



FOOD

and the Faith of Life.

Sustainable September 2011 | Children's Resources



The main theme for *Sustainable September* is God's provision of food for his people. This resource is part of a number of resources produced for *Sustainable September*. Throughout the lessons you will see sustainability in living, relationships, economics and future.

A series of lessons have been written for children to be used in children's church time or kid's club time. A range of multi aged activities are provided to enable leaders to use their gifts and interests and to provide for 'multi intelligences' learning opportunities for children. There is flexibility enabling leaders to be creative and free to add and edit as they wish.

Each week has the following:

Series Aim of God's provision of food.

A Lesson Aim for each week.

The **focus** is highlighting sustainability in the areas of social, cultural, economic and environmental areas.

A **Bible Reference** is central to the Lesson Aim to enable children to discover more about God and to respond to Him as they growth in faith, knowledge and wisdom. The readings are taken from the Anglican Lectionary for this year.

The **Lesson** is broken into three parts with Start up, Bible Focus and Bringing it Together.

Start up: This is the beginning and welcome to your group. The activities that occur will introduce the Aim and ideas of the session.

Bible Focus: These activities help children to learn from the Bible passage, apply and respond to what they have learnt.

Bringing it together: This maybe a gathering time, question time (open ended questions which encourage children to respond in their own terms), sharing time (what have we learnt?), prayer time (modelling creative ways to pray) and worship time (actively interacting with God).

Note: Deliberately written are opportunities to invite congregational members into children's learning time. This is an invaluable way to encourage positive links between adults and children as we develop positive relationships across the ages in our congregations; and to encourage sustainable congregations into the future.

We trust you will enjoy *Sustainable September* and marvel at God's provision for us his people. God's generous love is bountiful and it is up to us to sustain our living on this earth, develop our love in relationship with one another, deal fairly and globally in our thinking and actions as we move into the future and provide a sustainable future for the following generations.

Ellie Macpherson
Anglican Children and Youth Ministry



Week One

Series Aim: God's Provision of Food.

Lesson Aim: Learning about the Jewish Passover meal (lesson 1) or Bread of Life (lesson 2)

Focus: Sustainable living (social/ cultural)

Bible Reference: Exodus 12 v1 – 14

Lesson 1:

Start up:

Relay Race: Each team member picks up a bowl and runs the obstacle course around the room. Run around the pyramids (paper cut outs), through the Red Sea (2 blue fabric pieces), into the desert and around the rocks (paper cut outs) and pass the bowl to the next team member. First team finished wins.

Bible Focus:

Wear a costume and briefly revise the Moses story and tell the story of Exodus 12:1 – 14.

As a whole group talk about what the Passover means to Jewish people. (see Passover handout)

Discuss what happened at Passover, the significance of the lamb at Passover and how the meal has meaning for Jewish people today. What does it mean for Christians that the Last Supper was a Passover meal or at least a meal at Passover time? What does it mean to say, "Christ our Passover [lamb] has been sacrificed"?

Bringing It Together:

Thanksgiving Prayers: Write or draw prayers of thanks on a placemat shape. Decorate and laminate if time. This placemat can be taken home and used as a Grace.

Or Lesson 2:

Start Up:

Edible Quiz: Taste test different types of bread such as rye, white, unleavened, wholemeal, multigrain.

Bible Focus:

Say the Lord's Prayer together and identify the reference to bread.

Discuss the meaning of "give us this day our daily bread," staple food, types of bread, the hungry.

Revise and tell the Moses story with Exodus 12:1 -14. Discuss how God provided and cared for his people then.

Discuss what it means today with the Jesus saying "I am the bread of life." (John 6:35 -36) Discuss how Jesus continually gives life to the world with spiritual food.

Cooking: make Bread people (use a shape cutter of a person on the bread, ice or spread with cream cheese, decorate with passionfruit seed eyes, sultana beard, apple waist band) make and eat.

Make a poster "give us this day our daily bread".

Or make a bread lunch (wraps or pita bread fillings) for Congregation, gold coin donation to a charity helping the hungry.

Bringing It Together:

Response Prayer:

Lord Jesus we pray for the hungry....

Response: "give us this day our daily bread,"

Lord Jesus we pray for the poor.....

Response: "give us this day our daily bread,"



Passover (in Hebrew called “Pesach”)

Why is this night different from any other night?

The story of Passover tells of God’s salvation plan for the Jewish people, who are called the “children of Israel”. The Passover is one of the most important celebrations of the Jewish year.

What is the Seder?

The main part of the Passover celebration is a meal. This is called the Seder. The Seder meal follows a special ‘order’ which is written in the Haggadah. The Haggadah tells the story of slavery and how the Jews left Egypt. This story is called Exodus; the story is told as the meal is eaten.

The youngest child at the meal asks four questions, and the family answer them as they feast. The person leading will talk about the different things on the Seder plate.

The Exodus Story

For many years the children of Israel had been slaves in Egypt. God promised them he would save them. One special night, God told Moses to tell the people to stay in their houses. He instructed them to prepare a special meal of a perfect lamb. The blood of the lamb was to be painted on the outside doorposts of their houses. That night, the angel of God came through the land. In every house, the eldest son was to die as a message to Pharaoh, the Egyptian King, to force him to let the people go free.

The houses that had the lambs’ blood on them were safe and their eldest children lived. The next day the Pharaoh let the people go free.

To celebrate their freedom, the children of Israel have a special feast every year to remember when the angel of death had passed over their houses.

Questions

- ❖ What does the feast of Passover celebrate?
- ❖ When and why did Jesus celebrate the Passover?
- ❖ What have you learnt from the Passover?



Week Two

Series Aim: God's Provision of food.

Lesson Aim: accepting our differences

Focus: Sustainable relationships (social/ cultural)

Bible Reference: Romans 14 v1 – 14 is being studied by the adults while the same themes are more appropriate for children in Acts 10 v9 – 16.

Lesson:

Start Up:

Discuss or view pictures or graph different International foods we enjoy eating or the variety we see in a food hall.

Bible Focus:

Read Acts 10 v9 – 16.

Discuss the meaning of Peter's vision, God provision for us and freedom to eat from God's creation. (Mark 7).

Make a poster: Thank you God for our food or equalising the share of food globally.

Use fruit to make fruit kebabs/ fruit salad/ fruit print pictures or use vegetables to make vegetable kebabs/ soup/ vegetable print pictures. Eat and share at morning tea time.

Bringing It Together:

Fruit Prayers: write a prayer on a fruit or vegetable shape.

Pie Prayers: each child has a piece of pie made of paper. In Australia we have lots of food. Take pieces of pie away when you say "but some are hungry; some homeless people, some unemployed people". Hand the pieces back. In (*choose country*) they have food. Take pieces of pie away when you say "but some are hungry; some homeless people, some unemployed people, some people who have lost their crops". Hand the pieces back. Pray for the hungry in our world or write a prayer on the paper piece of pie.

Thank you Lord for the Tacos (©J Macpherson, 1999 *Outrageous Praise*)

Chorus

***Thank you Lord for the Tacos,
thank you Lord for the Nachos,
Thank you Lord for providing,
and loving and guiding us to
your fiesta!***

Oh Dios* enlighten us,
Oh Dios delight in us,
Oh Dios forgive our sin
And invite us in
to your Nueva Vida*!

Chorus

Oh Dios inspire us
Oh Dios empower us
Oh Dios prepare the way
And bring on the day
Of your Nueva Vida!

Chorus

Note: *Dios = God (Spanish – pron: 'dee-os')

* Nueva Vida = new life (Spanish – pron: 'n-way-va vee-da')



Week Three

Series Aim: God's Provision of food.

Lesson Aim: equalising the share

Focus: Sustainable economics (economics/ environmental)

Bible Reference: Exodus 16 v1 – 15

Lesson:

Start up: Have a picture of a Birthday cake or use a cake. Cut it into pieces so every child receives a piece. Discuss about sharing, being fair and how you felt being included in this activity.

Bible Focus:

Interview a Congregation member dressed as Moses or Aaron and hear the story from Exodus 16 v1 – 15.

Discuss with the children how God provided for the Israelites and how God provides for us today.

Have 2 groups do "the card" experiment.

Group 1: given broken crayons, odd colours, scrap paper.

Group 2: given papers, scissors, glue, textas, glitter, stickers. Both groups need to make the best card they can. Share results, discuss the inequality, and identify the rich group and the poor group. Relate that to food production in rich and poor countries: mechanisation, tools, seed technology, fertilisers. Discuss what Fair Trade means.

View on U tube The Good Garden: Video of Maria or go to Fair Trade resources Network site, Equal Exchange and click on Follow a Daughter of a Farmer. Watch Maria's journey from Hunger to having enough. Put the pictures and text in the correct sequence. Go to Fair Trade resources Network site, Equal Exchange and click on class 1: Hard Work. The pictures and text follow the journey of what it takes to turn a plant into chocolate.

Play the game "What's Fair". Go to Fair Trade resources Network site, Equal Exchange and click on class 2: What's Fair Game. This is a game for children to role play as cocoa farmers and buyers. You can download What's Fair game cards, What's Fair Accounting Record card and What's Fair Buyers Instructions. Invite a Congregation member to talk about local and global projects such as Food Bank, Bread Run, community vegetable garden, Big W Cottesloe initiative, Pineapple project in Mozambique. Have a Quiz or read and draw worksheet to be completed.

Bringing it Together:

Global Prayer: Toss the plastic world ball and say a prayer for that country. Toss to a friend, choose a country and prayer for that country.

Pie Prayers: each child has a piece of pie made of paper. In Australia we have lots of food. Take pieces of pie away when you say "but some are hungry; some homeless people, some unemployed people". Hand the pieces back. In (*choose country*) they have food. Take pieces of pie away when you say "but some are hungry; some homeless people, some unemployed people, some people who have lost their crops". Hand the pieces back. Pray for the hungry in our world or write a prayer on the paper piece of pie.



Week Four

Series Aim: God's Provision of food.

Lesson Aim: appreciating the past to sustain the future

Focus: Sustainable future (social/ environmental)

Bible Reference: Psalm 78 v1 - 4

Lesson:

Start up:

Talk about how messages were sent such as Morse code, pigeons, text, letters, storytelling. Play a game of Chinese Whispers.

Bible Focus:

Invite Grandparents into Children's church time. Discuss the differences in your Grandparent's day and today such as, Heirloom tomatoes, introduction of Broccoli and new varieties of apples. Discuss family traditions passed down through the generations such as Christmas dinner, Easter greeting "The Lord is risen", dressing the Christmas tree, Grace, Passover, Communion, family recipes and family trees.

In small groups Grandparents share what they would like to pass onto their children for the future. Then the children share what they would like to pass onto their children in the future. Share as a whole group.

Read Psalm 78 v 1 – 4 and discuss what we want to tell the next generation about Jesus.

Make a mural of "God's power and his great deeds and the wonderful things he has done." Psalm 78v4

Make a Jesse tree and see how God's story unfolded and see how the story of God's provision and care was told from generation to generation.

Make a Grandparent thank you card and draw something you have learnt from a Grandparent.

Bringing it Together:

Jesse Tree Prayer: Gather around the Jesse tree. Quiz the children by giving a clue for each person such as who was the man who had many children or was the father of a great nation? (Abraham) Thank you God for (Abraham) who was part of your great plan of love. Continue with each person from the Jesse tree.

God's Family Prayer: All gather together in a large circle and give thanks for being part of God's family at church. Take time to uphold each person in prayer.

Treasure Box Prayers: Show the treasure box and children write or leader scribes what you treasure about God such as Saviour- Jesus is my hero, Lord, creator God of the universe. Thank you God you are our treasure now and always Amen

Harvest Grace (©P. Cerexhe, 1988 *Faith and Fun with Songs*)

Thank you God, who sends the rains
On veggies fruit and grains.

Sunshine ripens what you've sown
Help us bring your harvest home!