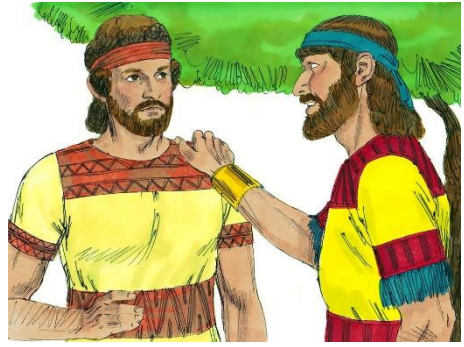


In God's Hands – God protects us

What do you think makes a good friend?

Do you have good friends?



Today we will hear about the next part of David's adventures and how his best friend protected him, with God's help,

Watch our video, where Mary tells the story <https://youtu.be/IZapXtEVRaM>

Read about David and Jonathan in 1 Samuel 19 and 20 or in a children's Bible story book.

I wonder what surprised you most about this story?

I wonder why you think that God protected David?

What do you think was really special about David and Jonathan's friendship?

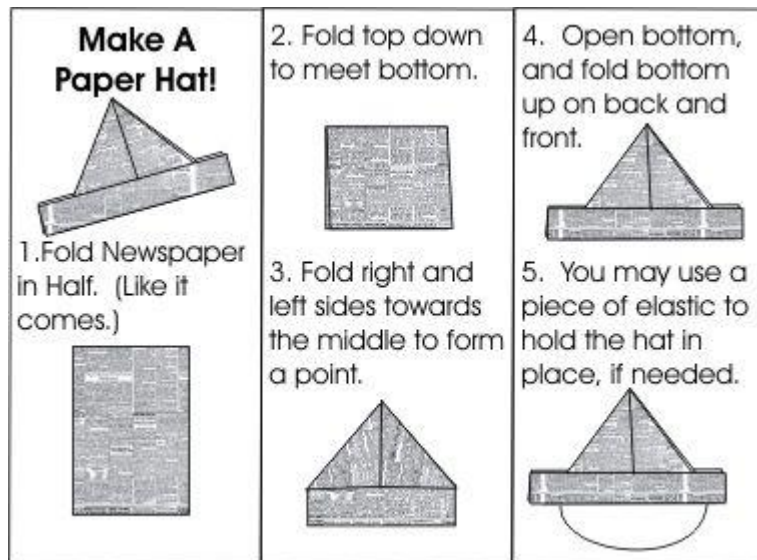
Pray: David was a shepherd and he looked after his father's sheep. Do you remember how he protected them and what from? God always kept him safe, so David knew that he didn't need to be frightened. David wrote a song about God being with him and you can find it in Psalm 23.

Close your eyes and imagine you are somewhere scary. Then read verses 1-4 and imagine that God is there with you, protecting you. Think of something that you would like to say to God and either say it out loud or just in your head.

Active prayer: King Saul did not like David and he threw a spear at him! Find a large sheet of paper and make a target - you could use a sheet of newspaper or wrapping paper. Stick the target up on a wall or door. Find a sheet of paper and write a prayer about (or draw a picture of) a situation in which you want God's protection. Then fold the paper in half, to cover your prayer; then fold two corners inwards to make a point (a bit like a spear). You could try throwing your 'spears' to see if you can hit the target. After you've had a try fix the prayers on the target (with sticky tack or tape). Remember that God listens to all our prayers! As you stick your prayer on the target, say 'Thank you, God, for protecting me.'

Make a hat: How many different kinds of protective headgear can you think of? Such as sun hats, bike helmets ...

Make a hat to remind you that God is always with you and protects you. What sort of hat will you make? You could make a hat out of a sheet of newspaper,



or use some card (maybe a cereal box?) to design and make a hat.

Decorate your hat and write a Bible verse on it, you might like to write this one or choose one of your own:

"The Lord is my protector; he is my strong fortress. My God is my protection and with him I am safe." Psalm 18:2 (GNB)

But please do remember that you must always be sensible and try to keep yourself safe! God may not protect you from injury if you do something silly like step in front of a bus or put your hand in a fire.

Make and remember: you will need a paper plate or circle of card, a split pin paper fastener, sticky tape, a short piece of wool/ribbon/string and some sticky stars if you have them. Divide your plate or circle of card in half and on one side draw a daytime picture (maybe with a sun) and on the other a night time picture (moon, stars). Cut out a pointer shape (like one of the hands on a clock) and write on it: God can keep us safe.



Make a hole in the centre of the of the plate and at the end of the pointer (ask a grown up to help you with this) and use the split pin to fix the pointer to the plate. Add a ribbon loop to the back so that you can hang your picture up. Remember to move the pointer to 'day' in the morning and 'night' at bedtime, to remind you that God can keep us safe all through the day and the night.

Make friendship bracelets: you could make matching ones - one for you and one for a friend!

Draw round a cup on a piece of card (cereal box works well) and cut out. Mark evenly around the edge eight times and cut a slot about 1cm long at each mark, as in the picture. Make a hole in the centre of the circle - it might be a good idea to ask a grown up to help you!



Cut seven lengths of wool each about 30cm long and knot them together at one end. Thread the other ends through the hole in the card and pull through so that the knot sits just below the card.

Now take each strand of wool and slot it through one of the cuts around the circle of card - there will be one empty space. Now to start making the bracelet:

- Turn your card so that the empty space is at the top.
- Take the third strand of wool to the RIGHT of the space, lift it up, bring it into spare slot. This makes a new space!
- Repeat the last two steps, occasionally pulling gently on the bracelet which will 'grow' on the other side of the disc.
- When the bracelet is long enough remove it from the card and knot the other end. Trim the ends if needed. Tie it around your wrist! Or send it to your friend!

You may not be able to see your friend at the moment but maybe you could make them a bracelet and send it to them with a card just to let them know you are thinking about them.