

## Psalm 139:1-18

**Parents:** Today we are looking at Psalm 139. The themes that we can draw out for our children are that God knows them, God made them in a wonderful way, God is always there and has plans for them.

**Introduce the Psalm:** David (do they 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:** 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?

Retell the psalm together using your hands:

Use your right thumb as 'me' and your left hand as 'God'. You could draw a simple smiley face on the pad of your right thumb.

Wow, God! You know me through and through! You care about each thing I do.  
*(Right thumb up! Point to thumb with left hand forefinger)*

You see me sleep each night and work each day. You hear each thing I think and say.

*(Put left hand to your eye, then your ear during the lines. Thumb 'lies down', then gets up and wiggles.)*

You keep me safe wherever I go. There's nothing about me you don't know.  
*(Wrap left hand gently round thumb and move round in big circle together)*

You put me together inside my mum. You knew me before I came out of her tum.  
*(Bend thumb over into palm of hand and stroke gently with left forefinger)*

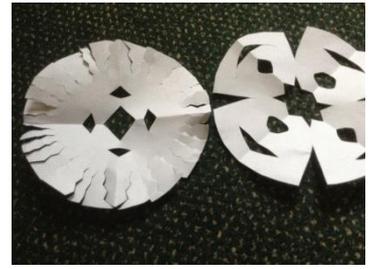
You made me brill: I don't know how, God. You made me brill: I just say 'Wow, God!'

*(Slowly unwrap thumb and finish with thumb up again!)*

## 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.

**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.

### 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!

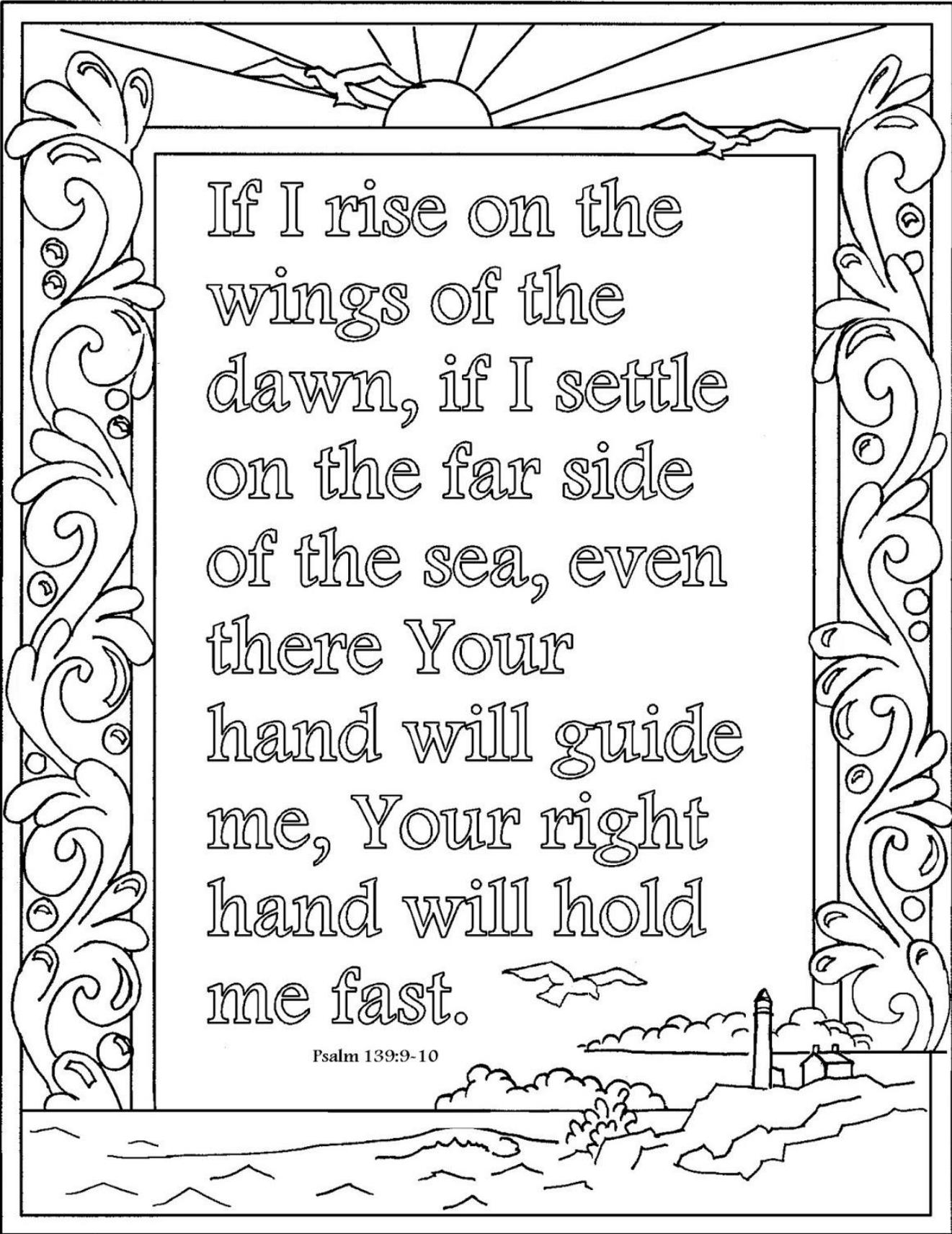
**Guess who?** Play the game if you have it:

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.

**Make a mirror!**

Make a hand mirror or picture similar to this to remind you how special you are to God.





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