

## 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.

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!**



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

### This week's Bible story is:

## Passing The Baton

### Hebrews 12 verses 1 - 2



From



and



Illustration by  
René Pfitzner via [freebibleimages.com](http://freebibleimages.com)

## 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.

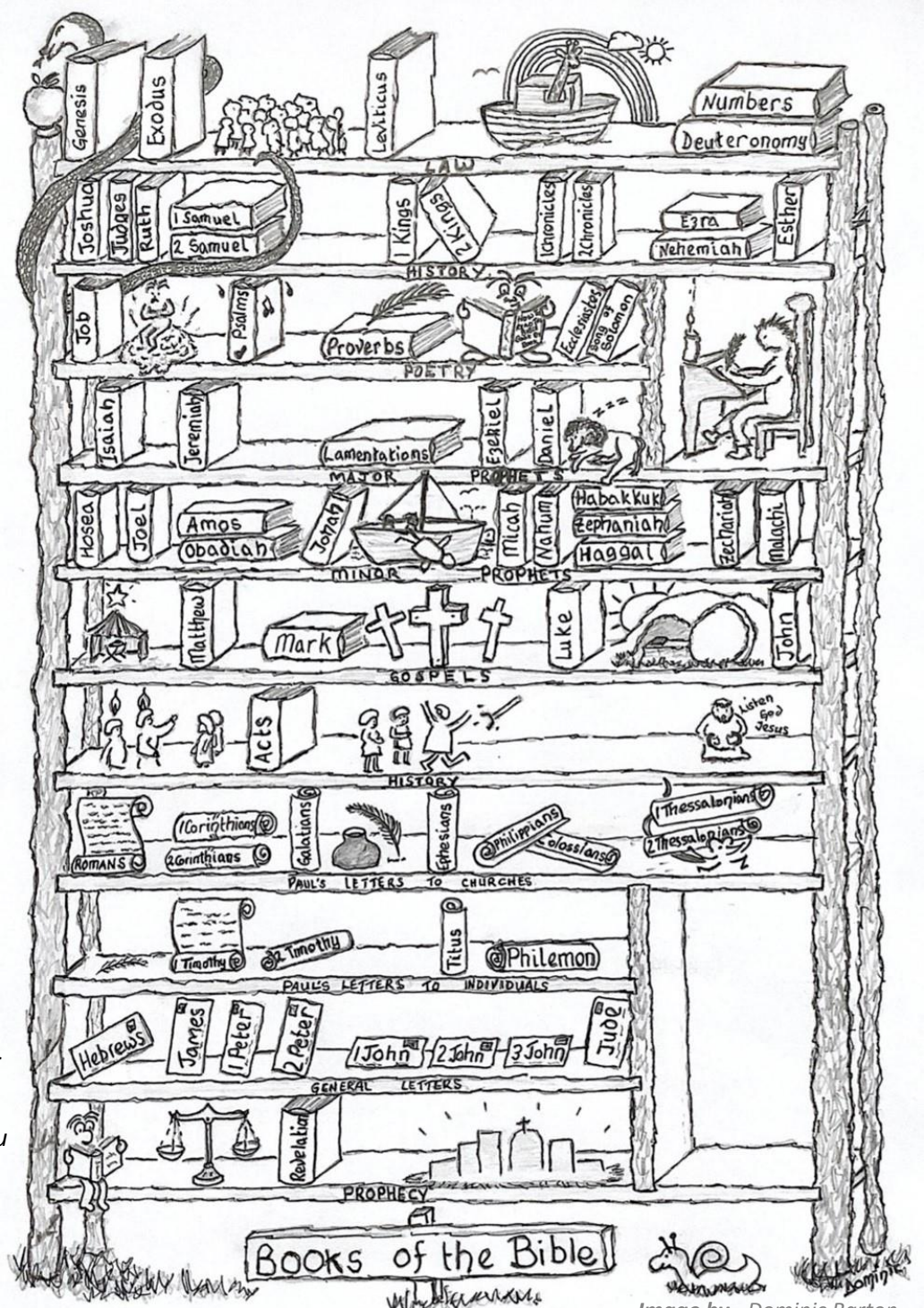
The New Testament tells us the stories of Jesus and his followers. There are 27 books in the New Testament.



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.



*Families on Faith Adventures @ Home was created in 2019 to encourage faith at home during lockdown and to enable churches and church groups to stay connected to children and families.*

*We have had lots of feedback that tells us you've really enjoyed using it.*

*Now, hopefully, the crisis of Covid and the strange world of lockdown are behind us and times have changed, so the work of Families on Faith Adventures @ Home is done. It's time for something new.*

*Our final Families on Faith Adventures @ Home will be published as a bumper Advent pack which will take you right through till Christmas with exciting prayers, stories, activities and challenges. Then watch out for news of our brand new free resource which will be launched on 1 March 2023 in time for Easter.*

## **Bible context: Hebrews**

*The book of Hebrews was written around 67BC and we are not sure who actually wrote it. It was written at a time when it was a hard choice to be a Christian; many were being hurt or killed because of their faith. The writer retells stories of people in the Old Testament and how they kept their faith strong. We are encouraged to keep going in our faith, surrounded by those who have gone before us.*

## **Online versions of the story**

### **Watch and Listen**

*Be encouraged by the faithful Hall of Fame: Hebrews 11 by Saddleback Kids*

[https://www.youtube.com/watch?v=OlqXVihj\\_S8](https://www.youtube.com/watch?v=OlqXVihj_S8)

*A short reflection about Running the Race by Life Kids*

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

*The great faith of God's people animation by*

*Rene Pfitzner* <https://www.youtube.com/watch?v=ps8-3SOcMgU>

*Running Mania Short film by Recess Stories* <https://www.youtube.com/watch?v=k-gl5x4DnFI>

*Keep your eyes on Jesus by The super book show* <https://www.youtube.com/watch?v=uU1uMFqEr64>

### **Dance and Sing**

*Running the race by Focus Kids* <https://www.youtube.com/watch?v=IV5faCUSuWo>

*Legacy by Grace Vineyard Kids* <https://www.youtube.com/watch?v=NLMs7y0twmo>

*All through History by Nick and Becky Drake* <https://www.youtube.com/watch?v=hQS2HHayr38>

*Find us Faithful from Amazing Grace Race Children's Musical*

[https://www.youtube.com/watch?v=YA99ibV\\_XOM](https://www.youtube.com/watch?v=YA99ibV_XOM)

*Run the race by Holly Starr* <https://www.youtube.com/watch?v=iqIYQqoG50o>

**The Story: Hebrews 12 verses 1 – 2 (from The International Children’s Bible)**

So we have many people of faith around us. Their lives tell us what faith means. So let us run the race that is before us and never give up. We should remove from our lives anything that would get in the way. And we should remove the sin that so easily catches us.

Let us look only to Jesus. He is the one who began our faith, and he makes our faith perfect.

Jesus suffered death on the cross. But he accepted the shame of the cross as if it were nothing. He did this because of the joy that God put before him. And now he is sitting at the right side of God’s throne.

*Scripture quotations are taken from the International Children’s Bible®, copyright © 1986, 1988, 1999, 2015 by Tommy Nelson. Used by permission.*

**Ideas to Retell/Explore the Story**

**“I can do it by myself!”**

Jamie’s little brother was determined, focussed and perhaps a little bit stubborn!

No one had been able to have jam with their breakfast yesterday because Elliot couldn’t open the lid of the new jar and he hadn’t let anyone else try. He’d had to wear odd shoes to school last week because his lace-up ones were hopelessly knotted. The left one lay abandoned, the laces refusing to budge, off limits to anyone trying to help. He was going to do it himself – later. He didn’t get in trouble for the odd shoes but Mrs Taylor wasn’t too happy with him being late and missing assembly. The week before, he’d missed all the games at Freya’s party (but thankfully not the cake) because the buttons on his smart shirt were very small and very tight. He managed most of them..... eventually.

His family had tried everything:

- Reasoning
- Getting cross
- Snatching
- Fixing things when he was asleep
- Distracting him with chocolate

But nothing had worked.

One day, Jamie had a brilliant idea.....

They sat down on Grandpa’s comfy armchair and Jamie told him a story.

There was once a little boy (called Elliot) who practised hard every day until he became the world’s fastest 5 year old.

He ran faster than the wind!

He ran faster than a car!

/Cont...

*He ran faster than his neighbour's cat when she was called in for her dinner!*

*But he always ran on his own, so being the world's fastest 5 year old wasn't as much fun as he'd thought it would be. One day, his mum came to the park and suggested he eat a banana to help him run faster. She stayed to watch, then cheered and clapped when he crossed the finish line.*

*It felt nice.*

*The next day, his teacher came as well and helped him tie his shoelaces so he wouldn't have to stop half way round. He was even faster and there were two people to cheer him on.*

*It felt awesome.*

*By the end of the week, he had a full crowd of family and friends clapping and cheering as he ran his fastest circuit ever. He knew that he never needed to run on his own again.*

*It felt amazing!*

*After Jamie had finished the story there was a long pause.....*

*Elliot stood up and announced that he was going to give that jam jar another go, then he waited just long enough for Jamie to know it was ok to follow him.*

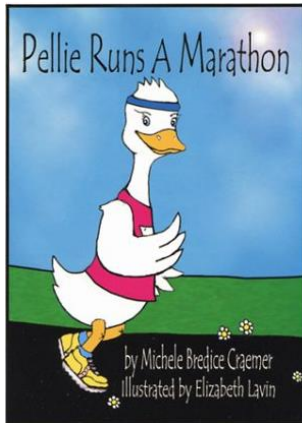
### **An example to share**

*It's good to be able to think about all those in our lives who are our encouragement and support. Perhaps there are ways to visually capture them forever as a reminder that we are not alone. Here's one example.*

*Judy has a tablecloth that belonged to her grandma. It is full of signatures of people who were an influence and support. Her Grandma embroidered over the top of the signatures so that they remain forever. Judy has continued to use it and names are added all the time. I wonder if there are ways you could do something similar?*



**Modern Parables** – books that explore the same theme

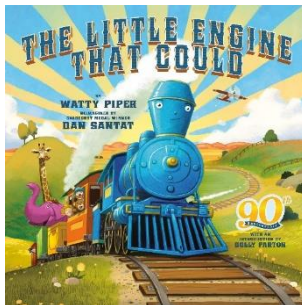


**'Pellie Runs a Marathon'** by Michele Bredice Craemer

read by a child (Sabrina)

<https://www.youtube.com/watch?v=gjrzhUhr4Y>

Pellie is a duck that wants to run a marathon. It is a tough challenge but there are people along the way to keep her going.



**'The Little Engine that could'** by Watty Piper

read by Dolly Parton

[https://www.youtube.com/watch?v=tT9fv\\_ELbnE](https://www.youtube.com/watch?v=tT9fv_ELbnE)

A train is carrying things over the mountain and breaks down. Other large engines pass by and no one helps the train to finish. Will anyone stop and give them the help they need to finish their journey?

**Table Top Discussions**

Sit together, as a family, and use these questions, to help you to explore this week's story and theme.

- Who are the people in the Bible who inspire you and spur you on in your faith?
- Who are the modern Christians today who inspire you and encourage you in your faith?
- I wonder who are the people who look to you as their inspiration?
- What do you think this verse means when it says that Jesus began your faith and made it perfect?
- How can we be intentional about noticing those who are our support and making the most of it?

# families on faith adventures

@ home

## 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.



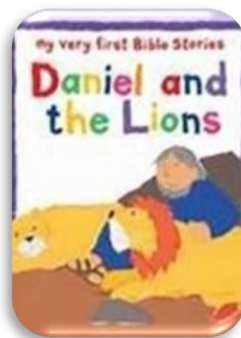
Use a box or a bag to hold the treasures and encourage any little ones to explore what's in the box/bag each week to go with the Bible story.



Something with rainbow colours for God's promise



A box of encouraging things – things to wave as you cheer, things to blow (e.g. party blower or toy trumpet)



A child's Bible or Bible story books

## Pray Together

### Cheering Stick

Have you ever run a race? Have you ever won a medal or a trophy for running a race? It is a thrill to run a race and hear the voices of the people who are watching as they shout words of encouragement.

**You will need:** Strips of coloured paper  
Tape  
A Stick  
Pens



Think about people who have encouraged you that you want to say thank you to God for. Write their names on some of the strips of paper. Now think about people who you want to encourage and help to know that God loves them. Write their names on the rest of the strips of paper. When you have completed the strips, tape them to the top of the stick. You now have a cheerleader's prayer stick. Use this to help you to talk to God about the people who have encouraged you and the people you want to encourage. You could also wave it when you're finding things tough or need a bit of encouragement, asking God to help you.



### A prayer

Loving God, thank you for all the people who have encouraged me in my faith and shown me what it means to live by faith.

Help me to be strong and brave, to encourage others

Help me to be strong in my faith

Help us to keep going and not give up.

Amen.



## Pray Together



### Photograph Prayers

*Who has encouraged you and cheered you on?*

*Gather some pictures of the people and places that have encouraged you in your faith.*

*You could make a collage of the pictures and use it to help you talk to God. Say thank you for the person and talk to God about how they have helped you. Find a quiet place and sit and look at the pictures.*

*Thank you, God, for all the people who have passed on their faith to us.*

*Amen*

*As part of your prayer, you could write a letter to someone telling them how they have encouraged or helped you. You don't have to send it but it helps us sometimes to write it down.*

### Going Out Prayers

***'...Let us look only to Jesus. He is the one who began our faith, and he makes our faith perfect... Look at Jesus' example so that you will not get tired and stop trying'.***

*Hebrews 12:2-3*

*Make a Jesus sign to hang or stick on the door you go out when you leave the house. This will act as a reminder of the bible passage.*

*Pray that Jesus will be with you in all you do today and be in the conversations you have and the activities that you do.*

*A prayer*

*May we be focused on Jesus in what we do today:*

***Keep our eyes on Jesus.***

*May we be aware of our neighbour, family and friends and each other's needs:*

***Keep our eyes on friends and family.***

*May we look upon our world and our place in it:*

***Keep our eyes on your kingdom here on earth.***

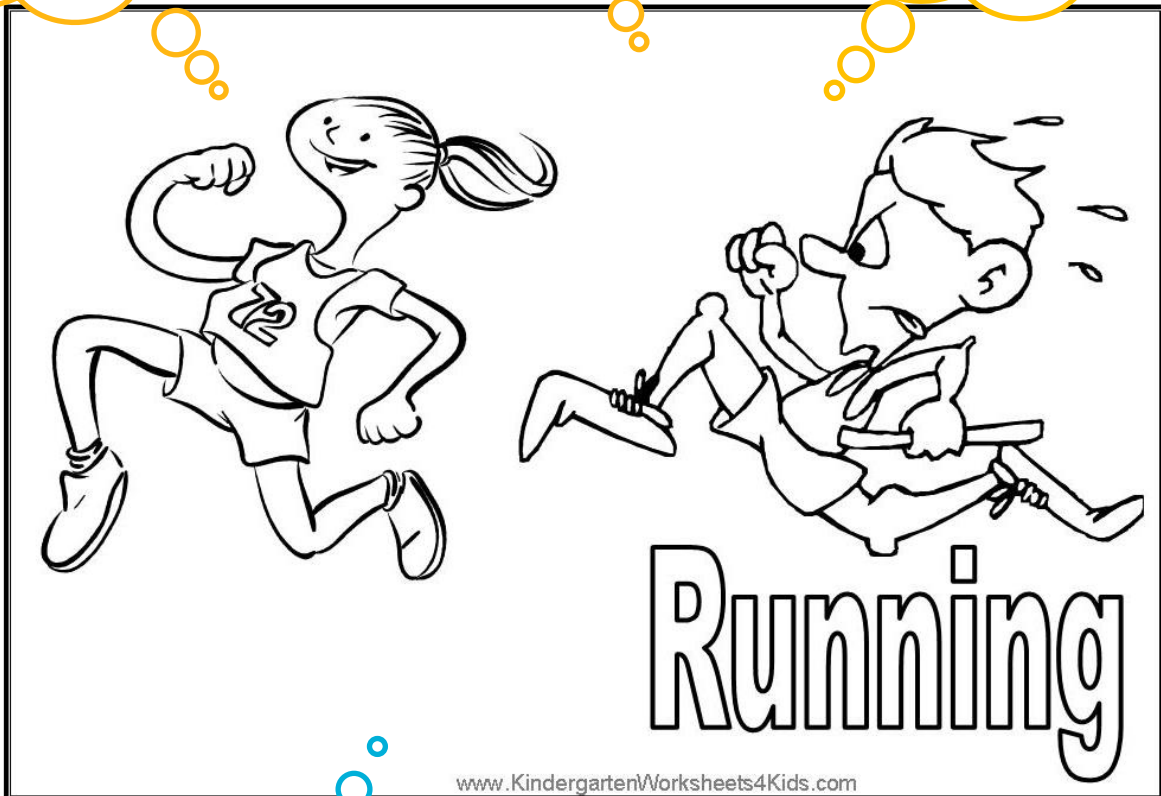
*Amen*



*I wonder which of these you are most like?*

*I wonder what it means to have Jesus as the prize in the race?*

*I wonder how people you know have cheered you on in following Jesus?*



*I wonder if you can share a story of a time you did something 'by faith'?*

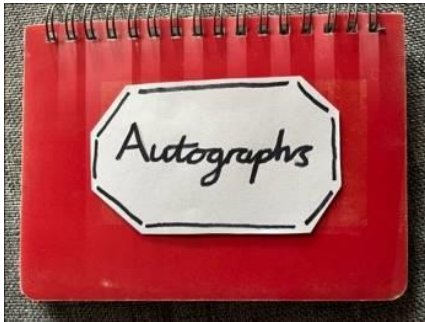
*I wonder what sort of things hold you back from running to Jesus?*

**Illustration by**

*Kindergartenworksheets4kids.com*

**To Do Together...**

**Autograph Book**



Your parents or grandparents probably remember having an autograph book which they got people to sign, and often people would also write an encouraging message too. They'd get friends and family to sign their book, sometimes even managing to get a signature from someone famous in there too! They were particularly popular when people were changing schools, and it was fun to look back in later years and remember all the people who were your friends at that time. Why not make your own and bring back this lovely tradition.

**You will need:** A notebook

**What you do:**

Get an old notebook or old schoolbook.

Gather people's autographs whenever you go places or if people come to your home.

As you collect them, remember there are people around you who will support you and cheer you on.

In our story this week, we are reminded of all the people who have gone before us and who cheer us on.





## To Do Together...

### **Finishing Flag**

**You will need:** A large piece of Paper

**What you do:**

Create a poster which looks like a checked flag by drawing checked lines and painting them white and black. Alternatively, you could do it by weaving strips of black paper and white paper together. Once it is dry, write 'Jesus' onto it, and paint that in a difference colour. This poster reminds us that Jesus is our focus, and as we run the race, he is our goal to finish. Why not use this as the finishing flag for your races, or maybe stick it up somewhere to remind you that, even when things are tough and obstacles get in our way, we can keep our eyes on Jesus and he will help us.





**To Do Together...**

**Racing**

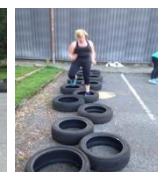
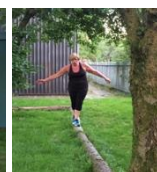
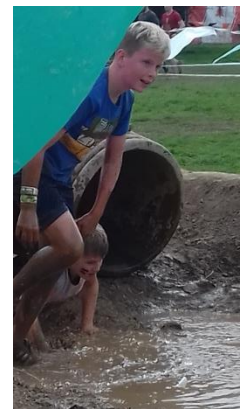
**You will need:** Some things which make it difficult to run easily.

**What you do:**

Create a race with things which make it difficult to go fast. Whether we are big or small, we can all struggle.

It might be toys which are too small, heavy objects to carry, things to go through, or get over. It might be having a race in mud, water or sand. Maybe you could each choose three things to make the race harder for your opponent and then let them choose one of those to ignore.

When we are running a race, we can have things which make it difficult to complete. We need to have people to help us or cheer us on.



# Walking the Way

Living the life of Jesus today

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

## Everyday Faith:

*The passage talks about throwing to one side all the things that stop you focusing on Jesus. I wonder what things they might be – they're different for everybody. This week, try to focus on your faith and what Jesus would want you to think, say and do, without getting distracted. It's a real challenge, but so worth doing.*

## Scrapbooking:

*Make a lovely page for your scrapbook. Get people you know and who have a positive influence on your life and your faith to decorate a tiny rectangle of paper, about the size of a postage stamp. Maybe they want to write a word on it that will encourage you, maybe they want to draw an encouraging picture or a picture about their faith, perhaps they might draw a tiny self portrait or just write their name in their favourite colour. Stick all these tiny rectangles together on your page in a way that is nice to look at, so that they form a cloud shape.*

## Take it Further:

*This reading tells us how the people of the past who have lived lives of faith are encouraging us on as we sprint towards Jesus. Choose one person from the Bible and find a story book that tells their story. Read it and think about how that person inspires you. You could take it in turns to pretend to be that person and answer the questions the others want to ask you.*



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: [lorrainewebb@urc.org.uk](mailto:lorrainewebb@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*

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The  
United  
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Church