

n:gage

7-11s discover the adventure!

Living Well

Introduction

n:gage

Value/characteristic: **Living Well**

Characters: **Paul and his missionary journeys**

The n:gage programme provides many adventures, each with enough material to use over five weeks. It's designed to help 7-11s to engage with values and characteristics which will enhance their lives and to encourage them with examples of Bible characters who have displayed these qualities.

This adventure focuses on:

Value/characteristic: **Living Well**

Characters: **Paul and his missionary journeys**

Week 01:

The resource provides a full programme with a mix of games, activities, discussion and Christian teaching for Week 01. There will be four activities:

Plug in – which will introduce the value/characteristic being studied

Download – suggesting a film clip which will engage the children with the theme

Power up – where the group begin to engage practically with the adventure

Get connected – where the Bible character, central to the adventure, is introduced.

Weeks 02 to 04:

Following the introduction, Weeks 02-04 consist of a pick and mix menu of possible activities to **Activate** the children to engage with the adventure further. These include lots of games, discussion starters, craft, cooking, fun and challenges. It's up to the leader to select which is most appropriate for their group, their timings, and their environment.

In this adventure each suggestion has been allocated to the week (and therefore question) that it supports.

Weeks 02-04 also feature **Reconnect**. This provides the children with the opportunity to explore the Bible passages and characters for their adventure. Through creative prayer, interactive stories, challenges and games, they'll really get to know the characters and will be able to see how their experiences can help them with their own.

In this adventure the Bible passages have been allocated to certain weeks, based upon what question they support.

Week 05:

The final week also has a full programme outlined – where all the strands are pulled together. The four activities in this section are:

Replay – a final recap on what has been learnt about the Bible character

Next level – checking up on the group's understanding of the value/characteristic

Save – looking at the impact of what has been learnt

Upload – celebrating and sharing the adventure with others.

n:gage

Value/characteristic: **Living Well**

Characters: **Paul and his missionary journeys**



Plug in:

This activity will introduce the theme of living well.

Note to leaders/parents/carers:

If you're face-to-face in a GB group, make sure you hand out the paper/pens in a socially-distanced manner. If you're doing this online make sure you let parents know the equipment their children will need in advance of the session or deliver it to their house beforehand.

Keep moving

You'll need: A piece of paper for each child and the word JESUS written on a sheet of paper or, if online, shown on the screen. If you're meeting face-to-face, you'll also need the words from Hebrews Ch.12:1-2 written on to cards (1 word per card) or, if you're meeting online, a PowerPoint slide with the Bible verse on with each word covered up as you click through the PowerPoint.

Length of activity: 15 minutes.

Paul was a strong Christian disciple and a dynamic Christian leader.

A pastor once said: 'Paul was faithful to the faith, faithful to the fight, and faithful to the finish.'

Events in Paul's life remind us that we as believers in Jesus will sometimes struggle. Even so, we are not alone; God blesses us with friends and companions who help and encourage us.

Have a staring content. See who can stare at the name JESUS for the longest time. If they blink, they're out, see who stares the longest, or after one minute, how many can stare without taking their eyes off Jesus?

Share the Bible verse Hebrews Ch.12:1-2 – 'Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before Him He endured the cross, scorning its shame, and sat down at the right hand of the throne of God.'

Explain how in the Bible it describes life as a race. When you're running a race some things can make it difficult, for example wearing the wrong shoes, or tripping over something. It's the same in life – sometimes it's difficult and we can do things that are bad for us. The bad things we think and do weigh us down. We might feel like giving up trying to live God's way and want to stop trying. But the Bible says we need to fix our eyes on Jesus as we journey through life. He is our example to follow and will help us not to get tired or to stop trying, even if we mess up He forgives us.

Use the cards as a jigsaw, race to build the Bible verses and, when all the pieces of Bible verse words have been put together, the children can work together to recite the verse together. After reciting the verse several times, the leader can begin to remove a word or two each time they recite it to see if they can fill in the missing words!

If you're online have a slide with the verse written on – cover up a word and recite the verse altogether, repeat covering up more words.

Get the children to write **R-A-C-E** down the side of a piece of paper on the left side. Ask them to write a word about the RACE OF LIFE on the paper e.g. **R**un, **A**dventure, **C**hallenge, **E**veryday.

At the bottom of the paper ask the children to write, **OF LIFE** and, if you're meeting together, these papers can be put up around the room to encourage children to run the RACE.



Download:

I believe in you

You'll need: The following free film clip – <https://www.wingclips.com/movie-clips/unbroken/i-believe-in-you>

This film clip will help to show how we need people encouraging us.

Length of activity: 10 minutes.

Show the clip from *Unbroken* called I Believe In You, where Louie's brother encourages him to run even though he doubts himself.

Louie races because he's encouraged to do so by his brother – we should take encouragement from the "witnesses" the Bible tells us about as we run our race of life, the people around us who encourage us and cheer us on.



Get connected:

This section enables the group to engage with the Bible character of Paul, on his missionary journeys, who will be the central focus in this adventure.

Paul, Priscilla and Aquila

You'll need: A Bible. If you're online, you can use the website <https://freebibleimages.org/illustrations/paul-corinth/> to show images as you recall the story.

Length of activity: 10 minutes.

Recall the story of Paul with Priscilla and Aquila – from Acts Ch.18:1-4; 18-19.

Paul travelled from city to city telling people about Jesus. The only way he could travel was to walk. This would have been hard work. One day Paul was in the city of Corinth. As he was walking around and talking with people, he met a man, named Aquila, and his wife, Priscilla. Aquila and Priscilla worked as tentmakers. Now today we use tents for camping and fun, but in Bible times many people lived in tents. These were their homes. Paul knew how to make tents, so he asked Aquila and Priscilla, 'Can I stay and make tents with you?' Priscilla and Aquila were happy to have Paul's help. It wasn't long before they became good friends. As Paul worked each day he helped Aquila and Priscilla learn more about Jesus. Paul also taught at other places in the city. Many people in Corinth became Jesus' followers. Paul stayed for a year and a half with Aquila and Priscilla helping them make tents. Then he felt it was time to leave the city of Corinth and travel to another city. Aquila and Priscilla decided to go and work with Paul to share the good news of Jesus with him. Paul was happy to have the help of friends.



Power up:

This section will help the group to engage practically with the adventure.

Follow the leader

You'll need:

Length of activity: 10-15 minutes.

Choose one person to be the leader. The leader sets off walking on the spot. Every few steps, they shapeshift into a move that everyone has to copy, like a star jump, press-up, running on the spot or a dance move. Try to come up with as many different ones as you can!

OR

Play Simon Says – making the activities as active as possible.

Note to leaders/ parents/carers:

If you're meeting face-to-face make sure the children are socially distanced and remain so even when moving.



Power up: Activity diary

You'll need: Copies of Resource Sheet A (Activity diary) – one per child.

This section will help the group to engage practically with the adventure.

Length of activity: 10 minutes.

Introduce the idea of an activity diary – see Resource Sheet A (Activity diary) – the children should be asked to complete them over the course of the coming week. Discuss what types of activity they may write down.

Note to leaders/parents/carers:

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Weeks 02 to 04

n:gage

Value/characteristic: **Living Well**

Characters: **Paul and his missionary journeys**

Note to leaders/parents/carers:

We've loosely grouped these Activate activities into weekly themes to make life easier for you. Here is an overview of the weeks. However, you can pick and mix them in any variation that suits your context and group.

Week 02 – this week the theme is healthy eating. Paul went on many journeys as a missionary around the Mediterranean. When you go on a journey you like to have a variety of snacks and treats, but are they healthy choices. Read the following verse as you begin to explore healthy eating - I Corinthians Ch.10:31. Paul would have followed this verse as everything He did was to the glory of God.

Week 03 – this week our theme is self-care. It's sometimes hard to have time for ourselves and look after our mental health as well as our physical health but it's so important. In I Peter Ch.5:7 it says 'Cast all your anxiety on Him because He cares for you.' Paul had lots of time to reflect and pray as he travelled and would take his worries to God in prayer.

Week 04 – this week our theme is rest. When you travel a lot, it can be very tiring and you definitely need rest. As Paul went from place to place on his missionary journey he would have needed lots of rest to recharge. Read Matthew Ch.11:28 -30.

Activate:

Pick and mix menu of activities - choose from the following menus to help the children to engage with this adventure.

Each suggestion has been allocated to the week (and therefore question) that it supports.

Activate:

Week 02: I went shopping game
You'll need:

Length of activity: 10 minutes.

This game will help children think of healthy items they can buy from a shop. Start by saying 'I went shopping and I bought...'. The first child, or a leader could start off to model, says an item that could be bought. The second person says 'I went shopping and bought (what first person said) and... (adds a new item)'. This continues until everyone has had a turn and the last person has had to recite all the items.

Discuss what items were purchased and if they were healthy options – discuss items that may not be healthy like sweets and cakes. Remember not to describe foods as good or bad and explain that it's important to eat a variety of foods and everything in moderation.

Note to leaders/parents/carers:

If you're meeting face-to-face make sure the children are socially distanced and remain so even when playing.

**Activate:****Week 02: Healthy meal**

You'll need: Paper plates or a circle drawn on pieces of paper, and coloured pens or pencils.

Length of activity: 20-30 minutes.

Get the children to draw a healthy meal on their paper plate or circle. Discuss and share ideas making links to having a balanced diet – as a guide use half the plate for colourful vegetables, a quarter for carbohydrates like potato, pasta, rice, and a quarter of the plate for protein like meat, fish, chicken, and tofu. They could also include some dairy products.

Draw and colour them in, then share with each and discuss the children's choices and options and see if they can explain why items were selected.

Note to leaders/parents/carers:

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**Activate:****Week 02: Pictionary**

You'll need: A selection of healthy foods written on cards to give to the children (these could include apple, orange, pear, grapes, beans, peas, carrots, broccoli, milk, eggs, fish, and chicken), paper and pencils/pens.

Length of activity: 10 minutes.

Give the children their item of food and get them to draw it. This could be all at once, so everyone can be drawing together, or individually. Once they're drawn their item, the children one at a time can show the rest of the group their picture and they have to guess what healthy item they have drawn. Continue until everyone has had a turn.

Note to leaders/parents/carers:

If you're on Zoom or online these items could be shared with the children via the chat function, if you're face-to-face these items could be pre-written on a piece of paper but make sure the children aren't sharing the papers. Make sure they're handed out in a socially-distanced manner and that leaders have washed or sanitised their hands before giving them out.

**Activate:****Week 02: Scavenger hunt**

You'll need:

Length of activity: 10-15 minutes.

Tell the children they're going to collect items from the house that are healthy. These could be called out randomly or you could spell out a word e.g. HEALTHY – Hummus, Egg, Apple, Lettuce, Tofu, Ham, Yoghurt. The first child back on Zoom and showing the item wins a point. The child with the most points is the overall winner of the game.

Note to leaders/parents/carers:

This activity is best for Zoom or online.



Activate:

Week 03: My bag of worries

You'll need: Examples of bags - real or pictures, A4 paper, strips or squares of paper, pens, pencils, stapler, and scissors.

Note to leaders/ parents/carers:

Be mindful of children's individual needs and situations as this activity may lead to challenging topics and situations the children have been through. If you're face-to-face in a GB group, make sure you hand out the paper/pens in a socially-distanced manner. If you're doing this online make sure you let parents know the equipment their children will need in advance of the session or deliver it to their house beforehand.

Length of activity: 30 minutes.

Get the children to design a bag in any style they like – it could be a tote bag, rucksack, hand bag, or drawstring bag. Some examples of bags to stimulate designs could be shown. Think about the shape and colour it could be. Once they've designed their bag the children should cut it out and duplicate it to form the back of the bag. Staple around the edge of the bag so items can be inserted into the bag. Ask the children to think about all the things that make them feel sad, upset or worried.

On strips of paper get the children to draw or write all the things that make them worry or upsets them. It could include food they don't like, TV programmes they don't like to watch, or sad time or memories. Fill the bag with as many negative objects as they can. When the bag is full discuss what to do now with it. Throw it in the bin? Tear or screw it up in a ball? Keep it somewhere safe to look back on and reflect? Say a prayer asking God to help the children with their worries and explain to the children that this is the best thing they can do – share with God.



Activate:

Week 03: Self-praise jar

You'll need: Washed out/clean jam jars, paper, pens, and any decorations e.g. shiny gems, stickers, foam letters or shapes, and ribbon.

Note to leaders/ parents/carers:

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Length of activity: 15 minutes.

These jars are going to be filled with all the children's talents and amazing qualities. Firstly, get the children to decorate a jar with any materials you have to make it look special and attractive. Inside, using strips of paper, get the children to write all their talents and positive qualities and attributes. It can sometimes be hard to say nice things about ourselves so leaders could have some pre-prepared ideas for individuals to add to the jar or start with a discussion to share what others in the group think about their friends. Once complete get the children to keep in a safe place and have a look inside once a day or a few times a week to reflect on how amazing they are and how unique God created them!



Activate:

Week 03: Research about a charity that supports mental health e.g. Mind

You'll need: Some information about the charity – either the ability to show the website or some information, paper and pens.

Length of activity: 30 minutes.

Talk about a local or national charity that supports mental health. Research what they do and how they support people. Make a shared poster to collate ideas and thoughts from the research. Afterwards, discuss ways the children could raise money or hold an event to support the charity. Remember social gatherings may not be able to happen and social distancing may be still in place. Make posters to advertise or to tell the rest of the group about any plans. Some simple ideas could be collecting 5p in a Smarties tubes, Zoom family quiz, or a crafternoon.

Note to leaders/parents/carers:

Research some appropriate charities – www.mind.org.uk is an option and they organise events and resources like crafternoons. If you're face-to-face in a GB group, make sure you hand out the paper/pens in a socially-distanced manner. If you're doing this online make sure you let parents know the equipment their children will need in advance of the session or deliver it to their house beforehand.



Activate:

Week 03: Make a self-care toolkit

You'll need: Boxes or containers, wrapping paper or pens, optional items depending what you want to make for the box.

Length of activity: 30 minutes.

Share ideas and talk about ways the children look after their own mental health and what strategies they already use.

Make a self-care box with ideas that can be used to help them be calm when worries come along.

Decorate the box with wrapping paper or coloured pens. Make and add some of the following items linked to all the senses:

Photo – to remind them of happy times and memories.

Positive note or message from a friend - these could be written within the group and added to their boxes.

A nice smell – add a favorite perfume or lavender bag. Using a square of thin material add some lavender to the centre of the material gather all the edges together and tie with a ribbon. Alternatively, some cotton wool with some essential oils soaked in can work as well.

Favourite snack or sweets.

Positive talk cards – make and decorate postcards with some positive phrases, sayings, quotes or Bible texts on.

Stress ball – fill a balloon with rice using a funnel, once the size of a golf ball cut off the balloon top and place another balloon (with the top cut off) over the top of the opening to seal it, this can be a little tricky so the children may need help.

Bath bomb, hand lotions, bubble baths could also be added to use to help with relaxing.

Colouring sheets or a doodle book to draw in to help release negative feelings or to help create calm.

Note to leaders/parents/carers:

Be mindful of girls who suffer with anxiety and mental health issues. If you're face-to-face in a GB group, make sure you hand out the paper/pens in a socially-distanced manner. If you're doing this online make sure you let parents know the equipment their children will need in advance of the session or deliver it to their house beforehand.



Activate:

Week 04: Do not disturb door hanger

You'll need: Either Resource Sheet C (Door hanger) or purchase door hangers from a craft shop like Baker Ross – they have a variety of types including scratch door hangers or wooden hangers to decorate, coloured pens, and craft materials suitable to decorate.

Length of activity: 30 minutes.

As rest is so important, get the children to make a 'Do not disturb' door hanger for their bedroom doors so they can get their well-deserved rest. It can be decorated in any way they want.

Note to leaders/ parents/carers:

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Activate:

Week 04: Mobile

You'll need: Mobile kit from Baker Ross – they have lots of different varieties depending on the topic or season – or a metal coat hanger (with a bar across for trousers), string, pens, hole punch, scissors, sticky tape and card.

Length of activity: 30-40 minutes.

If you purchase a kit, follow the instructions to complete it. This may take a few weeks to complete depending on how you decide to decorate it. If not, you can make a simple version using coat hangers. Decide on a design it could be clouds, animals, flowers or one of the children's interests. Get them to draw five to 10 images onto card and colour them in, then either sticky tape a variety of lengths of string to the back of the images or hole punch them through the image and tie. Tie the lengths with images onto the coat hanger bar at various lengths to complete your mobile. The mobile can be displayed in the children's bedrooms and they can be encouraged to look at it as they relax or try to go to sleep.

Note to leaders/ parents/carers:

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Activate: **Week 04: Sleeping lions**
You'll need:

Length of activity: 10 minutes.

A traditional game – the children are ‘lions’ and lie down on the floor with their eyes closed as if they’re asleep. One or two other children can be hunters who move around the room trying to get the lions to move. Remember they need to keep socially distanced. This can be by saying jokes and making noises but no touching!

**Note to leaders/
parents/carers:**

If you're meeting face-to-face make sure the children are socially distanced and remain so even when playing. If you're playing virtually make sure you can see all the children and have one hunter and one judge keeping an eye on the children for if they move. Set a time limit e.g. five minutes.



Activate: **Week 04: Five second game**
You'll need: A timer.

Length of activity: 10 minutes.

Pick a topic linked to rest e.g. things you wear in bed, things you do before bed, or items for a midnight snack. The first child has five seconds to name three things linked to the topic, the second child has to name another three things in five seconds with no repeats. Keep going until someone can't list any items. Repeat the game with other topics.

Weeks 02 to 04

n:gage

Value/characteristic: **Living Well**

Characters: **Paul and his missionary journeys**



Reconnect:

Pick and mix from these Bible bits and prayer activities, which will help you to consider living well in different ways and to further engage with the theme and how it can be shared from a Biblical viewpoint.

Note to leaders/parents/carers:

We've loosely grouped these Reconnect activities into weekly themes to make life easier for you. However, you can pick and mix them in any variation that suits your context and group.



Reconnect:

Week 02: Fruits of the spirit prayer

You'll need: A large sheet of paper for a shared prayer, pens or individual A4 sheets, fruit with labels, and a Bible.

Note to leaders/parents/carers:

If you're face-to-face in a GB group, make sure you hand out the paper/pens in a socially-distanced manner. If you're doing this online make sure you let parents know the equipment their children will need in advance of the session or deliver it to their house beforehand.

Length of activity: 15 minutes.

Share the fruits of the spirit from Galatians Ch.5:22-23 (some versions have slightly different words so check which version works best for your group). 'But the fruits of the spirit are love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.'

Have a selection of fruits with each word written on or labelled and talk about what the words mean if any children are not sure of them.

Then make a prayer together sharing ideas or individually.

Dear Jesus

I love you because.....

I have joy when.....

Give me peace when.....

You are kind because.....

You give me good things like.....

Help me to be faithful even when it's hard

to.....

Help me to be gentle when I talk to.....

Forgive me when I don't have self-control with.....

Bless us all

Amen



Reconnect:

Week 02: Fruits of the spirit shape

You'll need: 9 strips of paper 2cm by 10cm, a leaf-shaped piece of paper, pencil, stapler, Bible, glue, and pipe cleaner (optional) for a stalk.

Length of activity: 20 minutes.

Share the fruits of the spirit from Galatians Ch.5:22-23 (some versions have slightly different words so check which version works best for your group). 'But the fruits of the spirit are love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.'

On each strip of paper, with it landscape, write one fruit of the spirit on it. Once all have been written on, fan them out to make a sphere shape and staple at both ends so it makes a fruit shape. Then attach the leaf and a stalk.

Note to leaders/ parents/carers:

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Reconnect:

Week 02: Thankful fruit prayer word cloud

You'll need: Paper and pens OR a tablet/iPad with word cloud or Wordle app.

Length of activity: 15 minutes

Get the children to make a fruit-shaped word cloud with all their favourite healthy foods that they're thankful for. If using paper, draw a fruit outline then inside add food names in a variety of different colours and write at different angles and positions on the paper to make it look nice. If using an app add all the words and it will generate the shape for you.

Say a prayer of thanks using the children's ideas, such as: Dear Lord, thank you for all the food you've provided and the farmers and businesses that produce it. Thank you for.....as it's my favourite. Amen.

Note to leaders/ parents/carers:

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Reconnect:

Week 03: Positive affirmation cards

You'll need: Coloured pens, postcards or heart-shaped cards, and Bibles.

Length of activity: 15 minutes.

Make and decorate postcards with positive Bible texts on for the children to reflect on when they're feeling anxious. Use a Bible to find appropriate themes.

Some examples could be:

'The Lord is your keeper; the Lord is your shade at your right hand.' Psalm 121:5.

"The Lord is on my side; I will not fear." Psalm 118:6.

"Yea, though I walk through the valley of the shadow of death, I will fear no evil; for You are with me; Your rod and Your staff, they comfort me." Psalm 23:4.

"Have I not commanded you? Be strong and of good courage; do not be afraid, nor be dismayed, for the Lord your God is with you wherever you go." Joshua Ch.1:9.

Note to leaders/ parents/carers:

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Reconnect:

Week 03: Reflective Bible verses

You'll need: The ability to look at a website or pre-print pages, A4 paper, and coloured pens.

Length of activity: 20 minutes.

God has given us the gift of His word, which provides us with encouraging Bible verses. Use the link below from the Compassion UK website blog to look at a variety of Bible verses. Why not use these verses to bless and inspire others, particularly during the COVID-19 crisis? The Bible verses and inspirational Bible quotes are taken from the NIV version of the Bible. Make some inspirational A4 posters to display at GB, church or at home.

<https://www.compassionuk.org/blogs/37-encouraging-bible-verses/>

Note to leaders/ parents/carers:

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Reconnect:

Week 03: Fireworks

You'll need: Music and the ability to play Katy Perry's Firework song – available on YouTube, copies of Resource Sheet B (Person outline), and pens/pencils.

Note to leaders/ parents/carers:

If you're face-to-face in a GB group, make sure you hand out the paper/pens in a socially-distanced manner. If you're doing this online make sure you let parents know the equipment their children will need in advance of the session or deliver it to their house beforehand.

Length of activity: 15 minutes.

Play a version of the song with the lyrics visible, if possible. Ask the children to think about the words used and talk about the feelings and emotions mentioned. Give each child a copy of Resource Sheet B (Person outline) and, inside the outline of the person, get them to write all the feelings and emotions mentioned in the song.

Think about the lines 'Show them what you are worth' and 'There's a spark in you'. On the outside of the person the children should note all the things they can do and achieve. How can they be a firework? Share ideas and add them to their person in a different coloured pen/pencil.



Reconnect:

Week 04: Reflective Bible verses

You'll need: A Bible or printed verses for each child, paper and pens.

Note to leaders/ parents/carers:

If you're face-to-face in a GB group, make sure you hand out the paper/pens in a socially-distanced manner. If you're doing this online make sure you let parents know the equipment their children will need in advance of the session or deliver it to their house beforehand.

Length of activity: 15 minutes.

Look at a variety of Bible texts linked to rest. Some examples could be Genesis Ch.2:2-3, Exodus Ch.33:14, Matthew Ch. 11:28-30, and Mark Ch.6:31. Read through them and talk about what they say to us and how we can rest. Get the children to make a poster with their favourite verse on to reflect on.



Reconnect: Week 04: REST prayer

You'll need: Paper and pens.

Length of activity: 15 minutes.

Make an acrostic prayer. Share and discuss ideas for each letter and then either make one as a group or one each. It could be as simple as a key word – **R**estore, **E**ncourage, **S**ing, **T**rust in God.

**Note to leaders/
parents/carers:**

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Reconnect: Week 04: Joseph the dreamer

You'll need: A Bible.

Length of activity: 15 minutes.

Talk about dreams. Can the children remember any they've had? Sometimes dreams are funny, silly, or maybe scary. Some dreams have a message. Share the story of Joseph from Genesis Ch.37:1-11 and reflect on how Joseph's family felt about the dream and its meaning. You may want to act out the story or do actions as you re-read the text with some children being the corn bowing down, or freeze-frame the brother's expressions as Joseph tells them his dream.



Week 05

n:gage

Value/characteristic: **Living Well**

Characters: **Paul and his missionary journeys**

Note to leaders/parents/carers:

In this last week we're going to reflect on how God sees us.



Replay: Walkthrough
You'll need:

This section gives you the opportunity to re-focus and review what you've learnt about the Bible character of Paul and his missionary journeys.

Length of activity: 10-15 minutes.

Recap what the children know about Paul and his life. Paul was a strong Christian disciple and a dynamic Christian leader. A pastor once said: 'Paul was faithful to the faith, faithful to the fight, and faithful to the finish.'

Events in Paul's life remind us that we as believers in Jesus will sometimes struggle. Even so, we are not alone; God blesses us with friends and companions who help and encourage us.

Maybe act out some of the key moments in Paul's life and freeze-frame. Or introduce an action to summarise each statement. The leader reads out the statement and everyone does the action. Explain that sometimes Paul was called Saul in the Bible.

1. Paul's family are tent makers
– action – *hold hands up to form a pyramid/tent.*
2. Paul was blinded by the light on his way from Jerusalem to Damascus. A loud voice said 'Saul, Saul, why are you persecuting Me?' After three days, when Paul had his sight back, he was baptised immediately, even before he ate!
– action – *cover eyes with your arm.*
3. After three years, Paul returned to Damascus. There were some Jewish leaders that were now angry at Paul and planned to kill him. The Christians heard about their plans and Saul escaped in a basket down a wall. He left the city on foot
– action – *running on the spot.*
4. Paul met with Barnabas and they went together to strengthen a new church at Antioch. This is where the people noticed that there were differences in the people following Christ, and so they called them Christians
– action – *pretend to greet someone/shake hands/hug.*

5. Paul and Barnabas traveled together teaching people about Jesus. They healed sick people. The people in Lystra thought they were gods because they could heal
– action – *pretend to be ill and then recover.*
6. They worked with Timothy and met Lydia in Philippi. She made purple cloth
– action – *weaving cloth.*
7. When Paul and Silas were put in prison, they were singing and praying. At midnight, God made an earthquake shake the jail and their chains fell off! The guard took them home and his whole family were baptized
– action – *pretend to pray.*
8. In Corinth, Paul made tents with Aquila and Priscilla. Paul wrote his first letter there
– action – *hold hands up to form a pyramid/tent.*
9. Soldiers arrested Paul for telling people about Jesus, he was taken to the Governor, Felix, during the night. He was in prison for two years
– action – *pretend to be in handcuffs arrested.*
10. Paul was put on a ship to Rome. Luke and some other friends traveled with Paul. The seas were really rough. After 14 days of not seeing the sun during the day, or the stars at night, they saw land. Paul broke bread, said a prayer, and they ate to have the strength to swim to shore
– action – *pretend to eat.*
11. The ship hit a sandbar and cracked in half. The soldiers unchained the prisoners and everyone swam to shore. The ones that couldn't swim, floated with a piece of the ship. They arrived on the island of Malta. The islanders built a bonfire to warm them
– action – *swimming to shore.*
12. When Paul finally got to Rome, he had his own place, but had guards. Paul didn't get to plead his case to Caesar for two years, and while he waited, he wrote letters and told people about Jesus
– action – *writing a letter.*



Next level:

This section gives you the opportunity to re-focus and reflect on the value/characteristic of living well.

Note to leaders/parents/carers:

If you're face-to-face in a GB group, make sure you hand out the paper/pens in a socially-distanced manner. If you're doing this online make sure you let parents know the equipment their children will need in advance of the session or deliver it to their house beforehand.

How does God see us

You'll need: Mirror card and decorations like sequins, and the text from <https://www.girlsbrigademministries.org.uk/koko/made-for-more/>.

Length of activity: 20 minutes.

Read Bible verses Romans Ch.12:1-2 - 'Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is — His good, pleasing and perfect will.'

Ask the children what they think this means. Then read koko's Made for more blog. Discuss that we're made for more and God sees more than our outward appearance. Women are made for more. We can be smart and honest, compassionate and courageous, creative, sporty... and many more things! We can help change the culture around us in our words and actions.

Decorate the mirror card and get the children to display it somewhere as a visual reminder that God looks at more than their outward appearances, He looks at their hearts.



Save:

Circle of health

You'll need:

This section gives you the opportunity to re-focus on the impact that this adventure has had.

Length of activity: 10 minutes.

Think about all the activities and key themes you've looked at such as moving our bodies, healthy eating, self-care, rest, and how God sees us. If you're face-to-face sit in a socially distanced circle or, if you're online, take it in turns to answer some of the following questions.

My favourite activity was... because...

I learnt to...

When I feel anxious I can...

When I feel tired I will...

The fruits of the spirit are....

Paul was...



Upload: Poster design
You'll need: Paper and pens.

This section gives you the opportunity to celebrate and share the adventure with others.

Length of activity: 15 minutes.

Celebrate how you can live well looking after both your mental well-being, spiritual health, and physical health using all the ideas we've explored in this adventure.

Get the children to make a top tips poster as a reminder of strategies and things to try to live a healthy, well-balanced life. Key themes could include moving our bodies, healthy eating, self-care, rest, and how God sees us.

After the posters are designed, ask each child to share a top tip with the others.

**Note to leaders/
parents/carers:**

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Resource Sheet A

Engage

Value/characteristic: **Living Well**

Characters: **Paul and his missionary journeys**

Activity diary

Day & date	Activity – & number of minutes	Activity – & number of minutes	Activity – & number of minutes	Total number of minutes. Aim for 60 mins each day!
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				

Resource Sheet B

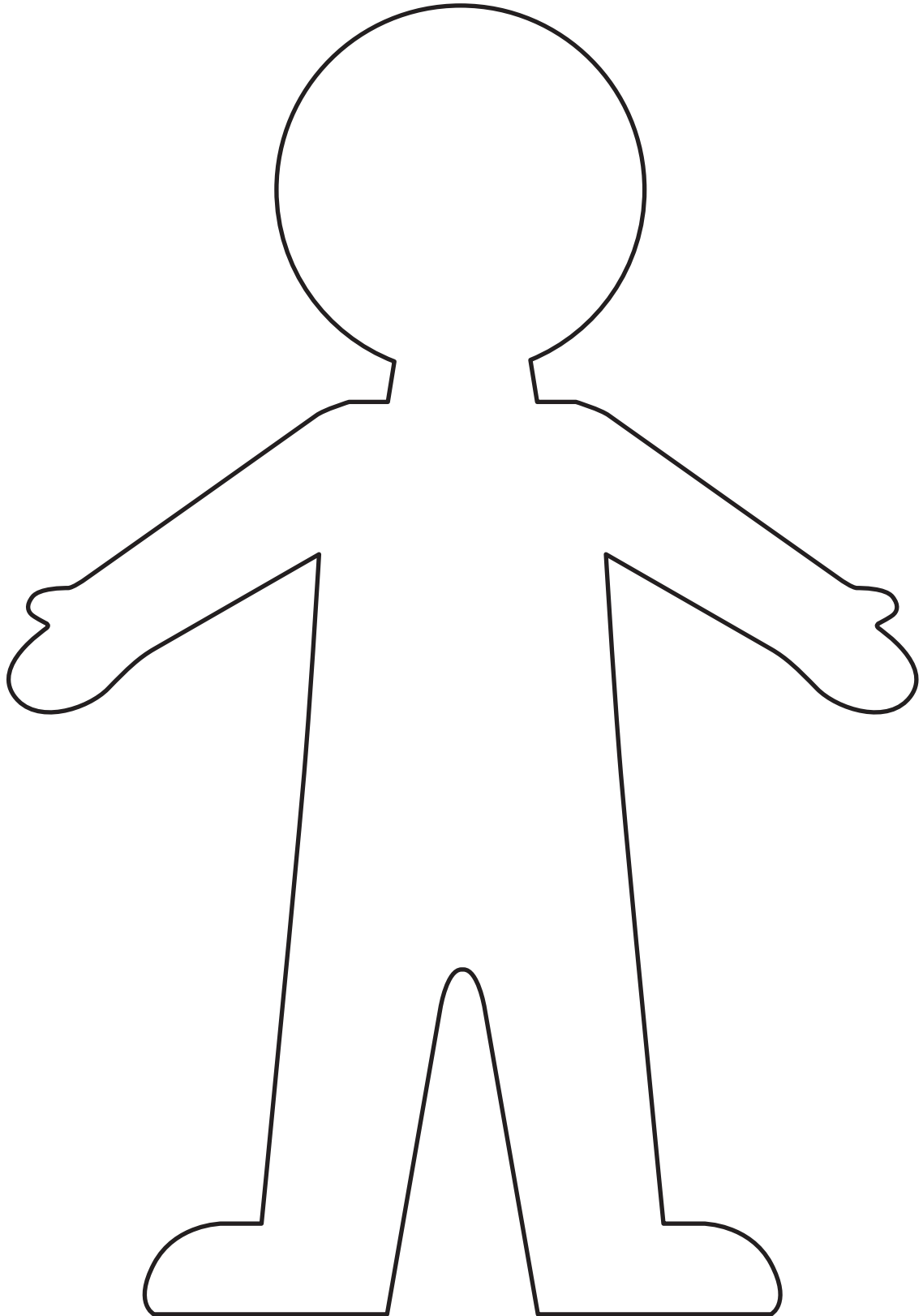
n:gage

Value/characteristic: **Living Well**

Characters: **Paul and his missionary journeys**



Person outline



Resource Sheet C

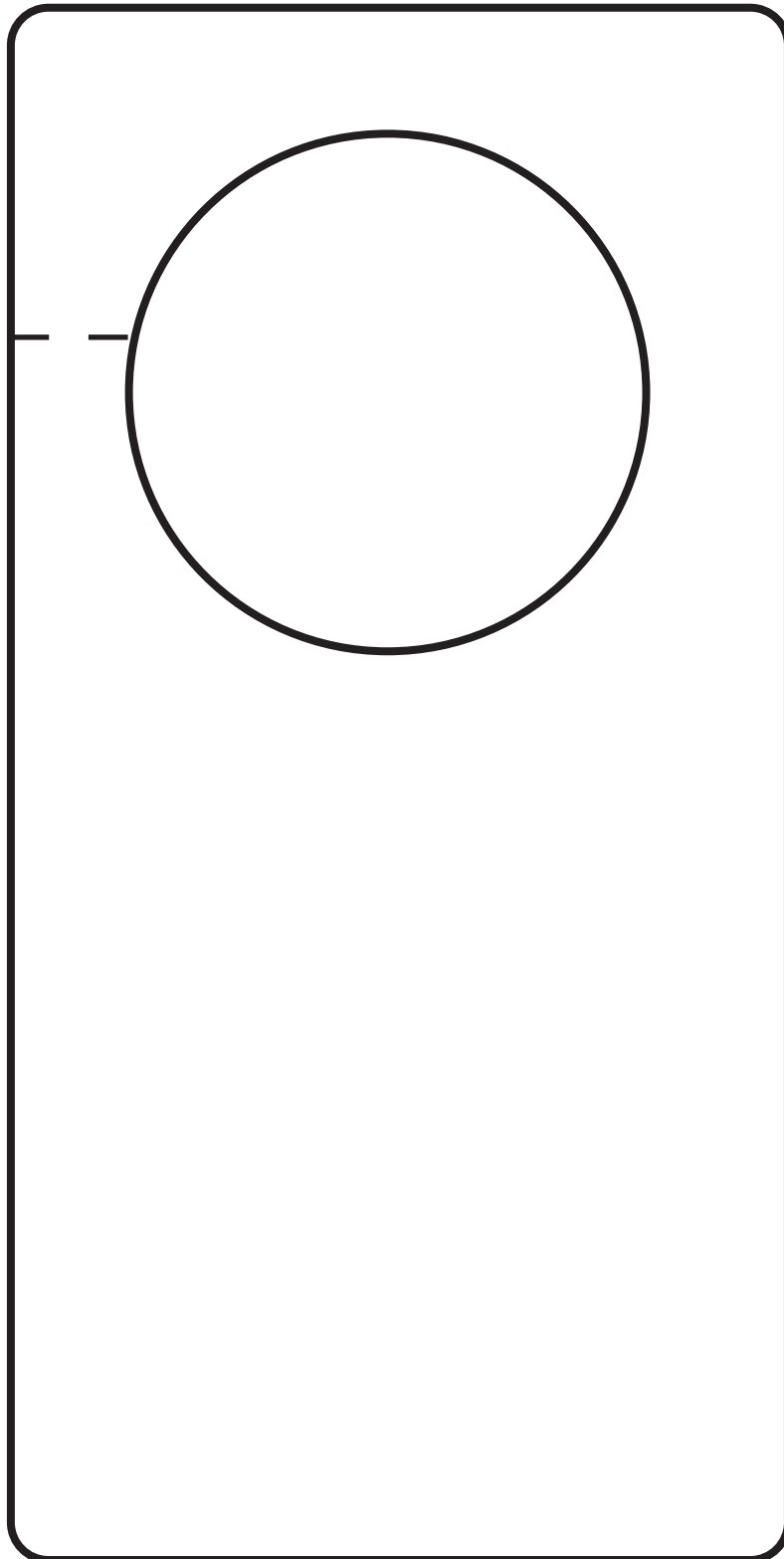
n:gage

Value/characteristic: **Living Well**

Characters: **Paul and his missionary journeys**



Door hanger



Why use this adventure?

The **n:gage** programme provides many adventures, each with enough material to use over five weeks. It's designed to help 7-11s to engage with values and characteristics which will enhance their lives and to encourage them with examples of Bible characters who have displayed these qualities.

This adventure focuses on:

Value/characteristic: **Living Well**

Characters: **Paul and his missionary journeys**