



# Faith Adventures for Children Together

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

For guidance on the purpose of the resource and how to use it as a launch pad for your engagement with children and families, please use this link:  
<https://urc.org.uk/wp-content/uploads/2023/01/FACT-how-to-sheet.pdf>

## Philippians 4:4-7 - Rejoice in the Lord Always

Theme:

**Contents:**

[Introduction](#) ..... 1







There was a young girl in a race  
Who fell, right onto her face

Kept her eyes on the cup  
And ended up coming third place (which is bronze)

There was a bookworm called May  
Who never went out to play  
But her mum made her go  
To a literary show  
Where she had a fabulous day

Outside the window was rain  
And William thought this was a pain

He played with his Dad  
And won at every game

In an exam one day, sat Steve,  
Who wanted to get up and leave  
But he took a deep breath  
And gave it his best  
And achieved all that Steve could achieve

Why not try to write some yourself, its sometimes easier to write them in a group.  
Use the first line to introduce the person or situation,  
The second line to introduce the problem  
Using the last 3 lines to turn it around for good or humour

### **Discussion Activity – Rose, Thorn, Bud**

#### **Guidelines for group leaders**

The aim of this activity is to enable discussions around emotional wellbeing. No-one should be forced or pressured into sharing. Using the image of a rose bush, the rose flower reminds us of our joys and successes; the thorn reminds us that situations can sometimes be prickly and uncomfortable, thinking of the challenges of the past week (listening to others share their own challenges can help us recognise that everyone can face challenges, we are not alone); the bud reminds us of the poten



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## Modern parables

theme. Examples are shared here but you may think of others too.

**'Find your happy'** by Emily Coxhead

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

- us to stay positive?
- What are the things that make you happy and what are the things that take your happiness away?

### Wondering together: suggested questions to use during activities

- I wonder why we say re-joice? Words that start with re- (it's called a prefix) usually mean doing something again. What are we re-doing?
- never feel happy?

### What's in the box (for undf



## Express

Praying together: how can you involve the children actively in prayer?

### Celebration Chocolate Prayers

The Passage from Philippians begins with a call to celebrate Rejoice everything to God in prayer.

Each day can be a day to celebrate and talk with God. Here are some ideas using a box of Celebrations to help you give praise and thanks to God and to ask God to help others.

Decide on a prayer for each of the chocolates and take it in turns to take a chocolate from the box and pray the prayer for that chocolate. When you have completed your prayers, you can eat the chocolates as a celebration together, or share them with someone.

Here are some suggestions for prayers for each of the chocolates in the box but you might like to come up with your own ideas as a group.

**Bounty**

Twix Pray a prayer of thanks for your family and friends.

Snickers God wants us to be joyful and happy. Think of something or someone that has made you smile or laugh and say thank you to God.

Milky Way Praise God for creation and all the wonder and beauty that God has given us in our world. Where you have seen God at work i said. Say thank you to God.

Maltesers Pray that God would show you someone you can help out by spending time with them or giving them something they need. Say thank you to God for that person and ask God to bless them.

Mars Think about people who are sad, lonely or sick and and ask God to bless them.

Galaxy Think about all the countries in the world, countries that may be at war or struggling due to disasters or r the people who are in difficult situations.

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Spoken prayer24>BDC q53.16 45.72 507.48 689.02 reW\*nBT/F2 9.964R d eople who are





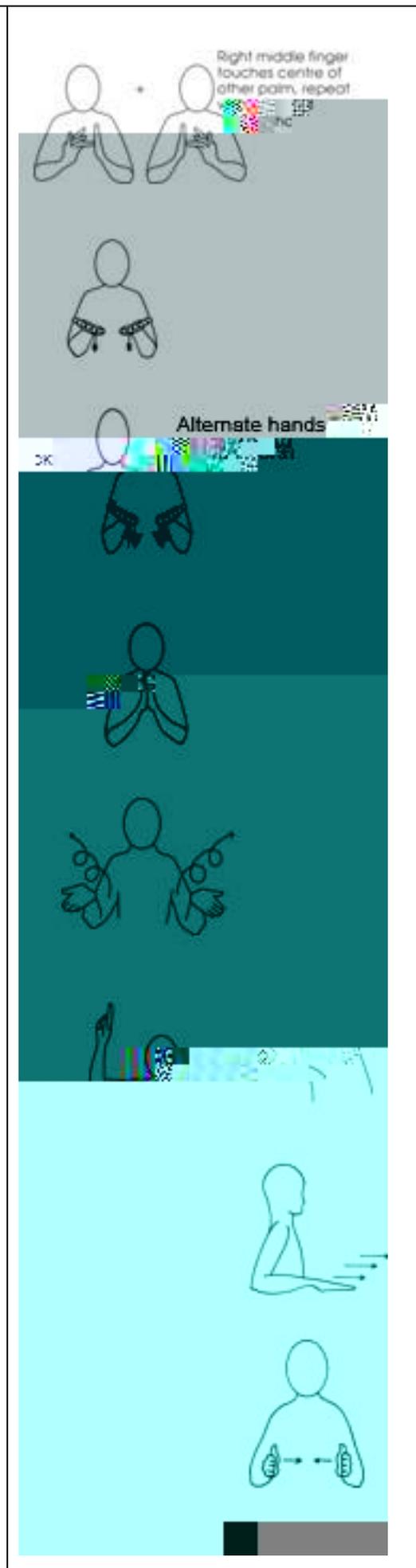
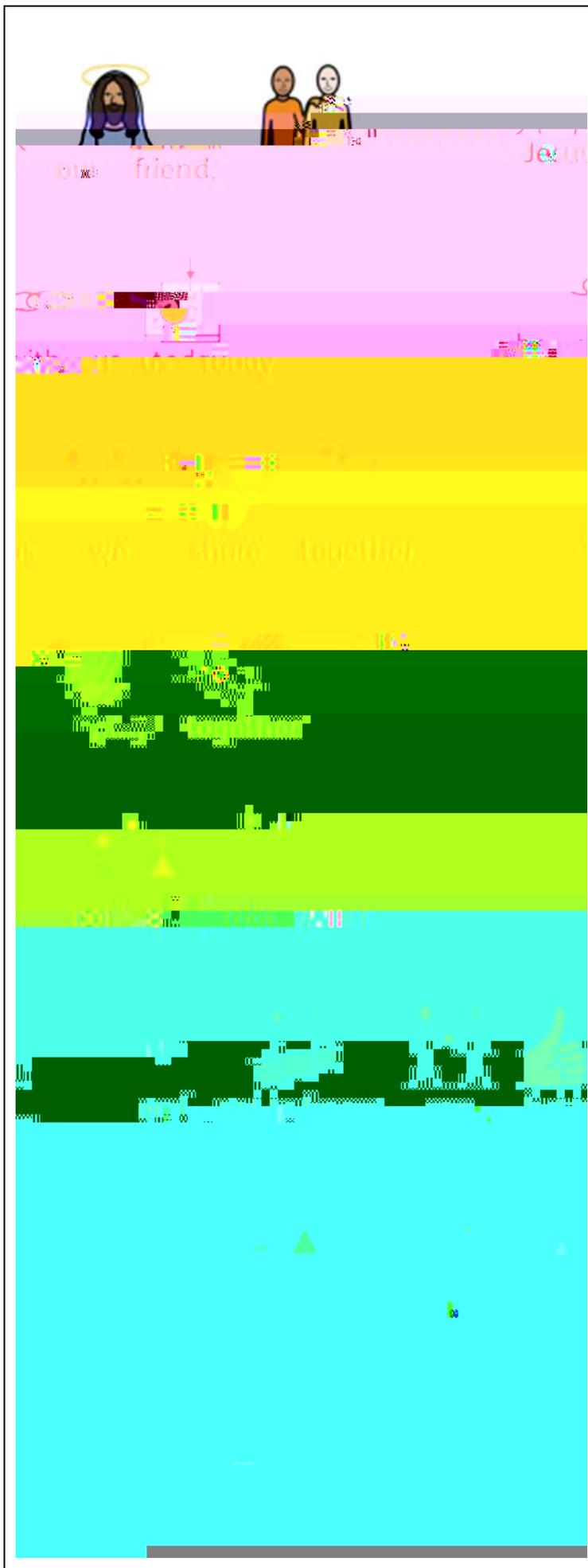


We hope you enjoyed exploring the story from Philippians with us.

Please let us know what you liked or what you would find useful by emailing [lorrainewebb@urc.org.uk](mailto:lorrainewebb@urc.org.uk)

**Pentecost.**





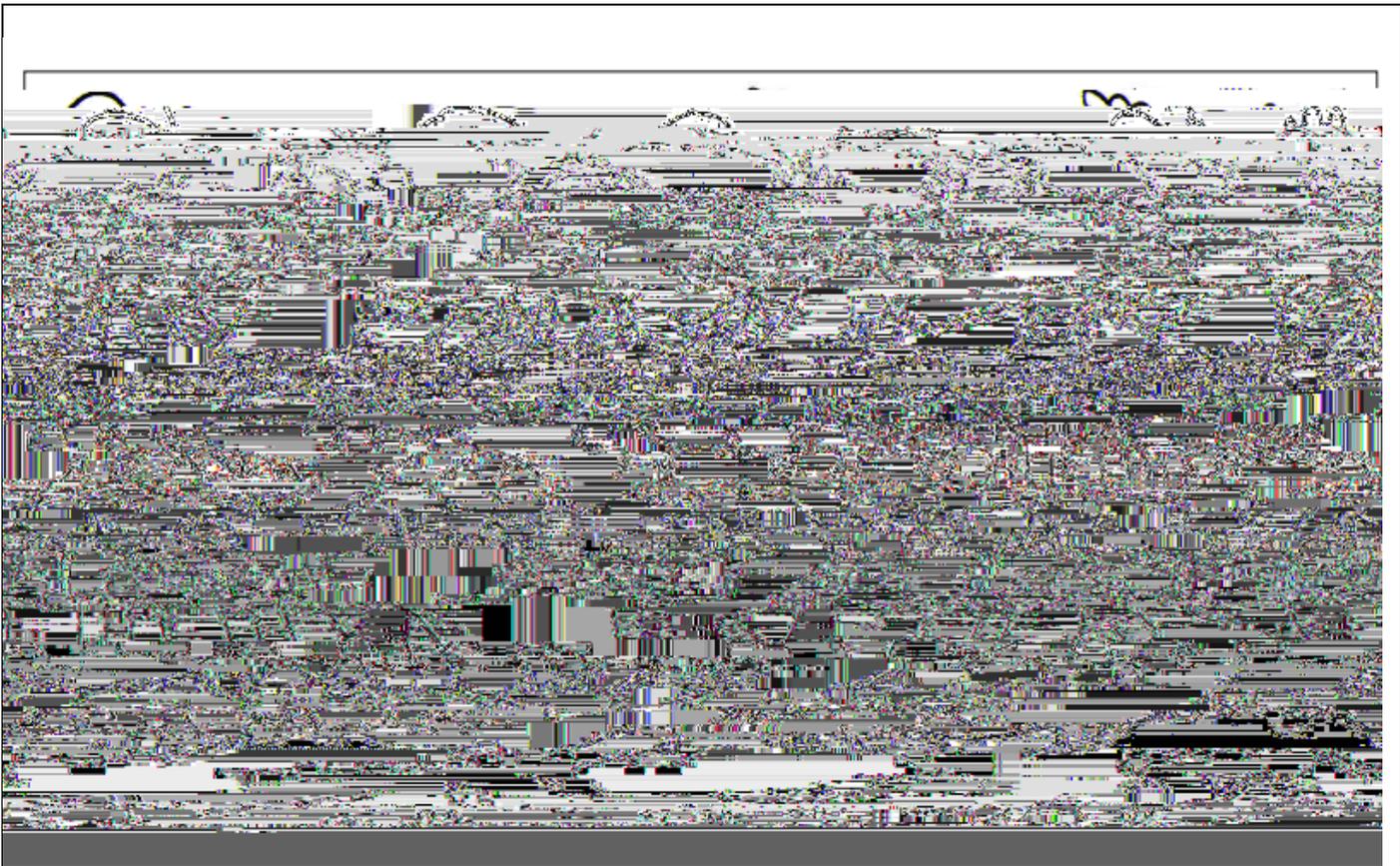


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