



# Faith Adventures Youth Resource

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/Faith-Adventures-How-To-FAYR.pdf>

## 1 Corinthians 3: 5a-8

**Theme: We all can plant and care for the seeds of faith, God does the rest.**

**Contents:**

[Introduction](#) ..... 1  
[Together](#) ..... 2  
[Experience](#) ..... 2  
[Explore](#) ..... 2  
[Express](#) ..... 4

**Introduction: What would be helpful to know before we begin?**

**Corinthians**

This week we are continuing to explore the theme of ‘Growing’. Last week we looked at how we are all connected to Jesus and God by exploring the metaphor Jesus used when he said “I am the Vine.” This week we’ll be looking at how the vine got there in the first place!

The vine must have been planted by someone, but just planting a seed isn’t always enough. It needs to be nurtured, fed, supported and cared for – just as faith, and our relationship with God must be.

We often hear that we must ‘trust God’ – but God also trusts US to do what is needed when the time is right.

We can help nurture the seed of faith in others just as others have done it for us. God might create the seed of faith, but we can sow it, water it, nourish it, support it. Indeed, that is what God expects us to do.

Unlike the seeds that farmers and gardeners sow, we might never get to see the seed reach its full maturity as a plant – or even a tree! We don’t always get to see the fruits of our labours, but we know that the care and support we show to others today, because of our faith in Jesus and God, may have a big effect in their lives some time in the future. And that is why it is worth doing.





You may wish to use the explore section from this week's Faith Adventures: Children Together to guide your exploration of the theme this week.

**Exploring seeds and growth.**

Consider inviting someone to give a simple testimony about their faith has grown and been nurtured – how were the first seeds sown in their lives? Who or what was central in that happening?

If this is not possible then start with this activity

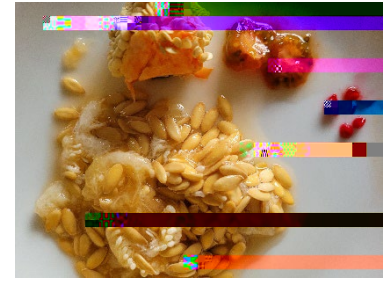
- Are there activities in your church or community that involve different groups of people?
- What things are you good at, that are different from you friends? Are there skills that your friends have that are different to you?

## Responding together

This is an opportunity for a social justice challenge, some research, craftivism, or a craft or STEM activity. You may have a specific activity chosen but free choice is also an option. Here are some suggestions for this week's theme. See Faith Adventures: Children Together for a craft and a STEM activity which may also be appropriate. Choose whatever will work best for your group.

### Finding seeds

Choose a selection of fruits containing seeds. Take out the seeds, clean them and try to separate the individual seeds. Notice whether this is easier with some fruits and what makes the task more difficult. When the seeds are cleaned and separated you could try planting them in a small pot filled with compost – two or three seeds per pot. Think about what country the fruit was grown in originally, do you think your plant will grow fruits or just foliage? Why?



### Challenge

Discipleship doesn't stop when you walk out of the church door – it is a part of everyday life. Take a challenge with you and try to make it part of your week.

You may think of your own suggestion of what you as an individual or a group might do in the coming week in response to what you have explored today? If not here are some suggestions:

- Use one of the “conversation starter” questions or the question below to talk with someone of a different generation or from a different setting and share your questions, thoughts, insights together. **How do you care for your faith?**
- Research something suggested by JPIT, [Resources \(jpit.uk\)](https://www.jpit.uk) Commitment for Life [cforl.co.uk](https://www.cforl.co.uk)
- Perhaps there is a community garden project you could volunteer at?

Thank you for exploring the **Corinthians** passage with us.

Please let us know what you liked or what you would find useful by emailing [children.youth@urc.org.uk](mailto:children.youth@urc.org.uk) or by sharing it on [https://bit.ly/FACT\\_FB](https://bit.ly/FACT_FB)

