

## 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:

Set Free

Acts 16: 16-24



Illustration by: Sue Bentley via Freebibleimages.com



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.

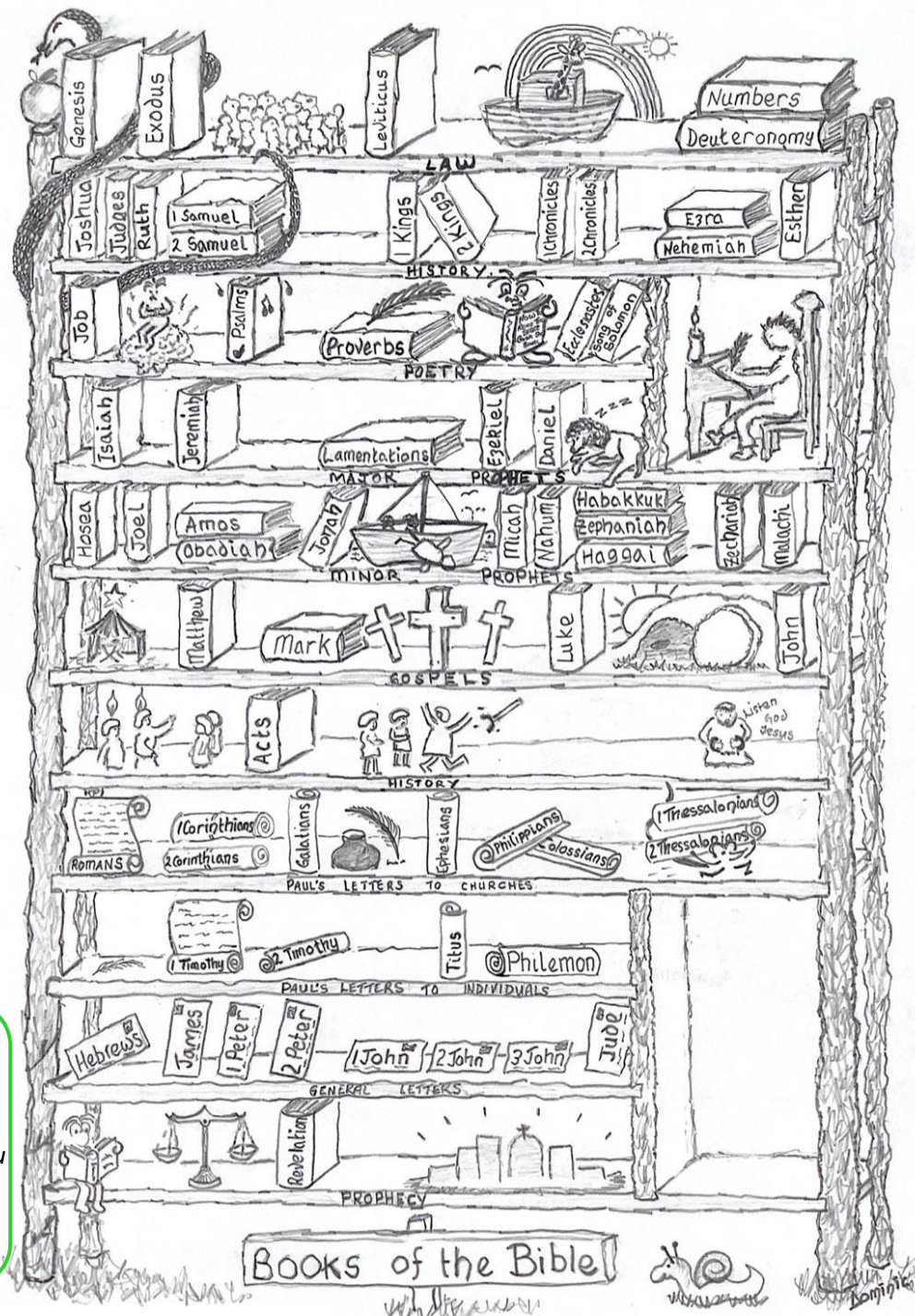
The New Testament tells us the stories of Jesus and his followers. There are 27 books in the New Testament.



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.



### **Bible context – Set Free**

The book of Acts was written by Luke around 62 AD and it tells the stories of what the disciples did after Jesus left them. It is the only book in the bible that tells us how the early Christian church began. Chapters 1 – 12 follow the story of Peter and chapters 13 to the end follow the missionary journeys of Paul (who used to be called Saul).

This story sees Paul and his friend Silas being put into prison for preaching and freeing a slave girl. This episode comes out during Anti-bullying week and we hope it encourages you to explore slavery in the past and now; to consider our part in standing up for other people's rights and challenging unfairness.

### **The Story – Acts 16 v 16 - 24 (The International Children's Version)**

Once, while we were going to the place for prayer, a servant girl met us. She had a special spirit in her. She earned a lot of money for her owners by telling fortunes. This girl followed Paul and Silas. She said loudly, "These men are servants of the Most High God! They are telling you how you can be saved!"

She kept this up for many days. This bothered Paul, so he turned and said to the spirit, "By the power of Jesus Christ, I command you to come out of her!" Immediately, the spirit came out.

The owners of the servant girl saw this. These men knew that now they could not use her to make money. So they grabbed Paul and Silas and dragged them before the city rulers in the marketplace. Here they brought Paul and Silas to the Roman rulers and said, "These men are Jews and are making trouble in our city. They are teaching things that are not right for us as Romans to do."

The crowd joined the attack against them. The Roman officers tore the clothes of Paul and Silas and had them beaten with rods again and again. After being severely beaten, Paul and Silas were thrown into jail. The jailer was ordered to guard them carefully. When he heard this order, he put them far inside the jail. He pinned down their feet between large blocks of wood.

## Online versions of the story

### Watch and listen

Cartoon by Saddleback kids [https://www.youtube.com/watch?v=5t\\_3BuseTS0&t=22s](https://www.youtube.com/watch?v=5t_3BuseTS0&t=22s)

Animation by Masterpiece Kids <https://www.youtube.com/watch?v=63WctDzwzjk>

Henry's Freedom Box by Ellen Levine

A story about slavery and freedom (Not suitable for very young children)

<https://www.youtube.com/watch?v=Qx9KI8jB7g8>

Before she was Harriet by Lesa Cline-Ransome

tells the true story of Harriet Tubman who was a slave then worked as a suffragist and helped to free other slaves [https://www.youtube.com/watch?v=k\\_JZemL5SWI](https://www.youtube.com/watch?v=k_JZemL5SWI)

Show Way by Jacqueline Woodson

A story book about the freedom quilts that were made to show slaves the way to escape

<https://www.youtube.com/watch?v=1r8Rtu2PLJO>

### Dance and sing

Free by Hillsong Kids

<https://www.youtube.com/watch?v=m8de8Q87z0U>

Freedom by Bethel Kids <https://www.youtube.com/watch?v=OkXqEOWFvNU>

Reckless Love by Cory Asbury <https://www.youtube.com/watch?v=Sc6SSHuZvQE>

One thing remains by Bethel Kids <https://www.youtube.com/watch?v=cKf6UJZQEiA0>

Wonderfully made by Ellie Holcomb <https://www.youtube.com/watch?v=jrwSvQx3Xqs>



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### ***Ideas to Retell/Explore the Story***

#### **Freedom Is.....**

We collected ideas of what freedom means from many different people and put it into a poem. Here it is to share together and perhaps encourage discussion. Perhaps you could collect ideas from the people you know and write your own, poem, song, or rap.

What is freedom and what does it look like?

Does everyone have it? Can you really lose it?

Is it something you can actually have or is it something you always run towards?

I wonder.....What is Freedom?

Is it Hakuna Matata, having no worries, living free of concerns?

Is it living your own way, no one telling you what to do or how to do it?

Is it being yourself no matter what, being free to truly be me!

Is it not having to worry about anyone else or what they might think?

Is it having the right to say or do or believe whatever you want?

I wonder.....What is Freedom?

Is it being free, not in prison or a slave?

Is it having the same rights as others, all free together?

Is it being able to believe whatever you choose to believe?

Is it freedom from having someone else tell you what to do?

Is it about your situation or circumstances or it is just a feeling, regardless?

Is it about feeling loved and knowing you are safe?

I wonder.....What is Freedom?

Is it living a life without fear of consequences or pay back?

Is it being free of worries and troubles and feelings of doubt?

Is it living guilt free or living without fear?

Is it making your own choices without anyone else controlling you?

Is it being your own person, independent and strong?

I wonder.....What is Freedom?

Is it having everything you need to be able to live your own life?

Is it about a home, a family, education, being able to read and write?

Is it about speaking other languages and seeing other countries?

Is it about having enough money to live comfortably and enjoy life?

Is it about being surrounded by people who true friends and have your back?

Is it about living life to the fullest, making the most of every opportunities?

I wonder.....What is Freedom?

And if we have freedom, is that enough?

What are the responsibilities that freedom brings?

I wonder.....What is Freedom, are we free?

## **Weekly challenge**

This week each person has a mission to find out about slavery in the past or modern day slavery. What does it look like, what are some of the stories you find, can you find anything about slaves being set free? At the end of the week, take it in turns to share what you have found and explore the stories together.

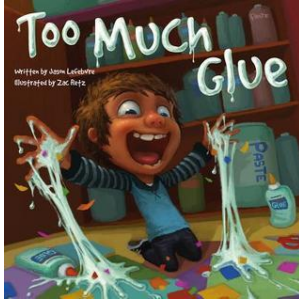
## **Put something in prison**

Why not choose something from each of you to put in prison for the week. (You get to free it next week when Paul and Silas get out of Jail). It could be something that is important to you - probably not something that you are going to miss too much. It might be a teddy or your favourite book. It could be your favourite game or perhaps your make-up.

Whatever it is, put it in a box as a prison and see if you can leave it there all week. If you are really brave, you could choose for each other rather than choose for yourself.

I wonder how much you will miss it. How does it feel to want something back? Do you find yourself thinking about it all the time and wanting it more? How will you support each other during the week? How hard was it to choose something to put in jail? What must it be like for the ones in prison, are they out of sight, out of mind? Have they lost their value because they can't be of use?

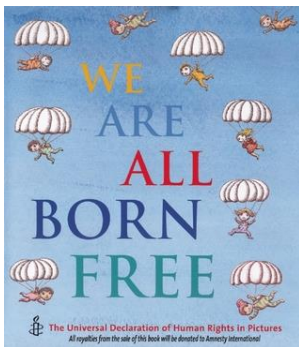
## Modern Parables



### ***Too much glue by Jason Lifebvre***

A young boy gets stuck in glue and his friends help him get free

<https://www.youtube.com/watch?v=Je39PxniveY>



### ***We are all born free***

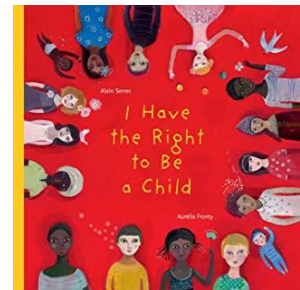
The universal Declaration of Human rights in pictures

<https://www.youtube.com/watch?v=Q3ozxrdD30s>

### ***I Have the Right to Be a Child***

Written by Alain Serres & Illustrated by Aurélia Fronty

<https://www.youtube.com/watch?v=ERKhP7bQ6Os>



## Table Top Discussions

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

- What do you see happening in this story? Were Paul and Silas standing up for the slave girl and setting her free or did they just want to shut her up and stop her following them?
- The story tells us Paul was annoyed, bothered by the girl; why do you think this was?
- Standing up for others can be risky, can you think of times when you have stood up for someone or chosen not to because it was unsafe? Share your stories together, how do you decide when to act and when to protect yourself?
- This story talks about a girl who was a slave. What does slavery look like today? The slave girl was set free when she couldn't earn money for her 'masters'. What does freedom look like today?
- Jesus said, "Know the truth and the truth will set you free" (John 8 v 32) what do you think this means?



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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:

Set Free

Acts 16: 16-24



Illustration by: Sue Bentley via Freebibleimages.com



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



Chains – maybe jewellery chains, paper clip chains or even paper chains, depending on what's available



Something with rainbow colours for God's promise



A bag with coins in



A hard surface to rattle chains on



A padlock and key, or just some keys

**Please supervise small children! Watch out for chain or string getting caught around fingers, wrists or neck etc, for children putting small items in their mouth or nose, for sharp edges**

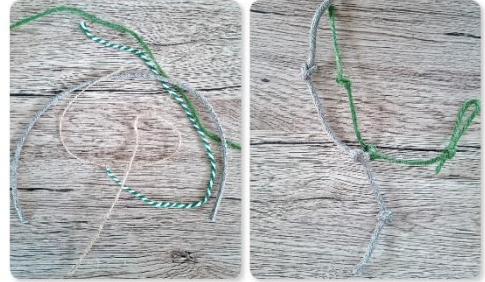


## Pray Together

### String Prayers

Sometimes our worries and concerns can make us feel knotted up inside.

**What you will need:** A pieces of string for everyone about 20cm long



Give everyone a piece of string. Think about your worries and things that you find difficult or things that make you sad. Make a knot in the string (not too tight) for everything that is on your mind. Hold the string in your hand and sit quietly for a few moments and feel each of the knots. Ask God to help you with each of your worries. As you think about each worry slowly untie the knot and give your worries to God.

*Dear God help us to trust you with our worries.  
Thank you that you hear us  
even when we cannot find the words to say.  
Amen*

### A Stone in your pocket

Words that people say to us can sometimes be very hurtful and make us feel sad or lonely. It is not always easy to do or say anything, but you can know that God is always with you.

Find a small pebble or stone and paint a heart onto it. If you mix the paint with a small amount of PVA glue, it will help the paint to stick on the stone and not rub off.

When the paint is dry, put the stone in your pocket as a reminder of God's love for you no matter what. Each time you feel unhappy or uncertain, you can touch the stone in your pocket and ask God to be with you.

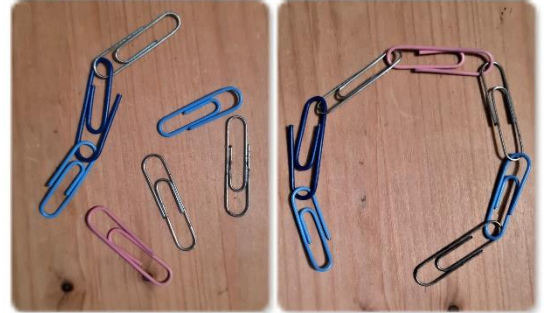
Perhaps you know someone who is being bullied. Why not make a stone for them? It will help them to know they are not alone, and you can tell them about God's love for them.



## Paper clip prayers

You will need some paper clips - it does not matter what size or colour.

This is a great prayer activity to do when you are sat at the table together. Put the paper clips in a pile and take it in turns to take a clip and link it to the chain as it is held by the person next to you. As you make your chain together, think of different things you want to pray for. Keep adding a paper clip prayer until you have completed your chain.



Hold the completed chain up and all join in the Amen,

Here are some ideas for your paper clip prayers:

*Dear God*

*I am sorry for...*

*Please forgive...*

*Thank you for...*

*Please take care of...*

*Please help me to look after....*

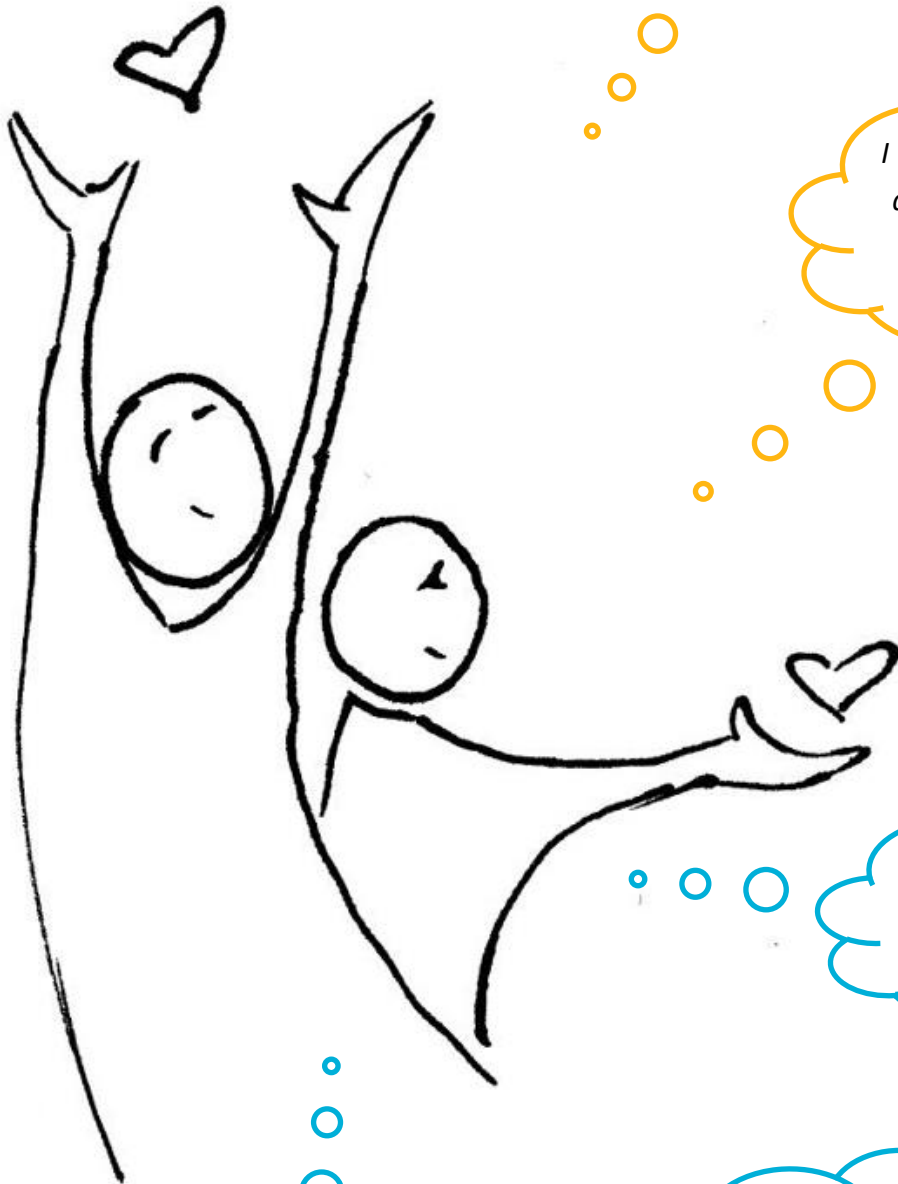


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Illustration by *Carlos Pereira* via  
[omanancialzinho.blogspot.com/2013/07/caridade-para-colorir.html](http://omanancialzinho.blogspot.com/2013/07/caridade-para-colorir.html)



I wonder what freedom means to you?

*I wonder why people might decide to oppress or bully others?*

I wonder why people might decide to oppress or bully others?

I wonder who needs to be "set free" today?

*I wonder what happened to the slave girl after Paul and Silas freed her?*



## TO DO TOGETHER...

### Freedom Quilt

#### You will need:

- Squares of fabric or paper
- Some felt pens or collage materials
- Sellotape or sewing materials



#### What you do:

In our “Watch and Listen” section, you learned about the freedom quilts made by the slaves in America in the past. These quilts helped show the way to a place where they would be free.

Think about the words of freedom and kindness.

Write, draw or collage the things they represent on a square. Join the squares up into a quilt.

Display it to remind you of the freedom you enjoy and the fact that we all have the right to be free and to be treated kindly. Just one kind word can make all the difference.

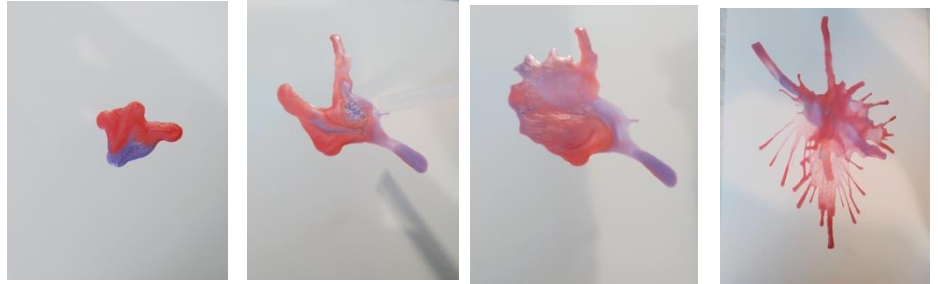
This week is Bullying Awareness Week. You can find out more about it on <https://anti-bullyingalliance.org.uk/anti-bullying-week/anti-bullying-week-2021-one-kind-word> . See their website for more ways to get involved.



## Freedom Monsters

### You will need:

- Paper
- Paint
- Straw



### What you do:

Think of some words connected with the idea of freedom and make some freedom monsters. For example, you could make a protection monster, an anger monster, a free choice monster, a greed monster.... You're free to choose 😊

Think about what your monster is going to represent.

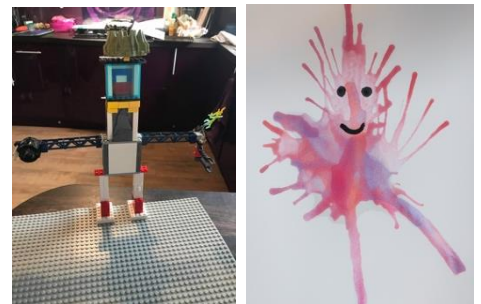
Mix a blob of paint with some water to make it runny.

Pour some onto your paper and then blow it around with a straw to make your monster.

You can use more than one colour.

Once it is dry, draw in eyes and a mouth and name it.

Why not make some monsters using Lego too.



Think about the story and our 'What is freedom' poem. What might your monster say about freedom or not having freedom. How will your monster move? What will it sound like?



## Friendship bracelets

Sometimes standing up to those who bully can be hard. You can show you care for people, help them to know they are not alone. Why not make a friendship bracelet? That way when mean things happen, you or the person you make the bracelet for has something to remind them they are not alone.

### Bracelet 1



To make the bracelet **you will need**: Card (recycled packaging is ideal), scissors, sticky tape and wool

**What you do**: Cut a strip of card 25cm long and 3cm wide. Make a loop and seal the ends with sticky tape. Then begin to wrap your wool around the hoop you have made, adding as many colours as you think the person you may be making this for would like. When you have finished, tie the wool off.



### Bracelet 2



To make this **you will need**: a large button and wool, twine, or raffia.

#### Method:

Thread a length of wool etc through the holes in a button and then, leaving enough length at each end to go round a wrist, double back and thread through the button again.

Make two small knots either side of the button to prevent it sliding. Fasten off.

Alternatively, this could be used as a key ring or something you tie onto your schoolbag that is easy to touch at times when you feel unsure.





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# Walking the Way

Living the life of Jesus today

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

**At Home:**

*Some of the things we buy are actually made by child labour or people who are not paid adequately for their labour. This is called exploitation. 1 in 10 children worldwide are victims of child labour with about 80 million of them aged between 5 and 11. Try to buy things which are ethically produced – the Fairtrade label will help you. If you're not sure, why not write to the manufacturer and ask.*

**Outside:**

*Use your time outside to celebrate your own freedom – freedom to say what you think, freedom to move where you want to move, freedom to make your own choices, freedom to learn etc. Find an open space and run or spin around, swing on a swing, fly a kite... and say thank you for God's promise of freedom.*

**For Others:**

*Take some time to research one of the themes of this week's exploration that has sparked your interest. It may be anti-bullying, it may be slavery in the past and how it has affected us today or modern day slavery. It may be a charity such as Amnesty International. It may be the UN convention on the rights of the child. Take some time to pray about the things you learn and maybe share what you've learned with others.*



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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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