

Media Fast Family Resources

During the week of Media Fast/ Bible Feast we want to encourage our children and teens to take part. It may be helpful to not think of it in black and white terms of NO MEDIA, but to think more about refocusing the time that we do spend on media. This can include cutting back on time spent on media as well as trying to use any time that is spent on media to be a time of not just 'consuming' but using it to encourage, uplift, or reinforce our Christian faith. Encourage them to read along in the Psalms with the rest of the church. Help them do this by reading it aloud, or having it read through Youversion or another Bible reading app.

Set an achievable goal. Make a plan together and talk about the why behind what you are doing. This week should be a positive experience not a drudgery. Below are some resources (please share your ideas too) to help you this week but also may it be a helpful resource for anytime!

Christian Podcasts for Kids

[JOURNEY TO THE CITY OF THE KING KIDG](#) an adaptation of John Bunyan's The Pilgrim's Progress, we meet a man living in the "City of Destruction." Influenced by the warnings of a storyteller named Evangelist and a mysterious book, the man becomes burdened by a physical weight representing his fears and seeks a way to the "Beautiful City."

[Faith in KIDS 4 Kids](#)

A light-hearted, 20-minute podcast for children and their families. Perfect for the car or kitchen, it includes fun facts, sketches and songs with Ed, Jam, Amy and friends. An alternative and entertaining way to bring God's word to your children.

[TINKER-TIME: JUNIPER ADVENTURES](#) [Michael J Tinker](#)

A Christian podcast for all the family. Join Michael J Tinker and the crew of the JBI Starship Juniper as they hurtle through space discovering wonderful truths about Jesus!

[THE OFFICIAL AVERAGE BOY PODCAST](#)

Kids 8 to 12 years old can laugh together and learn about God with this Christian podcast for families. Hosted by *Focus on the Family Clubhouse* magazine editor Jesse Florea and Christian comedian Bob Smiley, each episode is packed with faith-building fun and family entertainment. This family podcast is about forgiveness, God's love, prayer, respect, self-control, setting goals, volunteering, and finding your worth in Christ.

[ADVENTURES IN ODYSSEY](#)

It is an award-winning audio drama series created for ages 8-12 and enjoyed by the whole family. Episodes often start with the grandfatherly Mr. Whittaker ("Whit"), who runs an ice cream shop called Whit's End. They last an average of twenty-five minutes and bring biblical principles to life, through a balance of fun, faith and imagination.

[GOD'S BIG STORY](#) [The Village Church](#)

In each episode, we'll teach the Bible, sing the Bible, and talk about what it means with some friends.

[PAWS AND TALES - Insight for Living](#)

Find adventure, fun, and music in Wildwood! Journey into an exciting world where the truths of God's Word are shared by a cast of lovable animal characters and the lessons learned are entertaining and life-changing. On the radio each week or in your podcast player app, Paws and Tales helps children grasp essential life lessons in a fun and memorable way.

[DISCOVERY MOUNTAIN](#)

An dramatised audio programme where listeners experience adventure, mystery, campfire songs, and most importantly, get to know Jesus.

WATCH

TORCHLIGHTERS HEROES OF THE FAITH -The Torchlighters is an ongoing series of animated programs with strong values and educational content for youth ages 8-12. Each Torchlighters episode presents the story of a true-life hero from Christian history. Kids will see what God can do through a "Torchlighter" and will be challenged to carry their own torch while learning about the history of our faith. The website also has other resources available to go along with each episode.

REDEEM TV - free streaming platform where you can view great movies like: Pilgrim's Progress, Tanglewood's Secret, Treasures of the Snow and The Chosen. They also have many other series, films, documentaries for adults, kids and families. (other titles available for a donation)

SUPERBOOK Animated Bible stories Join Chris, Joy and Gizmo, a robot, travel across time to observe legendary stories from the Bible and learn important lessons from them.

VEGGIE TALES BIBLE STORIES youtube link, they are available on other platforms

TINKER TME -Adventures of the Juniper Videos produced by Michael J Tinker similar to his podcast stories. Also music videos for most of his songs.

THE STORY KEEPERS The Story Keepers (animated) tells the story of a Christian leader and his family's adventures living in Ancient Rome whose mission is to keep Jesus's stories alive during the 1st century.

Psalty the Singing Songbook (old, American, quirky, fun)
Donut Man (old, American, quirky, fun)

Books (also available on Audible):

Little Pilgrim's Big Journey: John Bunyan's Pilgrim's Progress Fully Illustrated & Adapted for Kids A beautifully illustrated version of the Pilgrim's Progress designed for children ages 2 to 10, with beautiful artwork on every page and engaging text.

The Jesus Storybook Bible

The Laugh and Grow Bible

Christian Heroes Then & Now (great storytelling, great selection of people - older kids upwards)

Music:

Good Playlist Kids Songs

Slugs and Bugs

TheOlogy

Michael J Tinker

Getty's Kids Hymnal Albums

Seeds Family Worship

(and many many others)

OLDER KIDS/TEENS:

Have kids put together a playlist of their favourite worship songs and share with the family or youth group.

WATCH

[INDESCRIBABLE/HOW GREAT IS OUR GOD](#) (40 mins)- Louie Gigglio gives a presentation reminding us of just how small we are, and how huge God is. Looking out into the far reaches of the universe, we find a seemingly infinite expanse of mystery and wonder, intricately fashioned by a God of unfathomable size and power. ([listening guide](#))

RIOT AND THE DANCE: EARTH / WATER Join in the glorious uproar of creation with Dr. Gordon Wilson as he traverses the planet, basking in God's masterpieces found throughout the animal kingdom.
Available on: Amazon, youtube, googleplay, Cannon+

THE CHOSEN

THE GOSPEL OF MATTHEW

THE GOSPEL OF MARK

THE GOSPEL OF LUKE

THE GOSPEL OF JOHN

THE CASE FOR CHRIST - based on Lee Strobel's book

WATCH/ LISTEN / READ:

Some examples

Eric Liddel -Chariots of Fire

Corrie Ten Boom - The Hiding Place

Joni Erickson (Tada) - Joni

Books to read - individually or as a family (available to be borrowed from the Drydens)

Trailblazers: Featuring David Livingstone and Other Christian Heroes

Hero Tales - A Family Treasury of True Stories From the Lives of Christian Heroes

Ten Boys Who Made History

Ten Boys Who Made a Difference

Ten Boys Who Changed the World

Ten Girls Who Made History

Ten Girls Who Used Talents

Ten Girls Who Didn't Give In

Ten Girls Who Changed the World

Heroes of the Faith: Charles Spurgeon

Heroes of the Faith: John Calvin

Heroes of the Faith: Saint Augustine

Heroes of the Faith: Jonathan Edwards

Also- **Christian Heroes Then & Now** (great storytelling, great selection of people - older kids upwards) Audible