

## Psalm 139:1-18

Today we are thinking about Psalm 139, finding out about how much God knows us, how God made us in a wonderful way, how God is always there and has plans for us too.

David (do you remember the story of David and Goliath?) grew up to be a great king and wrote lots of songs about God, which we have in our Bible and which we call the Psalms. Here's one of the psalms, when David just wanted to say 'Wow, God, you are brilliant!'

### Watch together:

This is a Lego version of Psalm 139 <https://youtu.be/7eQ7D-A00Bw>

### Chat together:

I wonder which bits of this psalm surprised you most?

I wonder which bits of this psalm you liked best?

Have a look at Psalm 139:1-14 in the Bible, maybe read it out loud. As you read it or listen to it being read, which three or four sentences or ideas do you think are really important to you? Perhaps take these sentences or ideas and arrange them into a 'mini psalm', write them on a sheet of paper and decorate it with pictures. Maybe you could also say the words and make up some actions, here's an example:

*You see everything I do and everywhere I go. (You could do a wide, sweeping look.)*

*If I climbed into heaven, you would be there. (Climb an invisible ladder)*

*If I dug down to the middle of the earth, you would be there. (Pretend to use a spade)*

*If I flew across the ocean, you would be there. (Pretend to fly)*

*You are always with me. (Hold hands with someone)*

You could then turn your mini psalm into a prayer:

God you are everywhere - with every person in the world all the time. Thank you God that you are always with me, wherever I am and whatever I do. Amen

### Activities to do together:

#### Psalm 139:14 I am wonderfully made

Everyone needs a circle of paper. Fold it in half and in half again. Use the scissors to cut patterns as if you were making paper snowflakes. Open out the circles and look at them together - each one is beautiful and different from all the others, it is unique. Chat about how God has made each one of us unique and special too, he knows all about us and loves us for who we are. Have a think about some of those things that makes each other special, maybe what you like or love about each other and how God sees you.



You might like to write on the circles some of the things that make you special or write this verse on them:

*I praise you because you made me in such a wonderful way. I know how amazing that was!*  
*Psalm 139:14*

You might like to stick the circles on a window or cupboard door and as you do that, thank God for each person and pray that they will know how special God has made them and how much God loves them.

### **God protects us**

This craft will help you think about God covering and protecting you wherever you are and wherever you go. You will need an envelope, collage bits and pieces, glue and a button (or something similar)



Stick down the flap of an envelope and cut the envelope in half so that you have two pockets (or into quarters if there are more of you!) Each person needs 1 pocket.

Use the collage bits to decorate the pocket with colours and shapes that remind you of God. Make sure the pocket still opens.

Choose a button to represent yourself (or you could draw and cut out a picture of yourself or find a small photo) and put it inside the pocket as a symbol that God is covering, holding and protecting you (verses 5-10)

**My God is ...** Everyone thinks of a sentence beginning "God is" and an action to go with it. (For instance, "God is loving", action, hug self.) Take it in turns to say your sentence and do the action. Then try adding each one together so the first person should begin: "God is (loving)", doing their action. The second person says, "God is (big) and God is (loving). The third person continues, "God is (my friend), God is (big) and God is (loving). And so on...

Finish with a short prayer thanking God for being all these things, and asking that we would get to know him, and to love him, more.

### **Indescribable**

Play this song <https://youtu.be/sM5YReFSmOI> and listen to the words. Think about the fact that God - who made everything - really knows and loves you!

Maybe play the song a second time so that you can speak to God in response to what you are seeing and hearing.

## Plans for you

In your book were written all the days that were formed for me, when none of them as yet existed. Psalm 139:16

God knows all about you and even before you were born, He had plans for you. See if you can find some maps, or a globe or atlas and spend some time looking at them. Think about the journeys we go on in life and how we sometimes end up in places we'd never imagined we would be. What are some of your hopes and dreams for the future, including where you would like to travel to, especially after lockdown? Think about how God has plans for you and that we can trust him to show us the way.

If you have an old map or road atlas that you are allowed to cut up - **please ask a grown up first** - you could draw and then cut out from the map the initial letter from your name. Keep it somewhere as a reminder that God has plans for you and a symbol that you are trusting God to show you the way.



If you have a prayer den you could stick it up in there to remind you to ask God to show you the way when you are praying!

## Write your own psalm

Watch this video of Ruth from St Andrew's, talking about how we can write our own psalm, then why not have a go!

<https://youtu.be/I-adhC5-Ev4>

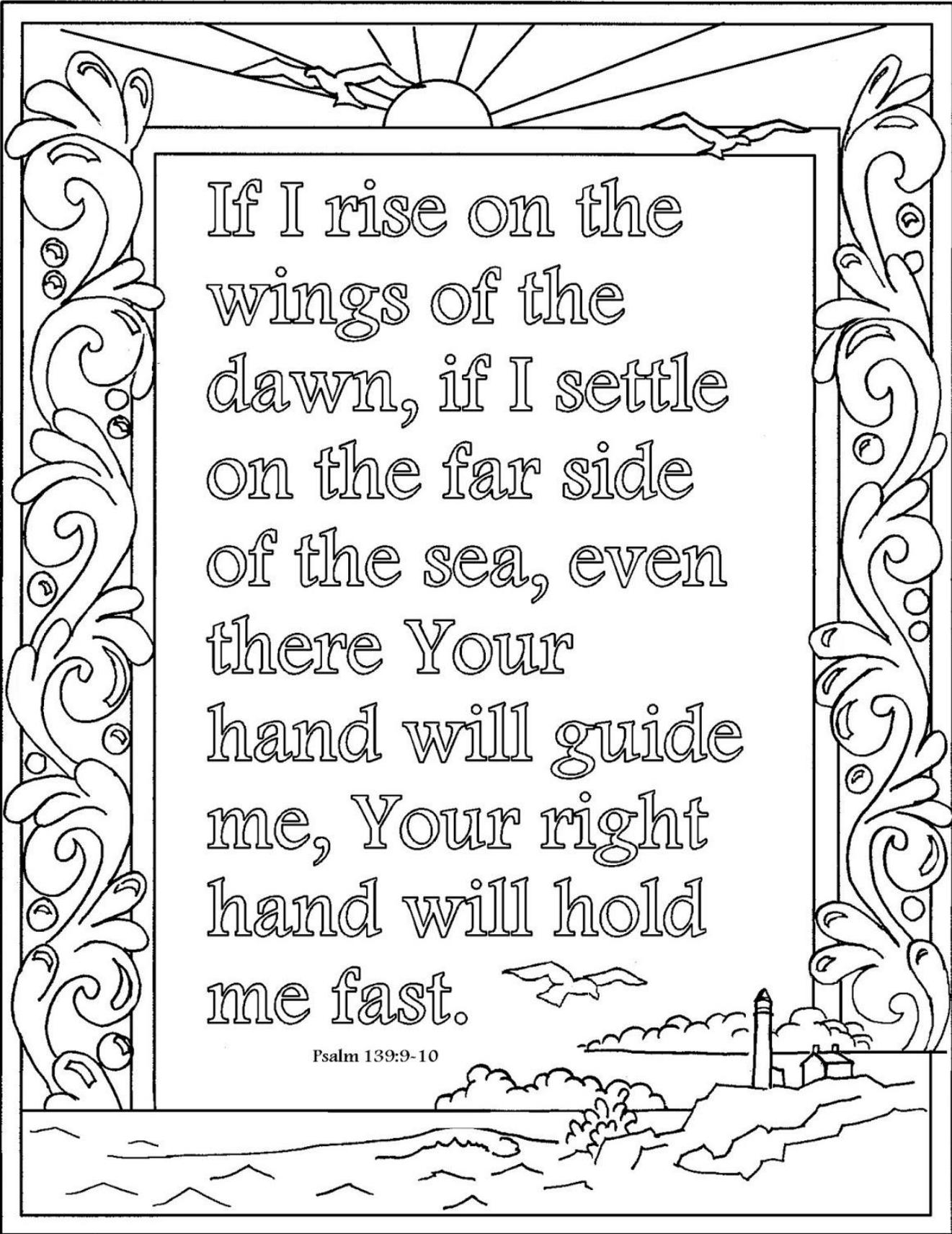
## Self-portraits!

Paint or draw a picture of ourselves. God has made us all differently but he knows every part of us and knows all about us. He knows not just what we look like but our personalities too.

Chat about how God has made each one of us unique- just as each person's painting will be completely unique - and the special way we have each been made; God has put a lot into making us special!

**Guess who?** Play the game if you have it:

Use the game to think about the ways in which people are unique. How do we know who we are looking for? Several people in the game have brown hair, but not all of them have curly brown hair or brown hair and blue eyes.



If I rise on the  
wings of the  
dawn, if I settle  
on the far side  
of the sea, even  
there Your  
hand will guide  
me, Your right  
hand will hold  
me fast.

Psalm 139:9-10