

XSTREAM

Blue Compendium



© Scripture Union 2018

First published 2018

ISBN 978 1 78506 741 9

Scripture Union, Trinity House, Opal Court, Opal Drive, Fox Milne, Milton Keynes, MK15 0DF, UK

Email: info@scriptureunion.org.uk

Web: www.scriptureunion.org.uk

All rights reserved. The activities and illustrations on any page marked 'photocopiable' in this book may be photocopied for use. This permission is granted freely to owners of this book. This arrangement does not allow the printing of any of the published material in permanent form. Nor does it allow the printing of words or illustrations for resale or any commercial use. Apart from this, no part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without the prior permission of Scripture Union.

Unless other stated, Scripture quotations taken from the Contemporary English Version (© American Bible Society, published by HarperCollins *Publishers*) or from the Good News Bible.

British Library Cataloguing-in-Publication Data. A catalogue record of this book is available from the British Library.

Printed and bound in India by Thomson Press

Cover design: Kevin Wade

Cover image: Martin Lore

Internal design: Diane Mole

Xstream sheets: Martin Lore

Please note that this content has been updated from previously published material.



Scripture Union is an international Christian charity working with churches in more than 130 countries.

Thank you for purchasing this book. Any profits from this book support SU in England and Wales to bring the good news of Jesus Christ to children, young people and families and to enable them to meet God through the Bible and prayer.

Find out more about our work and how you can get involved at:

www.scriptureunion.org.uk (England and Wales) www.scriptureunion.org (USA)

www.suscotland.org.uk (Scotland) www.su.org.au (Australia)

www.suni.co.uk (Northern Ireland)



Blue Compendium Contents



Introduction 6

How to use this book 7

Sessions for your XSTREAM group

Session 1 Bad fruit 8

Bible passage: Genesis 2,3

Session 2 Our choice 16

Bible passage: Genesis 4:1–16

Session 3 Flood warning 22

Bible passage: Genesis 6:1 – 8:19

Session 4 Rainbow promise 29

Bible passage: Genesis 8:20 – 9:17

Session 5 God's promises to Jacob 35

Bible passage: Genesis 28:10–22

Session 6 Jacob gets married 42

Bible passage: Genesis 29–31

Session 7 Jacob goes home 50

Bible passage: Genesis 32,33

Session 8 God blesses Jacob 57

Bible passage: Genesis 35:1–15

Session 9 God at work 65

Bible passage: Genesis 45:1–13

Session 10 Power with you 73

Bible passage: Joshua 1

Session 11 Help for the spies 80

Bible passage: Joshua 2

Session 12 Across obstacles 87

Bible passage: Joshua 3:1 – 4:9

Session 13 Breaking the walls 94

Bible passage: Joshua 6

Session 14 David: a new king 101

Bible passage: 2 Samuel 5:4–12; 6:1–19

Session 15 David: a king for ever 107

Bible passage: 2 Samuel 7

Session 16 David: a good king 113

Bible passage: 2 Samuel 9

Session 17 David: a king who goes wrong 120

Bible passage: 2 Samuel 11:1 – 12:15





Yet more Sessions for your **XSTREAM** group

Session 18	God moves in <i>Bible passage:</i> 1 Kings 5–8	128
Session 19	Solomon moves out <i>Bible passage:</i> 1 Kings 11:1–13,26–43; 12:1 – 13:10	134
Session 20	At prayer, at work <i>Bible passage:</i> Nehemiah 1,2,4	142
Session 21	Dedication and celebration <i>Bible passage:</i> Nehemiah 6:15,16; 12:27–43; Psalm 126	148
Session 22	Ezra <i>Bible passage:</i> Nehemiah 8:1–10; Ezra 7	155
Session 23	In the potter's shop <i>Bible passage:</i> Jeremiah 18:1–12	161
Session 24	Buying a field <i>Bible passage:</i> Jeremiah 31:1–6; 32:1–15	167
Session 25	Burning a scroll <i>Bible passage:</i> Jeremiah 36	173
Session 26	Down a well <i>Bible passage:</i> Jeremiah 38:1–13	180
Session 27	Being accepted <i>Bible passage:</i> Matthew 9:9–13	186
Session 28	Being included <i>Bible passage:</i> Matthew 15:21–28	193
Session 29	Given the choice <i>Bible passage:</i> Mark 10:17–31	201
Session 30	Running thread <i>Bible passage:</i> Luke 4:16–30; Isaiah 61:1,2	208
Session 31	Being restored <i>Bible passage:</i> Luke 5:17–26	216
Session 32	Being thankful <i>Bible passage:</i> Luke 7:36–50	222
Session 33	What Jesus wants <i>Bible passage:</i> Luke 10:38–42	228
Session 34	Back healer <i>Bible passage:</i> Luke 13:10–17	235
Session 35	Ten healed <i>Bible passage:</i> Luke 17:11–19	243





Yet more Sessions for your **XSTREAM** group

Session 36	Ever faithful <i>Bible passage:</i> Acts 6,7	249
Session 37	Stunning vision <i>Bible passage:</i> Acts 9:1-31	257
Session 38	Getting in <i>Bible passage:</i> Acts 4:36,37; 9:19b-31; 11:19-30	264
Session 39	Stepping out <i>Bible passage:</i> Acts 13:1-3; 15:1-35	272
Session 40	Always here for us <i>Bible passage:</i> Hebrews 5:7-10; 7:23-25; John 17	279
Session 41	Glory unbounded <i>Bible passage:</i> Revelation 1	284
Session 42	Grand finale <i>Bible passage:</i> Revelation 21:1 – 22:5; Luke 14:15-24	291

Christmas



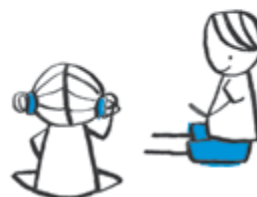
Session 43	Obedient Joseph <i>Bible passage:</i> Matthew 1:18-25	296
Session 44	God comes to the wise men <i>Bible passage:</i> Matthew 2:1-23	305
Session 45	God comes to Mary <i>Bible passage:</i> Luke 1:26-56	312
Session 46	God comes to Bethlehem <i>Bible passage:</i> Luke 2:1-7	319
Session 47	God comes to the shepherds <i>Bible passage:</i> Luke 2:8-21	327
Session 48	The best present <i>Bible passage:</i> Revelation 22:12-21	336
Session 49	Happy birthday, Jesus! <i>Bible passage:</i> Christmas narratives; John 3:16	343

Easter

Session 50	A welcome and a meal <i>Bible passage:</i> Luke 19:28-40; 22:7-23	349
Session 51	A walk with friends <i>Bible passage:</i> Luke 24:1-35	356
Session 52	A world to change <i>Bible passage:</i> Luke 24:36-49	364



How to plan your session		372
Session plan		373
Index of Bible passages		374



Introduction

Welcome to the *Xstream Blue Compendium*! We're so pleased you've chosen this book to help you in your work with children aged 8 to 11.

It is our prayer that the materials contained within these pages will equip and inspire you while engaging and empowering the children you work with.

The material in this book has been compiled from the wealth of *Xstream* content that Scripture Union has produced over the years – and with 52 sessions included, there should be plenty to choose from over the course of a year.

The *Xstream Blue Compendium* is part of the *Light* range, which is designed to enable children, young people and adults to develop a personal relationship with Jesus, to understand the Bible and the Christian faith, and to live for God as light in a dark world.

- ▶ *Light* is about... discovering who God is, what he is like, what he does and how we can get involved in that. The Bible is 'light to live by', so it is the centre of every session for every age group in the *Light* range of resources. Everyone will be able to follow the story of salvation that runs through the Bible, with its focus clearly on Jesus.
- ▶ *Light* recognises that children and young people can know and respond to God and does not expect too little or too much from them.
- ▶ *Light* celebrates every step taken towards and with God, letting the Bible shape our thinking about human nature and relationships with children and young people, and the way in which we minister with and to them.
- ▶ *Light* values exploration and discovery, fun, feelings and creativity and uses these approaches to inspire children, young people and adults to meet God through the Bible.

We hope you enjoy this resource, and we pray that God will bless you and those you work with as you use it,

The Scripture Union Mission Innovation Team



How to use this book...

This book provides 52 sessions of activities, and extra photocopiable resources, designed for your *Xstream* group of children aged 8 to 11. Choose sessions from this *Blue Compendium* in any order to suit you and your group.

You will also find that some sessions have further additional online resources that you can download for free from the Scripture Union website, via the resource centre.

Leading up to Christmas time, you may wish to choose from the Christmas-themed sessions (numbers 43 to 49). Around Easter time, you will find there are Easter-themed sessions (numbers 50 to 52), to choose from. These 'seasonal' sessions are grouped together at the back of this book.

If you would like to work through a number of sessions on a similar theme with your *Xstream* group, look out for the *More on this theme* boxes as you consider your session choice. Here you will find a list of other sessions on a related theme to the session you are looking at.

On page 372, you will find a helpful guide that explains *How to plan your session...*. This section will help you to choose activities from within the sessions, including a selection of *Xstream* activities to suit you and your group, enabling you to achieve the *Learning aim* for the session. Here you will also find a *Basic kit* list of essential items to keep handy for all your *Xstream* group sessions.

Each session in this *Xstream Blue Compendium* is based on a Bible passage. You will find an *Index of Bible passages* on page 374, in the order they appear in the Bible.

The most important thing about this book is to enjoy using it to help you and your *Xstream* group engage with the Bible and meet with Jesus, through a mixture of play, creativity, music, quiet reflection, noisy exuberance and friendship!



Download the zip folder to find answers to frequently asked questions about the *Light Compendiums*, and help to choose your session order.

Christmas
Sessions 43 to 49

Easter
Sessions 50 to 52

Session 1

Bad fruit

Our 8 to 11s will be familiar with being told off for doing wrong things. However, they may not have considered the impact on themselves of doing wrong things. As they explore this passage, they will discover that when we do wrong things, we separate ourselves from God.

To plan your session... Choose a selection of *Starting*, *Into the Bible* and *Living the life* activities to make your session fun and memorable.

Options to start your session...

Game

Activity time: 5–10 minutes

Aim: to demonstrate how things can get in our way

You will need: tables and chairs, a timer, a small prize (optional)

- 1 Set up a simple obstacle course using tables and chairs. (Make sure it is completely safe – no climbing; just crawling under the tables or running around the chairs.)
- 2 Invite the children to take turns to complete the obstacle course. Time each child and, if appropriate, give a small prize to the fastest.
- 3 Make a point of asking the children why they weren't any quicker. Say that just as the obstacles got in their way, so our sins get in the way and stop us from being friends with God.

Illustration

Activity time: 5–10 minutes

Aim: to understand the nature of sin

You will need: copies of the snake from page 12

- 1 Give out copies of page 12.
- 2 Invite the children to write the letters 'S', 'I' and 'N' vertically down the body of the snake.
- 3 Encourage them to add the missing letters ('S') in the blank circles to complete the snake's forked tongue.
- 4 Invite them to write 'God' to the left of the snake, and 'Me' to the right.
- 5 Using the sheet, talk about what sin is (*disobeying God*). Identify three things it does: spoils, spreads and separates. (These sheets will be needed if you do *Into the Bible* 'Bible exploration and prayer'.)

Aim

To understand that when we do wrong, we separate ourselves from God

Bible passage

Genesis 2,3

READY TO USE activity

Reflective worship

Activity time: 5–10 minutes

Aim: to praise our Creator God

You will need: psalm from page 13 (optional)

- 1 Make sure everyone can see a copy of Psalm 8 (either in a Bible or from page 13), then read it aloud together.
- 2 Read verses 4–8 again and identify the creatures listed. Emphasise that, although he is so great, we are very important to God; he put us in charge of everything he created.
- 3 Ask the children how this makes them feel. Invite them to respond, then allow time to express praise and thanks – either silently or aloud.

Tip for Leaders: If you are short of planning time, choose to include one of the *Ready to use* activity options for part of your session.

Into the Bible – options to explore the Bible passage...

READY TO USE activity

Drama and prayer

Activity time: 15–20 minutes

Aim: to understand that when we do wrong, we separate ourselves from God

1 Beginnings

Explain that the word 'Genesis' means beginnings, and challenge the children to tell you where in the Bible the book of Genesis comes. Say that, in this session, they'll see how sin began in the world. Invite the children to tell you what they think sin is. Make it clear that it is disobeying God and not doing what he wants.

2 Set up the drama

Invite two volunteers to be Eve and the Snake. Rehearse the script thoroughly. Encourage the children to take it seriously. Explain that the action takes place in the Garden of Eden. Say that when the Snake says 'Hissssss', everyone should hiss back. (You may photocopy the script on this page.)

3 Drama

(Eve enters the garden, humming.)

Eve: I love living in the Garden of Eden. Everything is so beautiful. It makes you feel good to be alive!

Snake: So it looksss beautiful, but it must be difficult to look after all these animalsss and birdsss.

Eve: Not at all. God has given us plenty of food. It's perfect.

Snake: *(Aside.)* I hate perfection... and I hate God. I'm the Sssnake, the ssspoiler, the one who messsssss everything up. Hissssss. *(Everyone hisses.)*

Eve: Did you say something?

Snake: I wasss jussst thinking to myssself how wonderful it musst be to be able to eat anything you like in the garden.

Eve: Not quite anything. God said we should avoid a certain fruit tree.

Snake: Ssso, God told you not to eat any fruit?

Eve: Oh no! It's only that tree over there that's banned.

Snake: What a sssilly rule!

Eve: Oh no! It's not a silly rule. If we eat it we'll die!

Snake: Ssso, God told you you'd die from eating that fine-looking fruit? What sssort of tree iss it?

Eve: It's the tree of knowledge of good and evil.

Snake: Ssso, God doesn't want you to know too much? He'sss frightened that if you eat the fruit, you'll know more than he wantsss you to.

Eve: It's God's world. He's our friend and we want to please him, so we keep his rules.

Snake: Trussssssssst me. Hissssss. *(Pause.)* If you eat that fruit you'll know what'sss good and what'sss bad. You can make your own decissionsss and needn't bother God.

Eve: But God said...

Snake: It'sss your decission! Take control of your own life!

Eve: It does smell good.

Snake: How could ssssomething bad ssssmell sssso good?

Eve: Here goes... *(Bites into the fruit.)*

Snake: Misssssssion accomplished! Hissssss. *(Pause.)*

Eve: Here, Adam, try this!

Snake: There! From thisss moment on, there'll be evil in the world – warsss, ssstealing, greed and sssselfisshnesss. People will be enemiesss of God, not friendsss. Hissssss.

4 Discussion

In pairs, encourage the children to discuss the following questions: 'What made Eve choose to do the wrong thing?' 'What happened to Adam and Eve's friendship with God?' Then invite them to feed back their answers to the whole group.

5 Personal prayer

Invite those children who would like to know more about becoming a friend of Jesus to chat with you at the end of the session. Be aware of safeguarding issues.

**You will find another
Into the Bible option
on the next page...**

Into the Bible – options (continued)...

Bible exploration and prayer

Activity time: 20–25 minutes

Aim: to understand that when we do wrong, we separate ourselves from God

You will need: copies of the snake from page 12 (optional)

1 Beginnings

Explain that the word ‘Genesis’ means beginnings, and challenge the children to tell you where in the Bible the book of Genesis comes. Say that, in this session, they’ll see how sin began in the world. Invite the children to tell you what they think sin is. Make it clear that it is disobeying God and not doing what he wants.

2 Bible exploration

Invite the children to listen while a confident reader reads Genesis 3:1–13. Ask: ‘What did Eve do that God had told her not to do? What happened?’ Now read Genesis 3:22–24. Ask: ‘What did God do? How might Adam and Eve have felt about that?’ If you did the *Starting activity* ‘Illustration’, ask the children to take out the sheets they completed, or encourage them to complete the sheets now. (If you do not have copies of page 12, ask the children to draw a snake down the middle of a sheet of paper. Read out the instructions and help them to finish the picture.)

Look at the sheets together and ask: ‘What does sin do?’ (The answers are in the snake’s forked tongue.) ‘Who does sin separate us from?’ (*God*.)

Invite the children to find Romans 3:23 in their Bibles and choose a confident reader to read it. Alternatively, they can read it all together, substituting their name for the word ‘everyone’, or ‘all of us’, or ‘all’, as they read (depending on which translation you use).

Ask: ‘Is that bad news, or good news?’

Now invite the children to turn to Romans 5:10. Read the first sentence together and ask them whether that is bad news or good news. Encourage them to tear or cut out the snake very carefully from the middle of their sheet of paper so that they are left with two strips of paper – one saying ‘God’ and the other saying ‘Me’. Now they are not separated by sin, those two strips can be joined together. Because Jesus took away our sin when he died on the cross, they can tear up the snake and throw the pieces into a bin. Explain that when Jesus died on the cross he took away our sin so that we are no longer separated from God. If we want to, we can be friends with God again!

3 Prayer

Allow time for silent prayer and encourage the children to think about what they have heard and then talk to God about it. Or say this prayer:

‘Dear God, I’m sorry for the times when I have not done things your way, especially for... Please forgive me. Thank you for sending Jesus to be punished for my sins so that I don’t have to be separated from you any more. Help me to understand more about being your friend. Amen.’

Invite those children who would like to know more about becoming a friend of Jesus to chat with you at the end of the session. Be aware of safeguarding issues.

More on this theme

If you want to do a short series with your group, other sessions that work well with this one are:

Session 2 Our choice, Genesis 4:1–16

Session 3 Flood warning, Genesis 6:1 – 8:19

Session 4 Rainbow promise, Genesis 8:20 – 9:17

Living the life – options to help live God’s way...

Reflection

Activity time: 10 minutes

Aim: to say sorry for things that have separated us from God

You will need: copies of the *Xstream* sheet from page 14

- 1 Give out copies of the *Xstream* sheet from page 14.
- 2 Encourage the children to choose one of the people at the bottom of the page and write their name in the space. Chat about how the wrong things we do separate us from God. Invite them to write or draw some of these in the spaces in the middle of the page.
- 3 When everyone has filled in some things, encourage them to spend a few minutes asking God to forgive them for the wrong things they have written down. Then help them all to fold along the dotted lines so that the wrong things are hidden and the ‘people’ are not separated from ‘God’ any more.

Memory jogger

Activity time: 5–10 minutes

Aim: to remember that Jesus takes away sin

- 1 Tell the children about a 10-year-old girl called Lauren, from an *Xstream* group. She describes sin like this: ‘It’s when we say, “Shove off, God. I’m in charge. No to your ways!”’ Ask the children how they think that makes God feel.
- 2 Invite the children in groups of two or three to think about how they could turn that statement around so that we can be God’s friends. For example: ‘Sorry, God. I need you to forgive me. No more sin. Thank you, Jesus!’ or, ‘Sin is forgiven because of Jesus. I’m sorry. Now I can be God’s friend!’
- 3 Invite the groups to share the statements they have thought of. Challenge the children to choose one to remember, so that when they sin, they can say sorry and sort it out with God.

READY TO USE
activity

Personal prayer

Activity time: 10 minutes

Aim: to ask God to forgive us

You will need: copies of the *Xstream* sheet from page 15

- 1 Invite the children to look at the cartoon strip on the *Xstream* sheet on page 15.
- 2 Challenge them to think about things they have done wrong and whether they blamed someone else, even when it was their fault.
- 3 Suggest they find a space in the room to sit quietly, thinking about the things they need to ask God to forgive them for and then talking to him silently, telling him they are sorry (if they are!).
- 4 When everyone has had a chance to pray privately, read 1 John 1:9 together (from the bottom of the *Xstream* sheet). Invite the children to finish by shouting, ‘Yes!’ as loudly as they can, and punching their fists into the air.



Extra ideas for the session and beyond...

Visit a local nature reserve or go for a walk. Admire God’s wonderful world.

Encourage the children, in turn, to tell the story of God’s rescue plan for the world in 30 seconds. They could use the headings and pictures on the *SU Bible Timeline* to help them.

God

Me



Psalm 8

The wonderful name of the Lord

¹ Our Lord and Ruler,
your name is wonderful everywhere on earth!
You let your glory be seen in the heavens above.

² With praises from children and from tiny infants,
you have built a fortress.
It makes your enemies silent,
and all who turn against you are left speechless.

³ I often think of the heavens your hands have made,
and of the moon and stars you put in place.

⁴ Then I ask, "Why do you care about us humans?
Why are you concerned for us weaklings?"

⁵ You made us a little lower than you yourself,
and you have crowned us with glory and honour.

⁶ You let us rule everything your hands have made.
And you put all of it under our power –

⁷ the sheep and the cattle, and every wild animal,
⁸ the birds in the sky, the fish in the sea,
and all ocean creatures.

⁹ Our Lord and Ruler,
your name is wonderful everywhere on earth!

Contemporary English Version (CEV)
Copyright © 1997 Bible Society

Good world: bad world

The wrong things we do separate us from God.

Choose one of the characters to be you and write your name on the tag.

In the spaces in the middle of the page, write or draw some wrong things you have done that separate you from God.

Ask God to forgive you and take those wrong things away. Now fold the page so that you are not separated from God any more!

god



Swearing using God's name.

Ignoring my Mum when she asks me to help.



The tree of all knowledge



god made just one rule:
don't eat the fruit on the tree
in the middle of the garden.
if you do, you'll die!



Check out this AMAZING fact!
"If we confess our sins to God, he can always be trusted to forgive us and take our sins away."
(1 John 1:9)