

Psalm 77: Remember

Play together: Place a selection of toys/objects (choose 5-6 for younger children, more for older) onto a tray and show them to the rest of the family. Ask everyone to try and remember what is on the tray and then cover it up with a tea towel or cloth. Secretly remove one of the objects before uncovering the tray. See if anyone can remember which object is missing! You might like to take it in turns or try with more objects. Or if you're doing this on your own just cover the tray and try to remember all the objects!

Chat together:

Just like it can be hard to remember what is missing from the tray, sometimes it is hard for us to remember the good things God has done.

Which Bible stories do you remember? Which is your favourite?

You might like to write some of them down or draw some pictures to remind you of the stories!

In Psalm 77 verses 11-12 it says:

¹¹ I will remember the deeds of the LORD;
yes, I will remember your miracles of long ago.

¹² I will consider all your works
and meditate on all your mighty deeds.'

I wonder if you can remember any of the good things God has done for you? They could be big or small! Maybe answers to a prayer or when you have felt blessed by God.

Pray together:

Give everyone a circle of paper and on one side draw a smiley face and on the other side a sad face. Sit together with your paper faces, you may like to light a candle to remind you that God is always with us.

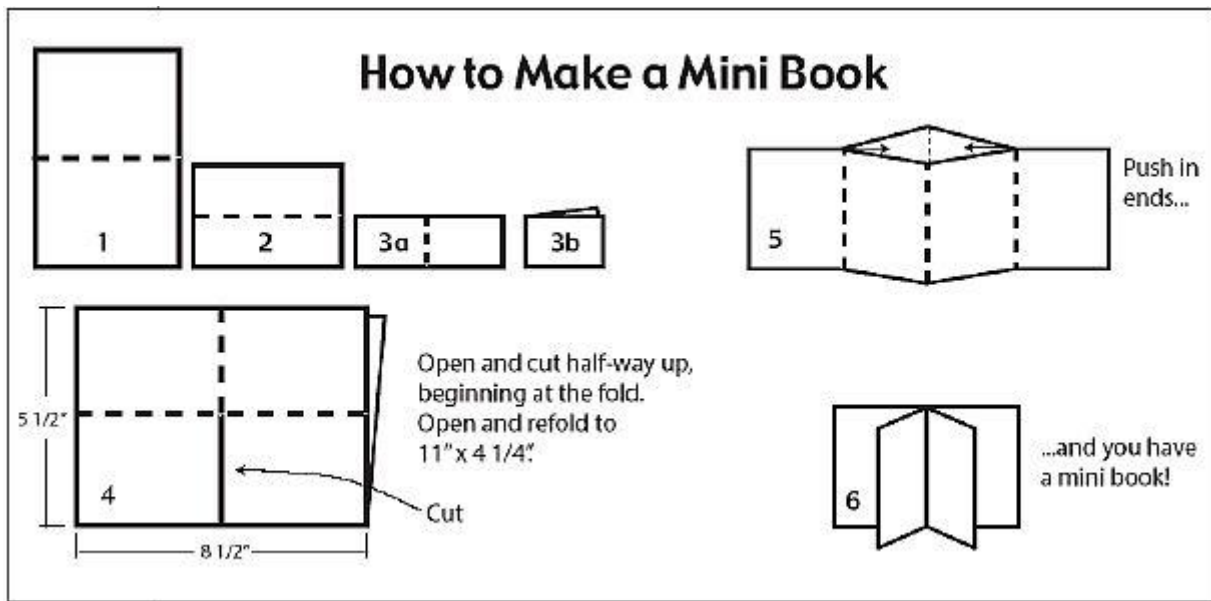
Hold your paper face with sad face up and spend a moment thinking about something that you find difficult or that makes you unhappy. Talk to God, tell him how you are feeling and ask him to help you - you can do this quietly in your head!

Now think about all the good things God has done. Remind each other of some of those things that you chatted about before. As you think about these things turn your paper face over to the happy face on the other side.

You might like to say this prayer together (or say your own prayer)

Father God, thank you that you listen to us when we tell you how we are feeling. Thank you that you are always with us. We choose to think about all the good things you have done for us. Thank you for the hope you give us when we remember you. We praise you Lord God! Amen

Make together: why not make a little book to help you remember your blessings, something to look at when you are feeling sad or just wanting to praise God!



The title could be: 'I remember what God has done for me' and you could use this as a pattern for the pages inside:

- God has given me
- God created and I love
- God answered my prayer for
- God gave me



Activities to do together:

'God is great' collage (from The Prayer Experiment Notebook)

Using colour and pictures can help us think about God in a way that is beyond words. Create a 'God is great' collage to help you thank God for how amazing he is and for all he has done for us. Find a large sheet of paper or card, and lots of materials (whatever you have: coloured and patterned paper, glitter, stickers, buttons, foil, tissue paper, wool, pictures from magazines) together with pens, glue and scissors to make a collage about how great God is.

Here are some ideas to get you started:

- What might God look like?
- How does God make you feel?
- How has God helped you?
- What has God made that you really want to say thank you for?
- What colours and patterns remind you of God?

When you have finished, find somewhere to hang up your collage so that you can see it every day to remind you how amazing God is and how much he loves you!

Psalm 77 for older children:

You might like to read Psalm 77 and ask God to speak to you through the verses as you read them.

I wonder which verse stands out for you? And why?

Or you may prefer just to look at some of the verses. Either way, have a think about what we can learn about God in this psalm using the following verses and questions:

At the beginning of Psalm 77, Asaph (who wrote the psalm) sends out an SOS to God. He really pours out his heart to God and is honest with him. Have a look at verses 1, 7 and 8.

I wonder if sometimes when things are difficult or you are feeling sad, that you think God is far away or doesn't care about you?

God is always with us and he really wants to hear from you! It's definitely okay to tell God how you are feeling and to be honest with him. In Psalm 34:18 the Bible promises that "the LORD is close to the broken hearted and saves those who are crushed in spirit."

Look at verses 11 and 12 again. Asaph makes a choice to look back at all the blessings he has received from God and the things God has done.

I wonder why or how you think this might have helped him?

Remembering what God has done in the past gives us a hope for the future, it reminds us that God is on our side and wants the best for us.

Look at verses 13 and 14. Now Asaph starts to praise God, and maybe now he is trusting God to be with him and help him as he has done before.

I wonder, do you think this might be a good pattern to follow when we are finding things difficult? Sending God an SOS message, choosing to remember all that God has done for us, and worshipping God?

Asaph began with a huge problem and a little God; but he kept sending up SOSs to God. He forced himself to rehearse the past blessings of God's faithfulness, where hope for the future is strengthened. And he worshipped. For Asaph, God is big, and his problems aren't!