top and see if you can toss them about.

As soon as you reach the part of the story where Jesus says, “Peace, be still”, the sheet must stop so hold it tightly and still as you finish the story. You will definitely want to start the story again, so you could take it in turns being the one to shout “Peace, be still.”

Minute silence game

This week have some fun with the idea of sudden silence. The new rule in the house is that anyone at anytime can shout ‘Peace, Be Still’ and everyone must freeze silently for a minute. You could always say every person can only do it once a day. Find the busiest craziest moment to shout ‘Peace, be still’.

Abigail remembrance

Here is a link to another edition exploring peace using the story of Abigail. It was released Remembrance Week 2020 and is full of poppies and reflections.

https://urc.org.uk/images/Children-and-youth/Resources/Families_on_Faith_Adventures_-_Week_31_-_Abigail_Peacemaker.pdf

Table Top Discussions

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

- The story says there were other boats with them out on the water. I wonder who was in these boats and what they thought of seeing Jesus stop the storm? What do people see when they watch us experiencing storms in life?
- Jesus told the disciples that they still didn’t have faith, because they thought they die in the storm. What does our faith look like when we are in stormy situations? Is it Ok to be scared?
- Jesus was asleep in the boat, during the storm. I wonder what this shows us about Jesus.
- Have you ever been in a situation where you wanted everything to just stop? Talk about it and share your stories.
- When do you feel most out of control? When do you feel most in control? Which one do you prefer?



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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:

Peace, Be Still

Mark 4 verses 35 - 41



Illustration by: Lambsongs via freebibleimages.org



A toy boat



Toy people to represent the characters in the boat, including Jesus

Something with rainbow colours for God's promise



Blue cloth



A toy fan, or something to create wind



Clear bottle part filled with water, for hearing the sloshing of water. Make sure the lid is fixed tight.

Pray Together

Storm in a glass

You will need:

- Tall glass 2/3rd full of water
- Glitter or sequins
- A wooden spoon

Add some glitter or sequins to the glass of water.

You are now ready to make a tornado in the glass. Stir the water very fast in one direction with the handle of the wooden spoon and watch to see the tornado of glitter form in the water.

Take it in turns to make a storm in the glass and name the things that make you feel scared, worried or anxious. Watch as the water calms and the glitter sinks to the bottom of the glass. When the water stills ask God to give you his peace.

Prayer:

Dear Jesus,

bringer of peace in the middle of the storm,

You hold us steady and shine as a light

when we are being buffeted by the storm of life.

Bring us your peace.

Amen.



Peace, Be Still spinning prayers

Your will need:

- Strong card
- A bottle top
- Blu Tac, Playdoh or plasticine
- A marble or bead

Cut a circle from the card about the size of a CD or small saucer. Decorate the circle with the words peace be still and a pattern to represent the waves. Put a small ball of blu tac or alternative in the centre of the circle and press the bottle top into the centre. This will create the spinner. On the underside stick another ball of blu tac or alternative and press the glass bead or marble firmly into the centre of the ball. This will enable the spinner to spin.



Spin your circle and watch as the waves and words all blur into one. Keep watching as the spinner slows down and watch as the words again become visible. In Psalm 46:10 it reminds us that when everything around us feels like a raging storm, we can be still with God.

"Be still, and know that I am God"

Use your spinner to help you become still with God and just take some time to rest quietly with God. Rest in the stillness, listening for God's comfort, peace, hope and healing. In the stillness, sense God's soothing and calming.

Shout Out Prayers

This is a prayer for when you are sitting at the dinner table, or you could stand in a circle. Take it in turns to shout out prayers for things that concern you or to tell others that God loves them, and then take it in turns to say 'Peace be still' Pause for a moment and be as still as possible and then say Amen. Then you can start again with the next person.

These are just a few ideas for shout outs to get you started.

Shout out to help those in need...

Shout out to tell others that God loves them...

Shout to ask for help for those who are sick...

I wonder why the
disciples were so
afraid?

I wonder why Jesus
was surprised by the
disciples' fear?

I wonder how the how
you would have felt in this
situation?



I wonder how fast it took
for the sea to become
completely calm?

I wonder whether you can
relate this story to any time
in your life?



TO DO TOGETHER...

Rough and Smooth Sensory bins

You will need:

- Items from your home which are rough and smooth. (make sure they are safe for children to touch)
- A basket or basin to put them in.

What you do: Gather your items and place them into a basket or basin. Give the children a chance to play with them looked at each thing and talking about the feeling of them.

When playing with them you could talk about the rough or spiky feelings we have and what are the smooth or calming feelings. Re-tell the story and think of time when we feel stormy and when we feel calm.



Storm in a Jar

You will need:

- A jar with a lid
- An old wine cork
- Baby oil and water
- Some Blue glitter

What you do: Cut the end off an old wine cork.

Put some glitter, some baby oil and some water into a jar. Add the cork and seal the jar.

Shake it up and see the storm bob the cork around and then calm down again.

As you shake it up, think of the storms in your life and how Jesus can calm us once more.



Storm on the lake Activity

You will need a copy of the template picture.

Find somewhere where you can quietly allow yourself time to look and think about the picture.

Look carefully at the picture what do you see?

It's a picture of two halves: one side of the picture looks really stormy, the other side looks calmer.

Think of all the things that cause you to feel unsettled, angry, then write them into the stormy side of the picture.

Now think of the things that make you smile, help you to feel calm. Add those words to the calm side of the picture.

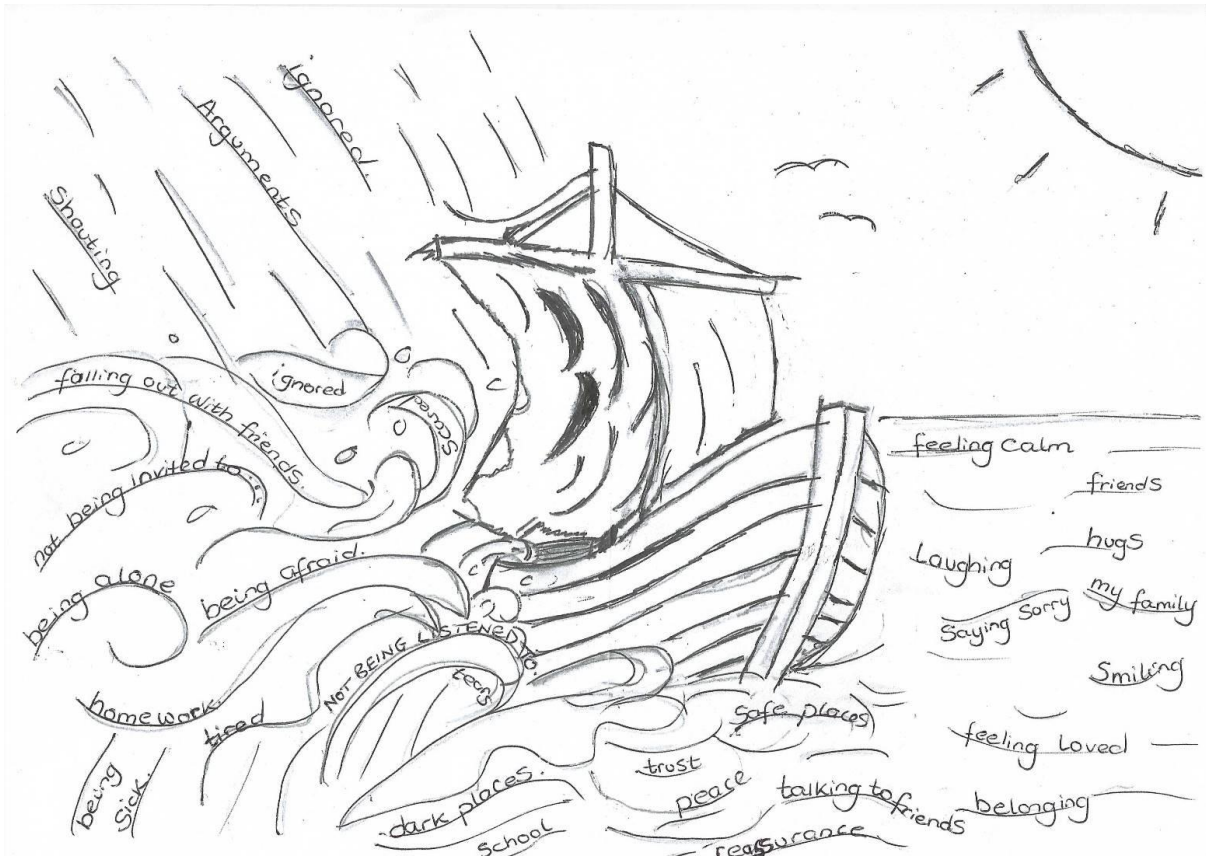
Write the words that matter to you - anywhere in the picture you want to see them.

There is an example to give you some ideas but try to think of your own words, words which are important to you.

Jesus told the storm to stop and it did. Knowing Jesus as a friend and talking with him can help us to feel calmer when we feel unsure.

Once you have added your words to the picture, you may want to add colour too.







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Walking the Way

Living the life of Jesus today

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

At Home:

Day to day life and all the activities can take over us at times. This week take time to STOP and BE STILL at varying times each day. Take this moment to reflect and feel peace.

Outside:

Find a busy place and go and be in it and practice being still. In amongst the busyness, feel peace in yourself.

For Others:

Be aware of storms which other people might be experiencing. Be present for them when needed, so they may feel peace amidst their stormy time.



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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
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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