





A RESOURCE FOR YOUTH MINISTRY

# GET A WAY!

IDEAS FOR AN ACTIVITY DAY WITH CHILDREN & YOUNG PEOPLE

# **GET A WAY!**

IDEAS FOR AN ACTIVITY DAY WITH CHILDREN & YOUNG PEOPLE

DEAN ATKINS
ST MARYS CF10

#### **Contents**

Get A Way	4
Get A Way Checking In	5
Setting Off	7
Pairing Up Activity	7
Who are you?	8
Who is Jesus?	9
The Journey Ahead	11
Following Jesus	12
Wish you were here	14
Closing Worship	15
Additional Activities	
Who Wants to be a Millionaire?	
Who is Jesus?	
Appendix of Resources	

#### **Get A Way**

Organise your own day of discovery with children and young people with our GET A WAY' Activity Pack which has grown from other materials in our OWN THE WAY range. This particular resource is particularly appropriate for 11 - 12 years + but can be easily adapted.

Here you'll find a suggested structure for a whole day or just a morning or afternoon, with a number of short activities. Alternatively, each activity could be used simply as a youth group session.

However, what you choose to use, and how you use them, will depend on the age group and the number of those attending, as well as the time you have available. Although each activity has a time suggestion in order to keep some momentum, much longer can be spent on particular activities, which means that you can hold a number of different sessions.

Perhaps, a group of churches could come together for such an event, which means collating resources and increasing the number of young people who can interact with and support one another along the Way.

The basic theme of the activities is exploring the Christian Life as a journey, so you may want to prepare the space accordingly. This will depend on the resources and time available, and your sense of creative fun! None of the activities are exclusive. You can use this resource as a template for ideas of your own!

For example, you could initially prepare the room with seating so that it resembles an Airport Terminal or a Railway Station. Maybe prepare some Travel signs around the room, have a Check In Desk, or a Waiting Area, etc. It's basically up to you!

A whole day of activity could also include some active fun such as sports or physical activity.

In whatever way you use the resources, we hope that they will help to enrich your work with children and young people.

For more information about ST MARY'S CF10 and for lots more resources, check out our website at www.stmaryscf10.com

#### **Checking In**

As people arrive and gather, play some appropriate background music to make the young people feel at home!

The activity suggestions provided here are simply to keep people occupied whilst you wait for everyone to arrive, and to begin to set the scene

#### **Travel Documents**

Materials: Photocopied Travel Documents (from the Appendix), Pens

Get them to complete the details of their Travel Documents with name, date of birth, date of baptism, confirmation, etc. You may also want to use the Passport Idea from the Appendix, where each activity is stamped or signed as they make progress.

#### **Badges**

Materials: various for name badges

You can buy ready-made badges, borrow a badge machine, or provide laminated pouches to make ID badges to be hung on Lanyards, or just simply have large label stickers.

#### **T Shirts**

Materials: T Shirt and Fabric pens

Depending on your budget, provide cheap white t-shirts, and fabric pens (not fabric paints – they take too long to dry!) for them to personalise their t shirts with their name.

#### **Around the World**

Materials: map of the world, pens, tags

If possible, place a large map of the world on the wall and ask people to stick a pin in the various places they have been in the world, or if they haven't travelled, the places where they would like to go and/or where they may even have family members.

Try to give a different colour pin to each person, or prepare pins with coloured tags or ribbons or tags on which they can write their names.

5

#### **Setting Off**

Welcome to an exciting *day/morning/afternoon* of discovery and activity in order to meet each other, get to know each other, learn more about the Christian Faith, and for you to be encouraged in your faith.

We often say that being a Christian is like being on a journey. In fact, before Christians became known as Christians, they were called 'Followers of the Way' (Acts 9:2; 19:9, 23)

You may remember that Jesus called himself 'The Way, the Truth and the Life.' He did this on the night before he died. His Apostles felt lost with all the talk about him going away. 'How can we know the way?' they ask. Jesus responds, "I am the Way, the Truth and the Life."

Yes, we are followers of Jesus, the Way, and together we are on the way with God:

- we have come from God,
- we walk with God
- we journey towards God.

It's the journey of a lifetime.

Thomas said to him, 'Lord, we do not know where you are going. How can we know the way?'

Jesus said to him, 'I am the way, and the truth, and the life.

No one comes to the Father except through me.

JOHN 14:5-6

#### Who am I?

Time: 15 minutes | GROUP OR INDIVIDUAL SESSION

Materials: Card, Magazines, Glue, Newspapers, brushes, scissors, etc

Place a selection of magazines on a table and ask the young people to use the magazines to make a quick collage of things that tell us about what they are like. So, if they like football, then cut out and stick something about football, if they are mad about music, then find a picture that illustrates that, etc until they have a colourful collage!

Afterwards, take some time as a group to look at some or all of the collages with the rest of the group. If possible, place them around the walls or in a prominent position.

Alternatively, you could have one large collage which is created from everyone's different expressions of themselves.

#### **Pairing Up Activity**

**Time**: 5 Minutes | PAIRED ACTIVITY

**Materials:** envelopes, pairing cards (from the Appendix)

Give each young person a piece of paper with one of a pair. It could be a person or an item. They need to match up with/find the other person who has the other name that completes the pair.

For example, Romeo and Juliet, Ant and Dec, Mary and Joseph, David and Goliath, Adam and Eve, Mickey Mouse and Minnie Mouse, Marks and Spencer, Nuts and Bolts, Punch and Judy, Rolls and Royce, Salt and Vinegar, Cheese and Onion, Samson and Delilah, Sooty and Sweep, Starsky and Hutch, Sticks and Stones, Wallace and Gromit, Jack and Jill, Popeye and Olive, Scooby Doo and Scrappy Doo, Batman and Robin, Hansel and Gretel, Stars and Stripes, Bread and Butter, Black and Decker, Bonnie and Clyde, Night and Day, Heaven and Earth, Fish and Chips, Tom and Jerry.

Remind them that, in the gospels, when Jesus sends out his Apostles, he does so in pairs. Also, if you look at the lists of the 12 Apostles in the gospels they are often ordered in pairs — Peter and Andrew, James and John, Philip and Batholomew, etc Why do they think Jesus sent them out in such a way?

'He called the twelve and began to send them out two by two, and gave them authority over the unclean spirits'

MARK 6:7

#### Who are you?

Time: 15 minutes | PAIRED ACTIVITY

**Materials**: Pens, Questionnaires (from the Appendix), and clipboards, if available.

Now give each young person a 'Discovery Sheet' and ask them to find out as much as possible about each other in ten minutes using the questionnaire

If they finish all the questions in time, suggest they use the time to find out even more.

#### **Feedback**

It took a little while for you to find out things about each other. Of course, you couldn't find out *everything* about them: you just didn't have long enough. But even if we had an even longer time, there is no way that would know *everything* there is to know about someone.

God, of course, doesn't need a question and answer sheet to find out about us. He knows us through and through – he knows us better than we know ourselves

Even before we were born he knows every little bit of us. He has called us to be his friends and to follow him, to go on an exciting journey with him, a journey where we discover ourselves and other people, but most of all where we discover God and how much he loves us and values us.

We can't know everything there is to know about God. It takes a lifetime. Along the way, we have an exciting journey of discovery. Discovering who God is and how he has chosen to reveal himself to us. Only when we get to heaven will we know God as he knows us.

"Beloved, we are God's children now; what we will be has not yet been revealed. What we do know is this: when he is revealed, we will be like him, for we will see him as he is.

(1 JOHN 3:2, NRSV)

But in the meantime, through the ages, God has revealed himself in a number of different ways, most perfectly in Jesus Christ. God show us who he is in Jesus.

Long ago God spoke to our ancestors in many and various ways by the prophets, but in these last days he has spoken to us by a Son, whom he appointed heir of all things, through whom he also created the worlds.

#### He is the reflection of God's glory and the exact imprint of God's very being, and he sustains all things by his powerful word.

HEBREWS 1:1-3

So, let's now turn to look at Jesus, and try to find out who he really is!

#### Who is Jesus?

**Time:** 20 minutes | INDIVIDUAL SESSION **Materials:** different images of Jesus

Place various different images of Jesus around the room. A good resource is USPG's 'The Christ we Share' or do an Internet search and print some images of Jesus.

Alternatively, if your church is decorated with lots of different images you can use these instead of or in addition to any you provide.

Ask the young people to spend a little time walking around the room/church, looking at the various images of Jesus, thinking about each one (you can play some reflective music if you like).

Ask them to finally choose one that they like and to stand by it and to think about why they chose it. When they have all found an image, you may want to ask one or two (or all) why they made their choice.

Each of those images say something different about Jesus: It could be Jesus the Good Shepherd, Jesus who is gentle, Jesus as someone who enjoyed life and liked to laugh, Jesus who was willing to die for us, and so on.

Now call out various circumstances that people experience in life, and ask them which image would mean most to them if they were in those circumstances.

Remind them that there really are no right or wrong answers!

These obviously have to be dealt with sympathetically – some of the circumstances may already be experienced by some of the young people.

#### **Circumstances**

- You are fifteen years of age and you are being bullied in school.
- A member of your family has died and you are very upset.
- You live in a country where the people have no freedom. There is a tyrant running the country who does what he wants, who lives in luxury whilst the people live in poverty and hardship, if people speak out against the leader, they are often kidnapped at night and placed in prison.
- You are homeless, have lost touch with your family, have no money, and sleep in shop doorways or beneath the trees in a local park.
- You have recently lost your job and have no idea what you are going to do next.

#### **Feedback**

It's the same Jesus, of course, in all of those pictures. They just represent different characteristics that people have portrayed through art. They may mean different things to us at different times in our lives.

Jesus is a friend, a saviour, someone who welcomes us, someone who guides us, someone who shows us the way when we are lost, who loves us to death, has power over death, calls us to follow him, seeks us out when we have wandered away from him, is a King, our Lord and God, Christ, Messiah, Word made flesh, the Crucified One, the Risen One, and so on.

How do we know what we know about Jesus? The primary way, of course, is through the Bible. St Jerome said:

#### "Ignorance of the Scriptures is ignorance of Jesus."

The Bible is the record of God's revelation of himself to humanity through his people of Israel, and above all in his Son, Jesus Christ. With the Bible as our guide, the Church's ongoing life and tradition is also able to perceive more and more about who Jesus is as long as it corresponds to the witness of the Bible.

#### **The Journey Ahead**

**Time:** 15 minutes | SMALL OR WHOLE GROUP SESISON **Materials:** Small suitcases or rucksacks with objects

Depending on the numbers present, split them into smaller groups. Give each a small suitcase or travel bag case with various objects that represent the Christian Life (you'll find some ideas in the Appendix of Resources)

Remember at the beginning how we said that the Christian Life is like being on a journey? God has given us so many things along the way to help us on our journey, things that he wants us to have to get to know him better, and to be closer to him, to be more like him.

In the case are different objects that represent different aspects of the Christian Life.

On this occasion you have to choose what you think are the most important. Which ones you pack for the journey, and which ones you will you leave behind. You can only take SIX items, though.

At the end, we will compare cases and you will be invited to explain why you chose certain objects.

Remember, it's not so much the item itself that it important but the aspect of the Christian life that it represents. So, for example, taking a candle as a sign of prayer doesn't mean that you can't pray without a candle. The candle simply represents the importance of prayer.

#### Feedback and teaching

Explore some of their items and the reasons for the choices.

Spend a little time gently exploring what lies at the heart of the life of the Church, and what Christians are called to be or do. For examples, loving God and one another, praying and worshipping, reading the Bible, celebrating the Eucharist and the other sacraments, etc. helping others, etc. What are the most important things?

In the Acts of the Apostles, which tells the story of the growing Church, we find four characteristics of Christians:

"They devoted themselves to the apostles' teaching and fellowship, to the breaking of bread and the prayers"

(ACTS 2:42, NRSV)

#### **Following Jesus**

Time: 10 minutes | GROUP SESSION

**Materials:** Character Cards (from the Appendix) for each group

In the same groups, give them five different Character Cards. Each person is quite different from the others, and has a different job. You may want to introduce them or let them read the cards in their groups.

Ask them to place the people in order of who they think has the most difficult or the easiest job. Discuss and compare their results.

Perhaps then ask them who they think has the most useful job? Discuss and compare their results.

Finally, ask them who is the holiest person? Discuss and compare their results.

#### **Feedback and Teaching**

All of these people, although very different, with different jobs, are all Christians. It doesn't necessarily make one person more holy than the other, or one person better than the other. They have all taken different tasks in life, and they all think that, in some way, they are doing what God wants them to do with their lives.

It's the same with us. To be a Christian and follower of Jesus means doing with our lives what he has planned for us. We all need each other. Just as St Paul said in his first letter to the Corinthians:

"Now there are varieties of gifts, but the same Spirit; and there are varieties of services, but the same Lord; and there are varieties of activities, but it is the same God who activates all of them in everyone. To each is given the manifestation of the Spirit for the common good.

To one is given through the Spirit the utterance of wisdom, and to another the utterance of knowledge according to the same Spirit, to another faith by the same Spirit, to another gifts of healing by the one Spirit, to another the working of miracles, to another prophecy, to another the discernment of spirits, to another various kinds of tongues, to another the interpretation of tongues.

All these are activated by one and the same Spirit, who allots to each one individually just as the Spirit chooses. For just as the body is one and has many members, and all the members of the body, though many, are one body, so it is with Christ. For in the one Spirit we were all baptized into one

body—Jews or Greeks, slaves or free—and we were all made to drink of one Spirit. (1 Corinthians 12:4-3)

If you wanted to spend a little longer on this session, perhaps this is a good time to talk about their dreams and aspirations, their plans for the future, their sense of vocation, although this could also be picked up in the next activity. How is it possible to discover what God wants us to do? How does he speak to us? Perhaps through prayer, bible, worship, other people, everyday events?

We can only do all that we are called to do by receiving God's help (his Grace) and through the power of the Holy Spirit.

Jesus said, 'When the Spirit of truth comes, he will guide you into all the truth.'

(JOHN 16:13, NRSV)

#### Wish you were here

Time: 10 minutes / INDIVIDUAL SESSION

**Materials:** Postcard, Pen and Envelope for each person

If you go on holidays you may send a postcard to people back at home, although these days we can easily keep in touch with people by text, messaging and social media. However, these postcards are being written to ourselves!

What you invite them to write on the postcard will depend on the age group of the young people.

Here are a number of suggestions:

- Simply, how they enjoyed the day/activities, and what they would like to see happen next? Did they learn anything from the day?
- Where are they in life at the moment, what ambitions or dreams do they have for themselves, the Church or the world? This picks up from the previous session of having a sense of vocation. How do we know what God wants from us? How do they see their future with Jesus? It could be something that you want to happen by next year or in ten years time.
- Perhaps they could write to themselves about where they would like to be in the future or what they feel God is guiding them to do.

Remember that this is a private exercise and they don't need to show what they write to anyone.

Get them to place their completed postcard in the envelope provided, and ask them to write their name and address on the front. You could either use these cards in future sessions (place them in the church safe in a larger envelope, perhaps) or arrange to post it to them in a few weeks or months' time.

You may like to play some quiet reflective music whilst this is being done.

#### **Closing Worship**

Time: 10 minutes

Gather everyone together in a circle, each with the collage they made at the beginning of the session. Light a candle and place it next to a cross. If a Group Collage was created, this can be placed near the cross and the candle.

Have a short time of prayer and a short amount of silence, reflecting on the activities and time together, and asking them to think about the things that they are looking forward to.

#### **Bible Reading: Psalm 139**

O LORD, you have searched me and known me. You know when I sit down and when I rise up; you discern my thoughts from far away. You search out my path and my lying down, and are acquainted with all my ways.

Even before a word is on my tongue, O LORD, you know it completely. You hem me in, behind and before, and lay your hand upon me.

Such knowledge is too wonderful for me; it is so high that I cannot attain it.

Where can I go from your spirit?

Or where can I flee from your presence?

If I ascend to heaven, you are there; if I make my bed in Sheol, you are there. If I take the wings of the morning and settle at the farthest limits of the sea, even there your hand shall lead me, and your right hand shall hold me fast.

If I say, 'Surely the darkness shall cover me, and the light around me become night', even the darkness is not dark to you; the night is as bright as the day, for darkness is as light to you.

For it was you who formed my inward parts; you knit me together in my mother's womb. I praise you, for I am fearfully and wonderfully made. Wonderful are your works; that I know very well.

My frame was not hidden from you, when I was being made in secret, intricately woven in the depths of the earth. Your eyes beheld my unformed substance.

In your book were written
all the days that were formed for me,
when none of them as yet existed.
How weighty to me are your thoughts, O God!
How vast is the sum of them!
I try to count them—they are more than the sand;
I come to the end—I am still with you.

Everyone is invited to place their 'Me' collage in the centre.

#### **Prayer**

God our Father,
you are great, you are glorious,
all powerful, majestic,
and also so full of love.
Your love has been poured out into all that you made.
Your love has been shared in sending Jesus into the world.
Your love has been poured out in creating us,
in creating me
and guiding us through Jesus back to you.
As we continue along the Way of Christ,
Keep us strong and faithful,
Fill our hearts with love for you
And for one another,
Until at last we come to our journey's end.
Through Jesus Christ our Lord. Amen.

#### **The Lord's Prayer**

Let us pray as Jesus taught us: Our Father...

#### **The Grace**

The grace of our Lord Jesus Christ and the love of God and the fellowship of the Holy Spirit be with us all evermore. Amen.

#### **Additional Activities**

In case we finish everything early or you want a bit of variation. Other ideas for activities can be found in 'On the Way – the journey of a life-time' available on our website – which features ideas for creative, art and craft, and drama.

#### Who Wants to be a Millionaire?

Materials: Quiz questions, Personal Spend Sheet, Group Spend Sheet, Pens, handout.

You may want to have a quick fire quiz game based on a game such as 'Who Wants to be a Millionaire' or some other show.

If you won a million pounds on a gameshow or ten million pounds in a Lottery game, how would you spend it?

Give each person a 'Spend Sheet' and get them to share in a group what they've come up with. Kep it light and humorous as you can expect some weird and wonderful things!

Then read out one or more of the following or similar quotes from Scripture:

"I coveted no one's silver or gold or clothing. You know for yourselves that I worked with my own hands to support myself and my companions. In all this I have given you an example that by such work we must support the weak, remembering the words of the Lord Jesus, for he himself said, "It is more blessed to give than to receive." (Acts 20:33-35, NRSV)

Then someone came to him and said, 'Teacher, what good deed must I do to have eternal life?' And he said to him, 'Why do you ask me about what is good? There is only one who is good. If you wish to enter into life, keep the commandments.' He said to him, 'Which ones?' And Jesus said, 'You shall not murder; You shall not commit adultery; You shall not steal; You shall not bear false witness; Honour your father and mother; also, You shall love your neighbour as yourself.' The young man said to him, 'I have kept all these; what do I still lack?' Jesus said to him, 'If you wish to be perfect, go, sell your possessions, and give the money to the poor, and you will have treasure in heaven; then come, follow me.' <sup>2</sup>When the young man heard this word, he went away grieving, for he had many possessions. (*Matthew 19:16-22, NRSV*)

Do not store up for yourselves treasures on earth, where moth and rust<sup>[a]</sup> consume and where thieves break in and steal; but store up for yourselves treasures in heaven,

where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there your heart will be also. (Matthew 6:19-21, NRSV)

"Come, you that are blessed by my Father, inherit the kingdom prepared for you from the foundation of the world; for I was hungry and you gave me food, I was thirsty and you gave me something to drink, I was a stranger and you welcomed me, I was naked and you gave me clothing, I was sick and you took care of me, I was in prison and you visited me." Then the righteous will answer him, "Lord, when was it that we saw you hungry and gave you food, or thirsty and gave you something to drink? And when was it that we saw you a stranger and welcomed you, or naked and gave you clothing? And when was it that we saw you sick or in prison and visited you?" And the king will answer them, "Truly I tell you, just as you did it to one of the least of these who are members of my family, [g] you did it to me." (Matthew 25:34-41, NRSV)

Then in groups ask them to spend the money by putting this teaching into action.

Discuss and compare the results.

#### Who is Jesus?

**Materials:** Cards from the Appendix, dice.

Gather in your teams/groups, facing into the centre of the room.

One pack of cards in the middle each card has a characteristic, feature or information about two different people: one is Jesus, the other completely different (in the case of the resource in the Appendix, you may notice that it's Harry Potter – the second two pages correspond to him!)

Each group takes it in turn to roll a dice. An even number means you can pick a card, read it out loud, and choose whether or not to keep it. The cards will tell you something about Jesus and a totally different person (fictional or no fictional).

As a group, you have to collect as many cards that you think refer to Jesus as possible,

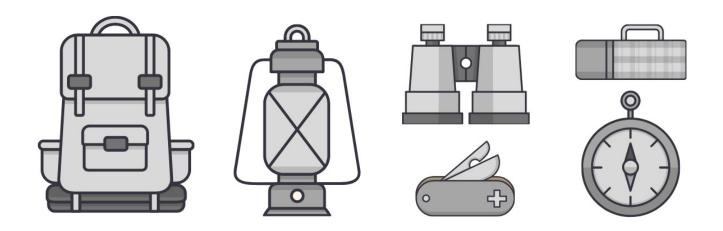
If you decide to reject the card, you can place it in a second pile.

If the next group throws an odd number they can choose to take a card from the Rejected pile if you want (if you think that one of the groups has rejected a Jesus card.)

Once all the groups have six cards each, or when time runs out, they then they go into their teams and build up an image of Jesus. Discuss and compare the results!

#### **Appendix of Resources**

The following pages are provided to resource some of the activities – although feel free to design and create your own!



### TRAVEL DOCUMENTS

NAME	DATE OF BIRTH
DATE / PLACE OF BAPTISM	CONFIRMATION
MY CHURCH	MY AMBITION



# ROMEO

# JULIET

ANT

DEC

### MARY

# JOSEPH

### ADAM

EVE

### FISH

CHIPS

SALT

VINEGAR

### BATMAN

ROBIN

PIE

MASH

### BREAD

# BUTTER

NIGHT

DAY

# THE JOURNEY OF A LIFETIME PACKING LIST



Oil (of the Sick): a symbol of the healing ministry of the Church

Bible: a symbol of listening to God through Holy Scripture

Baptism Candle: a symbol of baptism

Holy Eucharist Service Card: a symbol of celebrating the Eucharist

Rosary Beads: a symbol of prayer

Prayer Book: a symbol of the importance of prayer

A Cross or Crucifix: a symbol of the death of Jesus

Water: for baptism

Hymn Book: a symbol of worshipping together

Towel: a symbol of following Jesus' example of service and love

Apostles Creed: a symbol of the basic beliefs of the Christian Faith

### Who is Jesus?

As a baby he was laid in a feeding trough for animals

His mother's name was Mary

He died on a rubbish heap

He was a great storyteller

He was

# He died at about the age of 33 years

He once cried in public

His cousin was imprisoned and beheaded

He was arrested and put on trial and sentenced to death

He died in between two criminals

# He rose from the dead

He healed the sick

He raised the dead to life

He was raised as the son of a carpenter

There was an attempt to kill him as a baby

# His parents were killed when he was a baby

He was a special child

He lived in a terraced house

He had magical powers

He was a gifted 'Seeker'

His mother's name was Lily

### His father's name was James

He had an evil arch-enemy

He was famous before he knew it himself

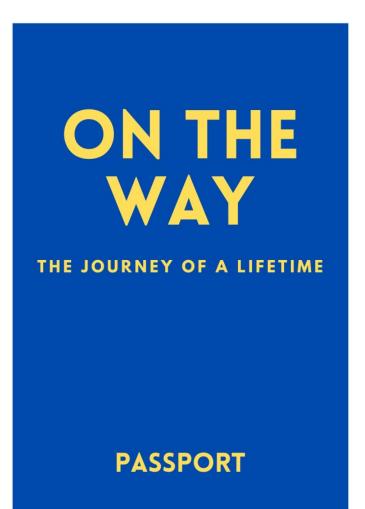
He had a pet owl

He could talk to snakes

He was forced to sleep under the stairs

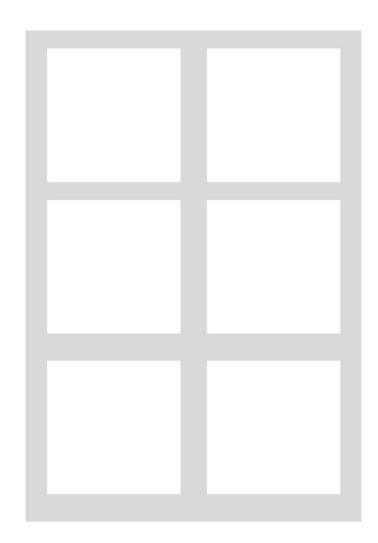
# £10 MILLION IF I WON THE LOTTERY!

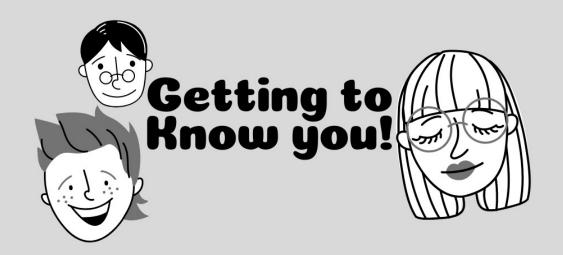
AMOUNT	I'D SPEND IT ON	TOTAL
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
13.		
14.		
15.		
16.		
17.		
18.		
19.		
20.		



ON THE WAY

Name		
Get your passport stamped as you move through each activity		





Each person mentioned below is quite different from the other. Each has a different job and a different way of life. Can you place the people in order of who you think has the most difficult job to who has the easiest job? Maybe, if you have time, decide who you think has has the most useful job, or who you think may be the holiest person.

#### John

works with people who are homeless people in a city centre hostel, trying to get them back on their feet. In his spare time, he enjoys running and going to the gym.

#### David

works for a large IT company as a computer programmer. In his spare time he loves gaming, and going to Music gigs.

#### **Patrick**

is a monk and is a member of a Religious Community. The community is a contemplative one which means a large amount of their time is spent in prayer. He enjoys reading.

#### Uivienne

is a children's doctor in a large hospital. She also has three children of her own. She loves to travel. She also has a dog, a goldfish and two rabbits!

#### Sarah

is a Headteacher of a large Primary School. In her spare time, she likes to walk, and has recently taken up knitting which she finds very relaxing.

