



# Faith Adventures for Children Together



Committed to URC Children Together:  
enabling everyone to grow in the Jesus  
together in the home, church and beyond.

For guidance on the purpose of the resource and  
how to use it, please see the introduction page.

## Contents

- [Introduction](#) ..... 1
- [Together](#) ..... 2
- [Experience](#) ..... 3
- [Explore](#) ..... 3
- [Express](#) ..... 5
- [Handouts](#) ..... 8

Introduction: What would be helpful to know in my planning?

Proverbs

to rest. It's more about ensuring that the things you are caring for and nurturing are always cared for; even if someone else helps with that. Take care that the session isn't a guilt trip, there is a lot of

always their choice. How do we enable children to consider how they get some balance back in their lives? The aim of the session is about getting a good balance, where can God help all areas to grow well.



# Together

How do I help my group to come together and get started with the theme?

Gathering prayer

Jesus, our friend

(use alternate index fingers to point and tap the middle of opposite palms)

Be with us today

(two hands, palms up in front of you, move up and down twice)

As we share together,

(two hands, palms up in front of you, move one forward and one back and alternate twice)

Pray together,

(hands together, palm against palm, as though praying)

Play together,

(hands to each side, palms up, make two small circles outwards)

And get to know you better,

(point up with one hand)

As children together in your family

(one hand out, palm down in front of you, move it sideways and up in three 'steps' as though to indicate children of three different heights)

AMEN

(Two thumbs up, and bring fists slowly together to meet in front of you)

OR

Thank you, God, for bringing us together today.

Help us to grow closer to you in all we do.

Help us to speak and to listen, to learn and to grow together,

Adventuring together with you wherever we may go.

Amen

---

In-person game - Cabbage or drop relay

Simple fun game based on the old crackerjack game of cabbage or drop, playing with the ideas of carrying too much.

You will need: lots of toys and familiar items of different weights. A box of cabbages or similar booby prize. Some items to create an obstacle course.

What you do:

Put your group into two or more teams.

One person from each team is nominated to be the one who will hold all the items.

The rest of the team take it in turns to run the obstacle course returning with one item from the pile that is given to the 'holder' to hold.

If the holder drops an item, it is returned to the take pile and the holder is given a cabbage in its place.





Draw a picture of your perfect day. Or write about what would happen in your perfect day.

Create a visual timetable of this perfect day using images/words placed at different points throughout the day. (Participants could complete this individually or together in small groups.) Cut out a range of example words/images on pieces of paper that can be placed on the timetable (E.g. Sports, Reading, Film, Food, Bible, Prayer). Provide additional blank pieces of paper for participants to add their own ideas.

Morning	
Midday	
Afternoon	
Evening	
Night	

Modern parables

Jesus used stories to help people understand the things of God, even though they weren’t necessarily overtly Christian stories. Lots of children’s books can be used in a similar way as a conversation starter on the week’s theme. Examples are shared here but you may think of others too.



In this story, Jasper is the opposite to the vineyard owner in this week’s passage. He struggles to sit back and wait for his bean to grow and is perhaps a little too active when looking after his plant!

Jasper’s Beanstalk by Nick Butterworth and Mick Inkpen - Read by Children’s Storyteller

<https://youtu.be/23INhyreb8M?si=xWSuHIW44ezuxrKa>

Talking together: How might we talk about the story together?

- What do you think God is saying to you in this story?
- If you were the person walking past/ the gardener/ the garden how would you feel?
- In what ways could you be called lazy?

Wondering together: suggested questions to use during activities

- I wonder what the weeds are in your life?
- I wonder where God is in this story?
- I wonder what jobs you put off doing?

What’s in the box (for under fives)

Use the special box or bag and sing “what’s in the box/bag? What’s in the box/bag? Let’s see, let’s see, what’s in the box/bag” (to the tune of The Farmer’s in the Dell). You could tap





Help me when my faith is strong and when it is small and fragile.  
Help me to find the balance in my life and see you in it,  
Amen.

### Responding together

Here are some suggested crafts and activities, and there is a colouring sheet at the end of this resource. You could also use small play toys and/or have a basket of resources available so children can choose their own way to respond. <https://urc.org.uk/wp-content/uploads/2023/01/FACT-how-to-sheet.pdf>

With an online group, plan whether to deliver any resources in advance or how you will encourage them to use what they've got to hand in their response.

However you do it, it is good for the adults to engage in the response too, and all chat together.

### Symmetrical butterflies

You will need:

- Paper
- Paint

What you do:

Fold your piece of paper in half and open it up. On one half paint a butterfly, intricate designs and plenty of paint.

When the design is finished fold the page in half again, smoothing the paper, when you open it up there should be an image of the butterfly left.

The butterfly is the same each side, this is called symmetry, this is what happens when we get a balance in life with God in all areas, the scales are equal – the same – symmetrical. Like the butterfly. That is what we need to strive for in life.

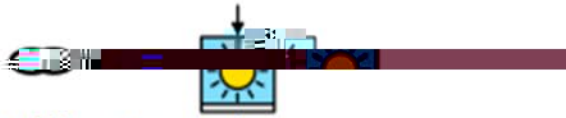
### Balancing

G





Jesus our friend



be with us today



as we share together



pray together



play together



and get to know you better



as children in your family



Amen

