

WEEK FIVE

WHAT IS A PSALM?

BIG IDEA

PSALMS SPEAK TO GOD

about anything – we can tell God all our feelings

PREP: (Kids can help!)

- Buy a bag of potatoes.
- Cut out the 'emotive face' cards from the Appendix.
- Cut out the Psalm cards from the Appendix.
- Buy a packet of biscuits with faces that show an emotion (mini teddy bears or smiley faces).

WHAT GOES IN THE BOX?

- A blindfold
- Emotive face cards
- Psalm cards
- The packet of biscuits that show emotions



PLAY

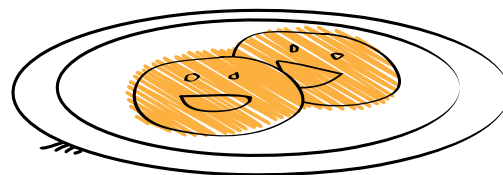
(You can play this outside if you wish)

Blind Potato Race

- Scatter the potatoes around the lawn or across the floor
- Divide your family into pairs, and blindfold one of each pair..
- The blindfolded players have to crawl around the floor gathering up the potatoes. The non-blindfolded players can help those on the floor by shouting out directions, like "warmer, colder". The winner is the person who collects the most after 30 seconds. Swap places for the next round. The winner gets to lay out the 'emotive face cards' from the Faith Box.

INTRO

We are talking about the Psalms this month and how they are God's gift to help us tell him how we feel. Sometimes it is hard to gather up our feelings (like in the potato race, we sometimes have trouble getting them together). Did you know that God feels the same feelings that we do? In fact He made us with feelings and emotions, and He loves us to tell him about our feelings. He understands we are sometimes sad or angry or worried or stressed. The wonderful thing is that he has told us to share all our feelings with Him. God's people have always thanked him for his goodness and called out to him when they are in trouble. Today we are going to read a psalm to show us how pray to God and share our feelings.



OUT OF THE BOX

- Take out the emotion cards and put them upside down on the table.
- Starting with the middle child in the family, everyone takes a card, turns it over, and then tells what emotion they think it shows.
- What do the others think? (The emotions the faces show are angry, happy, sad, worried, scared and overjoyed.) Write the emotion on the appropriate face card.

READ

- Hand out the biscuits from the Faith Box and talk about the emotions they show.

As you listen to this psalm, think about the emotions you hear. At the end of the reading, share what emotion you heard, and then eat your biscuit.

“Praise the LORD, all you nations.
Praise him, all you people of the earth.
For he loves us with unfailing love;
The LORD’s faithfulness endures forever.
Praise the LORD!”

”

Psalm 117, NLT

EXPLORE

- Hold a Bible and open it in the middle – you should end up with it open at the book of Psalms.
- Pass it around and let everyone have a turn finding Psalms in this way.
- Now see if you can find out who wrote the Psalms...

David wrote a lot of the Psalms but there are many other authors too.

What we learn from the book of Psalms is that God is in charge of all creation, all history, and is at the centre of life.

Questions:

- Does anyone know any psalms?
- Do any of you have a favourite psalm?

A psalm is a poem or a song that we use to worship God. The word “psalm” comes from the Greek word “psalmoi”, a song sung with harp music.

When we sing a Bible verse it is much easier to remember. Do you remember any verses that you have learnt to sing?

WEEK FIVE

GAME

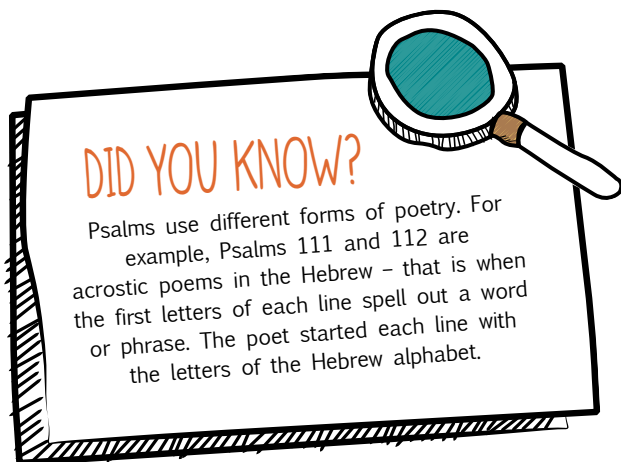
Hum a Song

- Choose the person with the smallest shoe size to start.
- Hum a familiar song or nursery rhyme and everyone else try to guess what it is. Everyone take a turn.

OUT OF THE BOX

- Take out the psalm cards.
- Read the verse from each card aloud and pick which face card it expresses.

Psalm 139:21-22	angry
Psalm 4:7	happy
Psalm 6:6	sad
Psalm 38:18	worried
Psalm 55:5	scared
Psalm 119: 162	overjoyed



We all need to know the stories of God's people. But we also all need to know that God's people experienced life just the way we do. They were sad, anxious, lonely, depressed, joyful and happy. Sometimes they wanted to cry and sometimes they wanted to dance. All these emotions are in the Psalms.

The Psalms show us we can talk to God about whatever we are feeling. We can come to God when we are happy and excited and when we are lonely, anxious or sad. God wants to listen no matter what. In the book of Psalms, you will find verses that will surprise you with their perfect fit with events in your own life. They encourage us to be more humble, to know God better, to be thankful, to find God in the hard times, and to keep on praising...

Sometimes we might think that God only wants to know us when we are in our best clothes and feeling happy. But God knows everything about us and always loves us.

PLAY

Emotions Game

- Bring the emotion cards and psalm cards out again...
- Place the emotion cards upside down on the table and the psalm cards the right way up.
- Start with the person with the lightest colour eyes. Choose one emotion card, look at it in secret, and then make that face yourself. The person to your left guesses what emotion it is - and what would be a good way to respond to it. Then, the person to their right picks which Psalm card shows this emotion. Everyone take a turn.

“PSALMISTS NEITHER IGNORE THEIR FEELINGS NOR TELL THEM TO EVERYONE. THEY PRAY THEM, TELLING GOD EVERYTHING THEY FEEL UNTIL HE ANSWERS THEM OR SHOWS THEM WHAT TO DO.”

PRAY

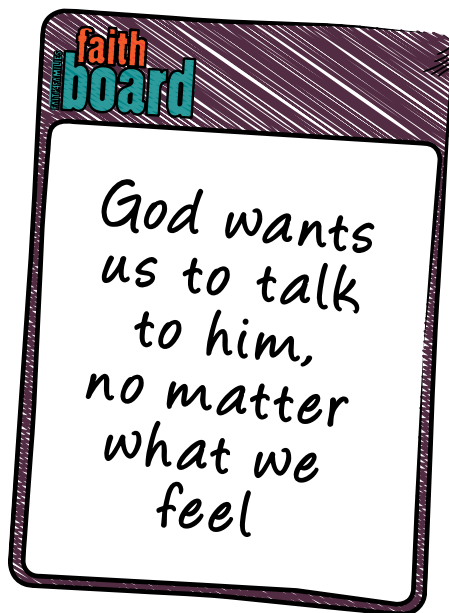
- Each choose an emotion card and make up a prayer to God, expressing that emotion in some way.

LIVE

- Write your own Family Psalm for the week...

Start now with the first verse. (Use a sentence prayer that tells how life is for you all today – if there is a lot going on, you may need more than one sentence.)

Then each evening add another verse based on what is happening in your lives that day.



OTHER IDEAS

- Make your own music with water chimes – Get eight similar glasses, some teaspoons and some water. Line them up and put different amounts of water in them – full at one end and nearly empty at the other, and graduating in between (about 1/8 full will be the highest note). Each glass should sound like a note on the musical scale. Using the metal teaspoons have turns at trying to play a tune e.g. “Mary had a little lamb” or “Twinkle, twinkle little star.” (The amount of water changes the pitch of the sound wave.) Enjoy making music!
- Make a harp – there is a cute one for children to make at <http://www.lambsongs.co.nz/Activities%20Bible/David%20harp%20%20col.jpg>
- Try writing an ‘acrostic’ psalm. (Remember several of the Psalms, like Psalm 111, are written in a creative way.) Write the letters of the alphabet down pieces of paper and think of words to describe God, e.g. God is Amazing, Brilliant, Caring....
- As a family, sing the song “I can talk to God”. You can learn it online at: <http://www.youtube.com/watch?v=a4fhzJkWLHo>

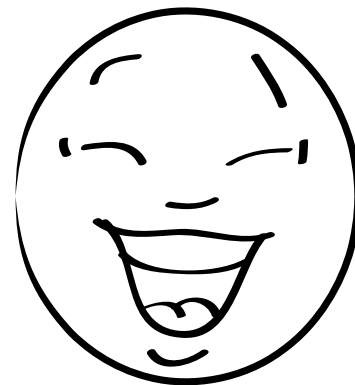
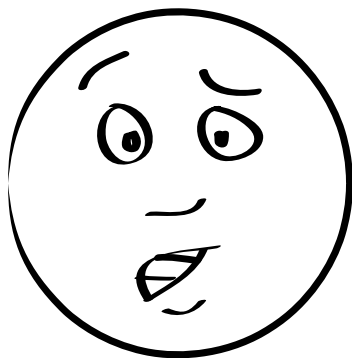
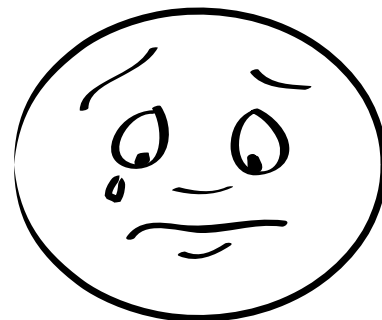
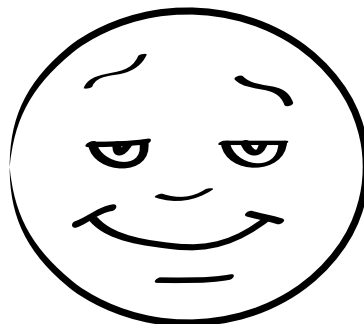
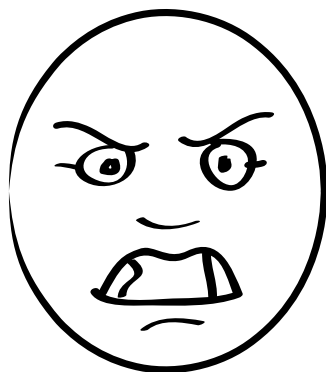
CHECK OUT WHAT YOU NEED FOR NEXT WEEK...

WEEK FIVE

O LORD, shouldn't I hate those who hate you?
Shouldn't I despise those who oppose you?
Yes, I hate them with total hatred,
for your enemies are my enemies.
PSALM 139:21-22, NLT

I rejoice in your word
like one who discovers a
great treasure.
PSALM 119:162, NLT

I am worn out from sobbing.
All night I flood my bed with weeping,
drenching it with my tears.
PSALM 6:6, NLT



But I confess my sins;
I am deeply sorry for what I
have done.
PSALM 38:18, NLT

My heart pounds in my chest.
The terror of death assaults me.
Fear and trembling overwhelm me,
and I can't stop shaking.
PSALM 55:4-5, NLT

You have given me greater joy
than those who have abundant
harvests of grain and new wine.
PSALM 4:7, NLT