



*Welcome to Families on Faith Adventures @ Home!*





## *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 – Exodus*

*Exodus was written around 1400BC by Moses. It's a sort of autobiography as it follows Moses' journey from birth to the Exodus and the 40 years in the desert.*

*The book ishe w*  
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*You lie back on our bed, feeling happy, your teeth aching from the sweetness. Who needs rules when you can have sweets for breakfast, dinner, and tea? Hang on a minute... you begin to feel a little queasy. In fact you are feeling quite poorly now. Too many sweets have given you a sore head and tummy. You hope someone might come soon to give you a cuddle and make you feel better, but there's no rules to say they have to.*

*As you lie on your bed, what are you thinking?*

*Do you want tomorrow to be just like today?*

*Do you want to wake up to a world without rules?*

*Who needs rules anyway?*

*Our House Rules*

*If we were going to follow Jesus' way of 'Love God and Love Others', what would that look like in our home? Have a go at creating your own house 'rules' for living together that would reflect loving God and loving each other.*

*Table Top Discussions*

*Each day over a mealtime, have a quick conversation about rules for living. Here are a few questions to get you going:*

*Is a rule always a restriction? Does following the rules always mean you lose out on something?*

*What examples have you seen today/this week of people loving God and loving others?*

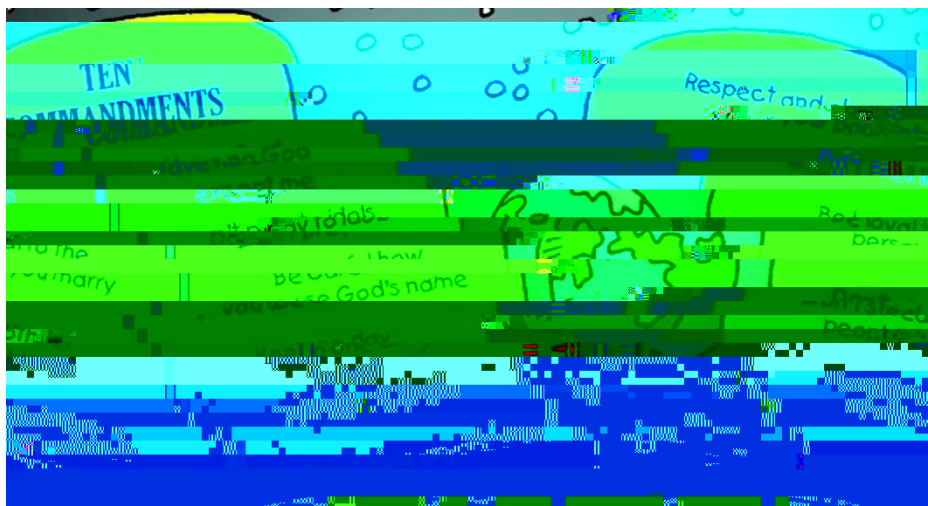
*Which one is easier to do, love God OR love others?*

*Are all rules the same, or are some rules worse to break than others?*

*What would the world be like without rules?*

*Which rule is your favourite and why?*

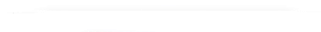
*Which rule would you get rid of?*

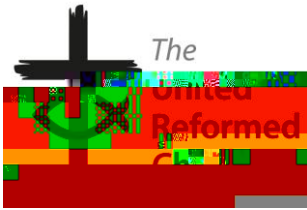




*What's in the box?*

*What treasures can you find to put in the box for your*





## Pray Together

### *Giving praise and honour to God*

*The Bible tells us to love God with all our heart and it is great to praise God in our prayers. We praise God when we are singing and in the words we use. We can praise God in other ways using our senses. Here is a way to praise God using taste and colour.*

*Think about God; I wonder what is God like? How does God make you feel? I wonder what colour would you choose to show God? Think about things you would like to say to God and to say thank you to God for.*

*You will need:*

- white bread*
- cotton buds*
- milk*
- food colouring*
- toaster*

*Put a small amount of milk into three dishes and mix in your chosen colours to make edible paint. Paint the bread with the cotton buds and think about praising God and the things you want to say thank you for. You might want to paint a picture or just make a colourful pattern of praises.*

*Toast the bread lightly and see how the colours brighten. Enjoy eating the toast and say thank you to God.*

*Idea Adapted from Flame Creative Children Ministry*





## Pray Together

### Reflecting God's Love

*"Love the Lord your God with all your heart, with all your soul, with all your strength, and with all your mind, and love your neighbour as yourself."*

*Jesus was once asked what the most important rule was and he simply said love God and love others. Jesus summed up God's ten rules and made it easy for us to remember. How can we show our love for God and loves for others?*



*Find a mirror and a torch and shine the torch onto the mirror. See how the mirror reflects the light. See if you can reflect the light into a dark corner in the room. We can reflect our love for God and show love to our neighbours in what we do. Look into a mirror at yourself. Talk to God and ask God to help you show God's love to others. Think about God's ten best rules for living and ask God to help you reflect them every day.*

*Dear God*

*Help us to reflect your love into the world in what we do and say.*

*Amen*







## TO DO TOGETHER...

### Rules for our Household plaques

You will need:            Card/ lollipop sticks  
                                  2 long strips of card or ribbon  
                                  Ribbon or wool

What you do:

Cut some coloured strips of card - you could use lollipop sticks if you have them.

As a family, talk about what rules you want to have to help your household live together happily, and then write them on the strips.

Using strips of paper or ribbon, stick all the pieces of paper together like a ladder.

To make the hanger, use a hole punch to create two holes in the top of the card and thread some ribbon or wool through them to

pieces of ribbon and tape them to the top of the card, leaving a long

tail of ribbon to hang the ladder of sticks that you have made.





## TO DO TOGETHER...

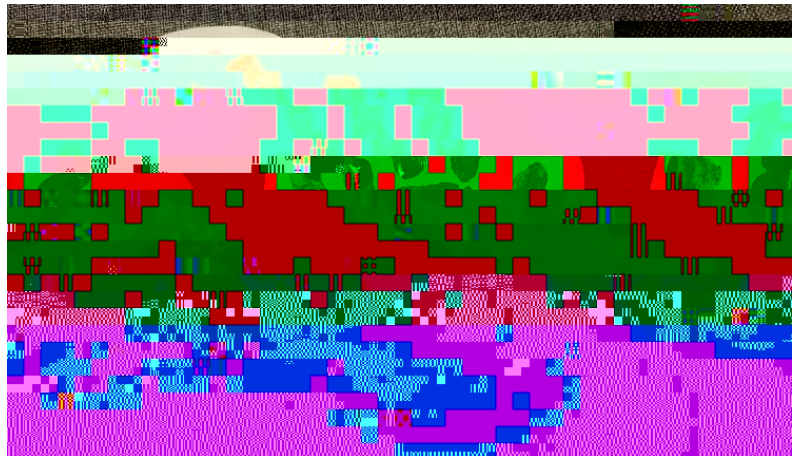
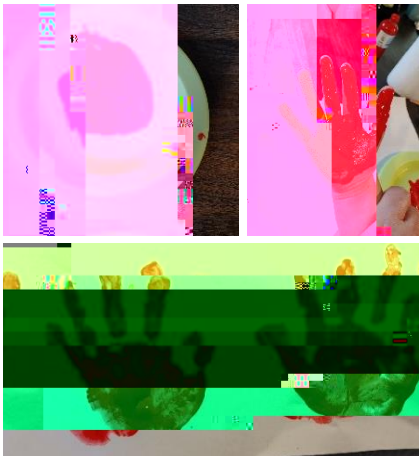
### *Handprints for Living*

*You will need:   Paint  
                          Paper*

*What you do:*

*Paint your hands with paint and press them onto the paper to make a lovely handprint.  
Once they are dry, think of ten ways of living for God and for others and write them onto  
your painted hands.*

*Cut them out and put them up for everyone to see.*





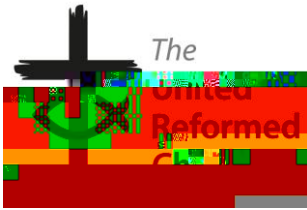
*Our Walking the Way Challenge  
this time is...*

*At Home:*

*This week's challenge is a secret mission -*

*Outside:*

*For Others:*



*Adventurers Go!*  
*You've shared together, now share with us!*