

WEEK EIGHT

PSALM 100: SAYING THANK YOU

BIG IDEA

The first thing we must do when we pray is to say

THANK YOU TO GOD

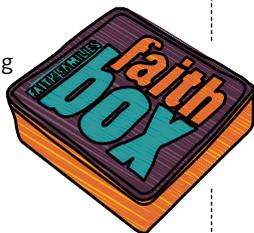
for His loving kindness

PREP: (Kids can help!)

- Put a collection of objects associated with family and holidays in a basket or a box. (Ideas: seashell, ball, flower/leaf, can of food, lollipop, sunscreen, family photo, packet of coloured pencils. Include a mirror and a Bible.)
- Find a long piece of string and a ring (or button with large hole) to thread on to it. The string needs to be long enough to make a circle that everyone can hold on to.

WHAT GOES IN THE BOX?

- The long piece of string
- The button or ring
- Paper and blue tac



OUT OF THE BOX

- Pass around the basket for everyone to take out one or two things.
- **What is special about all these things?**
- **How do you feel when you think about all these things?**
Good things make us want to say thank you.
- **What do these things remind us to be thankful for?**

Mirror – thank you for me

Family photo – thank you for family

A flower, shell, leaf – thank you for creation

Can of food, lollipop – thank you for food and treats

Packet of coloured pencils – thank you for colour and creativity

Ball – thank you for sport and exercise

Bible – thank you for God's word

- **How do you feel when you say 'thank you' to someone?**
- **How do you feel when someone says 'thank you' to you?**

'Thank you's help us to feel good.

In Psalm 100, the writer is feeling really good and says thank you to God.

We do not know who wrote this psalm but the writer wants everyone to join in praising God.

This psalm has been a favourite psalm for hundreds and hundreds of years.

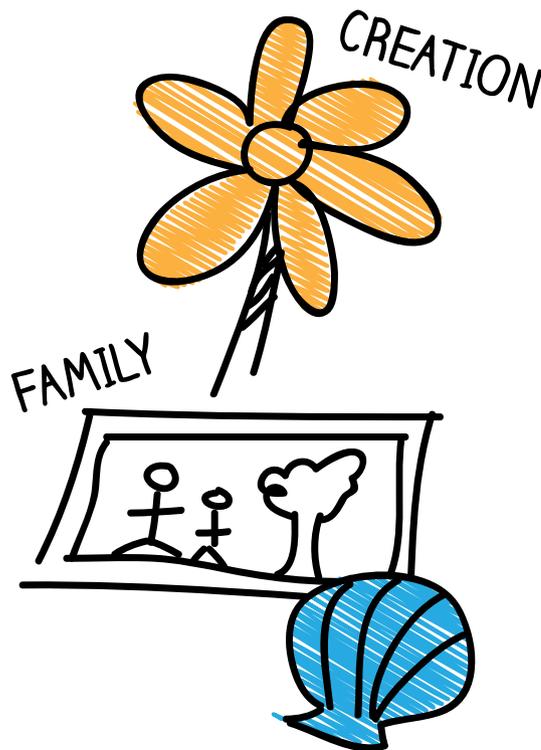
As you listen to the psalm see if you can work out why the writer is thankful.

READ

Psalm 100

☺ Shout for joy to the LORD, all the earth.
Worship the LORD with gladness;
come before him with joyful songs.
Know that the LORD is God.
It is he who made us, and we are his;
we are his people, the sheep of his pasture.
Enter his gates with thanksgiving
and his courts with praise;
give thanks to him and praise his name.
For the LORD is good and his love endures forever;
his faithfulness continues through all generations. ☺

Psalm 100, New International Version



WEEK EIGHT

EXPLORE

- What made the writer of this psalm so happy?
- How did he say thank you to God?

We can say thank you to God in lots of different ways.

- **Can you think of some?** (*We can pray, sing, dance, write a prayer, show kindness, be loving, etc.*)

PLAY

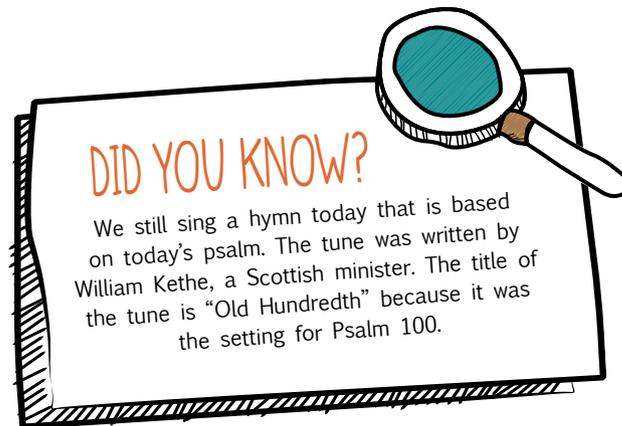
Count Your Blessings!

A parent lies on their back on the floor and bends their knees. A child sits on the parent's bended knees with their feet on the floor or on their parent's tummy (more fun that way!) The parent holds 10 fingers in the air and secretly picks one of their fingers as "it". The child says "I'm thankful for _____" and then randomly chooses one of their parent's fingers to fold down. They continue saying what they're thankful for and folding down fingers until they get to the "it" finger, when the parent suddenly flattens their legs and yells "God bless you!"

If the child happens to fold down 9 fingers without touching the "it" finger, then they say "I'm thankful for winning!" and have another go. Take turns!

PRAY

- Take the string and ring or button from the Faith Box. Thread the button on the piece of string and tie it into a circle – long enough for everyone to sit in



DID YOU KNOW?

We still sing a hymn today that is based on today's psalm. The tune was written by William Kethe, a Scottish minister. The title of the tune is "Old Hundredth" because it was the setting for Psalm 100.

a circle and hold the string. The button should easily move along the string. Pass the button from person to person. Whoever has the button prays "Thank you God for _____".

LIVE

- Take out the paper and blue tac from the Faith Box and start to make a Gateway of Thanksgiving. Cut out some paper brick shapes (about 6cm x 10cm wide). Let everyone write on a paper brick something they are thankful to God for and then blue tac the bricks around a doorway. Choose a time to add more paper bricks each day this week so your gate grows in thankfulness. This could be after dinner each evening, or you could simply add more bricks as you think of things during the week.

« PIGLET NOTICED THAT EVEN THOUGH HE HAD A VERY SMALL HEART, IT COULD HOLD A RATHER LARGE AMOUNT OF GRATITUDE. »

- A.A. MILNE, WINNIE-THE-POOH -



OTHER IDEAS

- **Activity** – Make ‘Thank you Cards’ for God.
- **Play The Receiving Game.** Have a contest this week to see who can receive the most “thank yous” during the week. Each person keeps count of their own, and each evening the number is written down. They must be properly earned “thank yous.” The winner at the end of the week can choose a special meal or dessert to celebrate.
- **Try writing your own praise song** – using a familiar tune and making up new lyrics is a easy way to start.
- **Make a ‘People Praise Machine’** – get everyone to link together by some body part and make up a movement and a sound of praise. Turn the machine ‘on’.
- **Make your own play dough** and get everyone to mould a lump into something they are thankful for.

Play dough recipe:

- 2 cups flour
- 1/2 cup salt
- 2 tablespoons cooking oil
- 2 tablespoons cream of tartar
- 2 cups boiling water
- 1 teaspoon food colouring

Mix all dry ingredients, add oil and boiling water with food colouring, mix well.

Store in an airtight container.

**CHECK OUT WHAT YOU
NEED FOR NEXT WEEK...**

