

Psalm 27 We can be brave!

Today we're going to be thinking about how God helps us to be brave! What are some of the things that we might be afraid of? Maybe it's the dark or thunderstorms? Chat together about some of your fears.

Psalm 27 tells us that we don't have to be afraid - let's find out why together:

Can you find a torch and then go to look for a dark place to sit in, maybe pull the curtains or go into a room or cupboard with no windows? When it's really dark it might feel a bit scary but what happens when you turn on the torch? The light breaks into the darkness and you feel safer because you can see. Chat together about the light and how it feels when it shines in the darkness!

When we are afraid, we have a light to make us feel safe. That light is Jesus! Verse 1 tells us that "The Lord is my light and my salvation, whom shall I fear?" When we are afraid, we have Jesus to be with us. And if Jesus is with us, we don't have to be afraid! When we are close to Jesus the things that we're frightened of or worried about don't look quite so bad and the Holy Spirit gives us courage too.

You could make a lantern to remind you that Jesus is with you. Here's an idea of one you could make but don't use a real candle inside - use either an LED tea light or a small torch.



Cut up an old, clean, milk carton to make the candle holder.

Decorate the outside with pieces of coloured paper or stickers. You could cut out letters and spell out Jesus on the outside.

Attach a handle - I used a pipe cleaner but you could use a piece of card or string.

Pop your LED light or torch inside.

Being close to God helps us to be brave

In verse 8 the psalm says 'Your face, Lord, I will seek' and in verse 11 'Teach me your way, Lord'

David (who wrote the psalm) found time to be with God and it was like having a close friend with him all the time, even in danger. David spent time with God, praying, listening to his voice and just being still with him. If we want to be close to God; we need to learn to do the same!

Think about a time or a place where you could try to be quiet with God - is before school easiest, or bed time maybe? Is there somewhere you could go to be with God?

I wonder how we might seek God's face and hear what he is saying to us? It might be a loud voice or a quiet voice, it might be a picture or a dream or it might be through other people, a friend or a song or a talk we listen to or when we read the Bible!

Why not find a piece of paper and draw a picture of you and God together? You could keep this picture in the place where you decide to spend time with God.

Prayer with actions

First of all, learn these words and actions:

Thank you (clap, clap) for being with me (hug yourself)

loving God (stretch arms upwards)

Then everyone can join in with the words and actions they have learned as you say these words (you could even add some more lines!)

Dear God,

You are always with us; *Thank you for being with me, loving God*

You will never leave us; *Thank you for being with me, loving God*

We can always trust you; *Thank you for being with me, loving God*

You love us so much; *Thank you for being with me, loving God. Amen*

Make a courage medal

Why not make a medal to remind you that when you are friends with Jesus, he will always be with you? You might like to write one of the verses from Psalm 27 on your medal too. You could make a medal on a ribbon to hang around your neck or a medal like a badge to pin on your clothes. Here's one I made, have a think about a design for yours and have a go at making one. You might even like to make one to give away to someone who needs to know that God helps us to be brave!



Colouring sheets

You may find it helpful to focus on one of these reflective colouring sheets as you spend some quiet time with God

Just for fun

A phobia is an extreme fear of something. I wonder if you can guess what these phobias are?

Zoophobia	Noctiphobia
Pogonophobia	Alektorophobia
Bibliophobia	Cyberphobia
Arachnophobia	Arithmophobia
Scolionophobia	Claustrophobia

Answers on the next page!

Write your own poem to God!

This is part of a poem called 'Take courage, my heart!' written by Silvia Purdie and based on Psalm 27. Why don't you have a try writing a poem to God about what you have learnt today, don't forget you can tell God how you are feeling as well as remembering his promises and praising him.

My God is my light,
My God is my saviour
Why be afraid?

My God is my safety
My God is my home

I won't be afraid!

With God's care around me I will sing and dance and shout for joy!

With God's face shining on me I will be patient though bad days.

I will be strong.

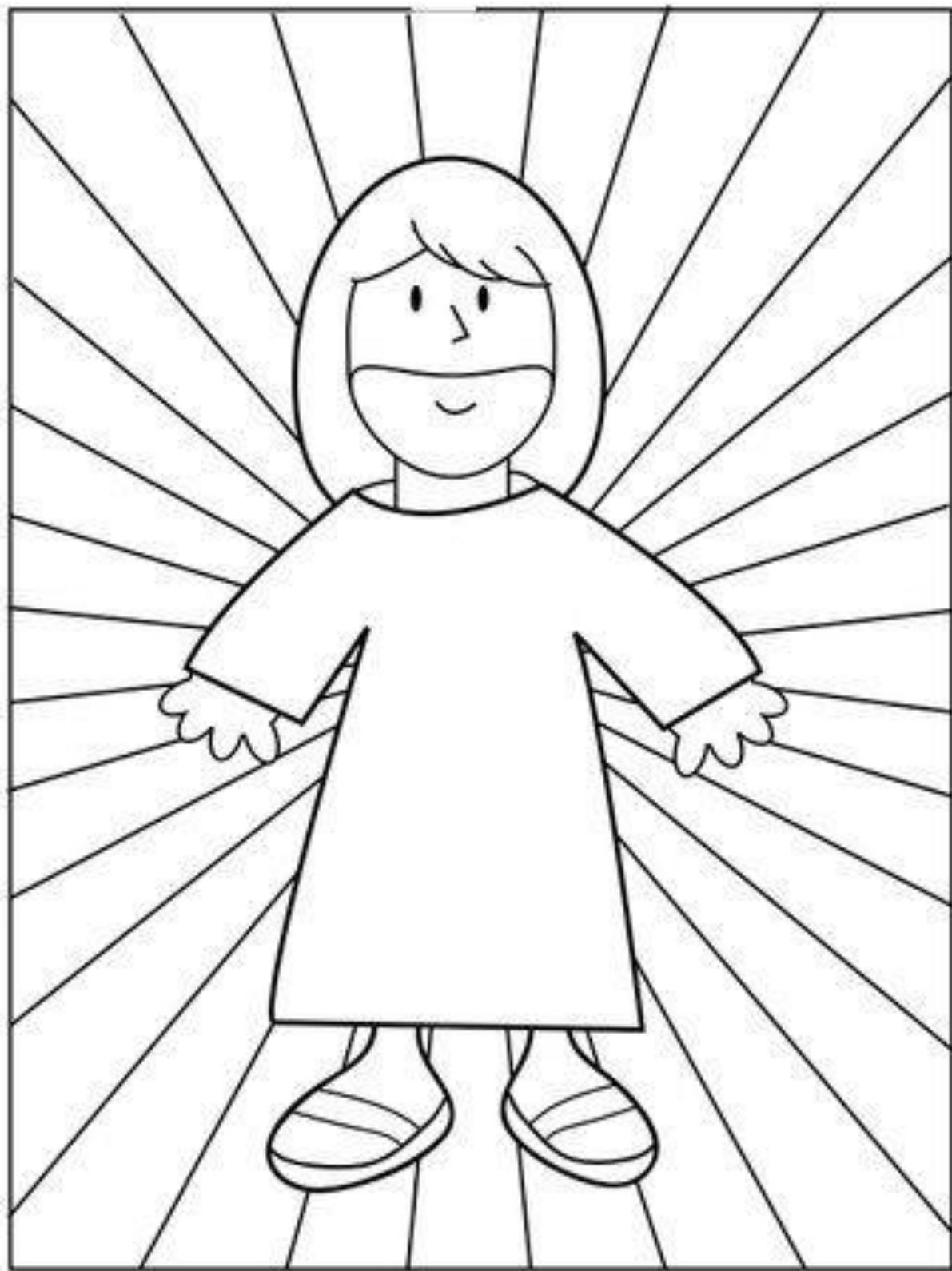
Take courage, my heart, lean on God.

Answers to the quiz:

Zoophobia	fear of animals
Noctiphobia	fear of night
Pogonophobia	fear of beards
Alektorophobia	fear of chickens
Bibliophobia	fear of books
Cyberphobia	fear of computers
Arachnophobia	fear of spiders
Arithmophobia	fear of numbers
Scolionophobia	fear of school
Claustrophobia	fear of confined spaces

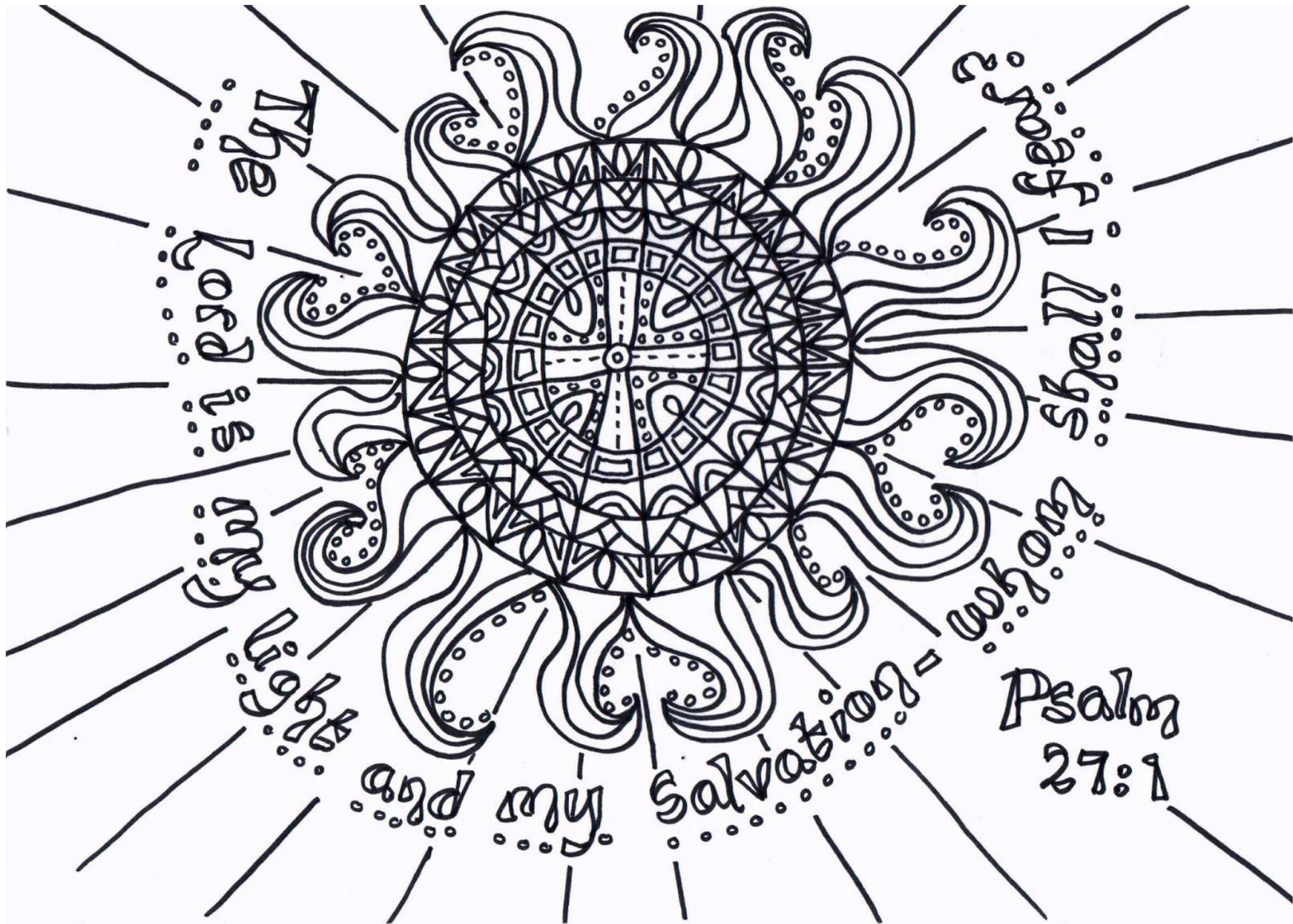
How many did you know or guess right?

I am the light of the world





The Lord is my light and the one who saves me. So why should I fear anyone?
Psalm 27:1



The Lord is my
light and my

salvation = upon
whom I shall never

fear
Psalm 27:1

Psalm
27:1