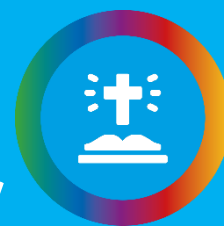




Faith Adventures for Children Together



Free to use – please acknowledge when using beyond local church children's and youth work so others can find and use the resource themselves.

*Committed to URC Children Together:
enabling everyone to grow more like Jesus
together in the home, church and beyond.*

For guidance on the purpose of the resource and how to use it as a launch pad for your engagement with children and families, please use this link: www.bit.ly/FACT-how-to-sheet

Title: Psalm 34: 8–10

Theme: Taste and see the Lord

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Introduction: What would be helpful to know in my planning? Please use this section as a reference and information guide for leaders only – we don't expect it to be read out to the children.

If you're using this material on Sunday 1 November 2026, it is possible that the rest of your church is also exploring the passage, as it is one of the lectionary readings for All Saints Day.

This session is not directly related to saints, although we shall be mentioning them.

Verse 9 mentions worship – but that doesn't necessarily mean Sunday worship in church; we can worship God in other places and at other times.

Psalms are songs – poems to God usually focusing on the things the author is experiencing in life. A lot of them are full of different emotions. Read the psalm passage a few times so that you are very familiar with it. I wonder what your interpretation of verse one is: "Open your mouth and taste, open your eyes and see how good God is."

Together – prayer and games

How do I help my group to come together and get started with the theme?

Gathering prayer

Jesus, our friend,

(use alternate index fingers to point and tap the middle of opposite palms)

Be with us today

(two hands, palms up in front of you, move up and down twice)

As we share together,

(two hands, palms up in front of you, move one forward and one back and alternate twice)

Pray together,

(hands together, palm against palm, as though praying)

Play together,

(hands to each side, palms up, make two small circles outwards)

And get to know you better

(point up with one hand)

As children together in your family.

(one hand out, palm down in front of you, move it sideways and up in three 'steps' as though to indicate children of three different heights)

AMEN.

(two thumbs up, and bring fists slowly together to meet in front of you)

OR

Thank you, God, for bringing us together today.

Help us to grow closer to you in all we do.

**Help us to speak and to listen, to learn and to grow together,
adventuring together with you wherever we may go.**

Amen

Active game – What's the time, Mrs Lion?

Choose one person to be the lion.

The lion stands at one side of the space, or by a marker such as a cone.

Everyone else lines up at the opposite end of the space.

The lion turns around so their back is to the other players and they cannot see them.

When everyone is ready, the players call, "What time is it, Mrs. Lion?" The lion replies with a time, such as "It's 3 o'clock."

Players take that number of steps towards the lion. For example, "three o'clock" means three steps.

Repeat the question, moving forward by the number of steps the lion calls each time.

Eventually, the lion answers, "It's dinner time!" and chases the players. Everyone runs back to the start before the lion catches them. If someone is caught, they become the lion and the game begins again.

Alternative ways to play:

- In one version, players try to tap the lion on the shoulder. If a player succeeds, they become the lion and the game starts again. This makes the game harder for the lion, as they must stop players getting too close while still being ready to chase them.
- In another version, the lion tries to tag as many players as possible. Anyone tagged joins the lion and helps chase the others when "Dinner time!" is called. The last player left wins.

Quieter game – Mars bar game

Get your group to sit in a circle. In the middle of the circle there is: a Mars bar (or any other chocolate bar, or even a piece of fruit), knife, fork, hat, scarf, coat, shirt and trousers. You will also need a large dice.

Each person in the group has a turn at rolling the dice. Every time someone in the group rolls a six, they must run into the middle, put on all the clothes, pick up the knife and fork and cut open the Mars bar – they continue to eat it (each piece being no longer than 1cm) until someone else in the group rolls a six. They must then stop and take off all the clothes. The person who rolled the six then comes into the circle, puts on the clothes and attempts to eat as much of the Mars bar as they can until someone else rolls a six, and then they switch again. Continue until the bar has been eaten.

Experience – Bible story and songs

Hear, watch and sing the Bible story

For this story we recommend using the Message Bible

<https://www.biblegateway.com/passage/?search=Psalm%2034%3A8-10&version=MSG>

Open your mouth and taste,
open your eyes and see
how good God is.

Blessed are you who run to him.
Worship God if you want the best;
worship opens doors to all his goodness.
Young lions on the prowl get hungry,
but God-seekers are full of God.

The Message (MSG) Copyright © 1993, 2002, 2018 by [Eugene H. Peterson](#)

Where can I find the story online?

Under-fives: Psalm 34:10 – The Good Song, by Seeds Kids Worship

<https://youtu.be/X1ndN62TbyA?si=mdraw9CvRf3FZfNX>

Five-to-elevens: Psalm 34:8–10, by @sanda5869

https://youtube.com/shorts/HnHWjB1JdE?si=7X9NK8s_SAz5Aw-B

Songs to support the story

Under-fives: God is so good, by Allstars Kids Club

https://youtu.be/Ytxi7x7Q2Xs?si=cPE9Rfj80x_iZyAc

Five-to-elevens: God is good we sing and shout it by Don Moen

https://youtu.be/9Rb5RbStggs?si=HGXfCgAtTzSe_rOJ

Explore – ways into the theme

Ideas and activities to explore this week's Bible passage together

A new way to explore the theme

Talk to the children about Psalm 34:8–10 and explain that we can learn three things from it:

1. The passage invites us to run to God: "Take refuge in him."
2. Be filled by God: "Taste and see..." God wants us to experience the love only God can give – not just *hear* about it.
3. God fills people through:
 - prayer
 - worship
 - friendship
 - Scripture
 - the Holy Spirit
 - our church family

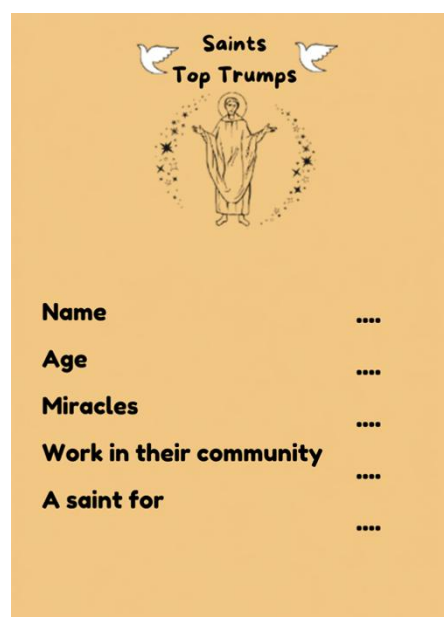
Share God's Goodness. If you've tasted something amazing, what do you do? You tell everyone! Saints do exactly this. Create your own set of Saints Top Trump cards. Think about people in the Bible and in history who have responded to God, been filled by the Holy Spirit, and who have shared God's goodness. Discuss what made this person special. Was it talent or trusting God?

Examples could be:

- Mark
- Peter
- Paul
- Esther
- Stephen
- Ruth
- St Francis
- St George
- Mother Teresa

Each card could include:

- Courage ★★★★★
- Kindness ★★★★★
- Faith ★★★★★
- Service ★★★★★
- Listening to God ★★★★★
- Sharing God's Love ★★★★★



Saints Top Trumps

Name

Age

Miracles

Work in their community

A saint for

Modern parables

Jesus used stories to help people understand the things of God, even though they weren't necessarily overtly Christian stories. Lots of children's books can be used in a similar way as a conversation starter on the week's theme. Examples are shared here but you may think of others too. If you are to use the modern parable, consider buying a copy or borrowing it from the library so children see the actual book and can explore the illustrations more (and support the author).



Watch out for all the cheeky animals in this story who are keen to taste the fruit Handa has chosen for her friend.

Handa's Surprise by Eileen Browne (1994: Walker Books)
Read by Louise Davies (with permission from Walker Books)

<https://youtu.be/Lv3Cw3mfHXo?si=9UaaTPuV8v2YytmF>

- Which fruit do you like best? Is there a fruit you'd like to try?
- How do you think Handa and Akeyo feel enjoying good food and friendship at the end of the story?
- I wonder what would have happened if Handa had kept all the fruit to herself.

Talking together: How might we talk about the Bible story together?

- What does God taste like?
- What does worship on days other than Sunday look like?
- What does *being full of God* look like?
- How do we use the other senses – hearing, touch, smell – to experience God?
- What does it feel like to be like a lion and hunger for God?
- I wonder if there is a difference between being hungry and being hungry for God.

Wondering: ways to reflect on the theme

- What makes somebody a saint?
- I wonder if you can be too full of God.
- How do we share our fullness with others?
- Can you have too much of a good thing?
- How would we feel about being called a saint?

What's in the box? (for under-fives)

Use the special box or bag and sing, "What's in the box/bag? What's in the box/bag? Let's see, let's see, what's in the box/bag?" (to the tune of The Farmer's in the Dell). Pull out the things one by one and then let the children play with them, talking about the theme or the story in simple terms.

This week's box could include:

- A candle – gently snuff the candle out and watch as the smoke travels everywhere. Talk to the children about us being surrounded by God.
- Food to taste – taste and see that God is good. I wonder what these foods taste like? Do you like them or not?

- Heart – we can all have a heart full of God.
- Trainers – “can run to God”. Let’s all try to run to God; our story says that God is good and we can run to God.
- Sweets to share – share the sweets and say, “Taste and see that God is good”.
- A tactile cross of wood or fabric (a cross shape reminds us of Jesus. Jesus/God loves us and it’s always in the box because Jesus/God always loves us!)
- A set of play people to act out the story or random shapes/bits you can move around to make pictures from the story as you tell it (e.g. stones, felt, twigs etc.)

Express – prayer and creative activities

Praying together: enabling your group to respond spiritually

Prayerful activity – Coloured sweet prayers

Have available different coloured sweets and explain that each colour represents a different prayer topic. As each person chooses a colour and eats the sweet, invite them to think about the prayer topic. Repeat a couple of times.

- **Red:** Pray for **someone you love** (family, friends).
- **Orange:** Pray for a **friend, neighbour** or **classmate**.
- **Yellow:** Pray for a **leader** or **someone in charge** (teachers, church elders, government).
- **Green:** Say thank you to God for **one good thing** in your life.
- **Purple/Brown:** Pray for **yourself** (ask for help, or say sorry for a mistake).

Spoken prayer

Under-fives

Loving God,

Thank you for loving us every day.
Thank you for giving us food to eat,
people who care for us,
and so many good things to enjoy.

Help us to trust you,
even when we feel worried or scared.
Remind us that you are always with us,
looking after us because you love us.

Help us to share your goodness with others
through kind words and caring hearts.

Amen.

Five-to-elevens

Loving God,

(Hold your hands out in front of you as if receiving a gift.)

Thank you for all the good things you give us every day – our families, our friends, our food, and the world around us.

(Place a hand on your heart.)

Help us to remember that you are always with us, especially when life feels difficult or we feel worried.

(Point to your eyes, then smile.)

Open our eyes to see your goodness in the people we meet and in the little moments that make us smile.

(Stretch your arms out wide.)

Help us to trust you with all our hearts, knowing that you care for us and will never leave us.

(Hold your hands out towards others.)

Help us to share your kindness with everyone we meet through our words, our actions, and the way we treat each other.

(Bring your hands together.)

May we go from this place ready to taste and see your goodness by loving others as you love us.

Amen.

Responding together

Here are some suggested crafts and activities, and there is a colouring sheet at the end of this resource. You could also use small play toys and/or have a basket of resources available so children can choose their own way to respond.

With an online group, plan whether to deliver any resources in advance or how you will encourage the children to use what they've got to hand in their response.

However you do it, it is good for the adults to engage in the response too, and all chat together.

Fruit Taste Test

You will need:

- a range of fruits (cut into pieces)
- paper plates or bowls
- wooden forks or spoons
- star stamps, stickers or pens
- fruit star tally sheets



Group members can try each variety of fruit. When they have sampled each type of fruit, they must decide how many stars to award each one. When everyone has voted, group leaders can count up the tally and work out which is the group's favourite fruit.

If your group would prefer, you could taste test a different category of foods, such as crisps, bread or biscuits.

Remember to find out if your group members have any dietary requirements or allergies.

Everyday with Jesus – Walking the Way

What could we do this week to carry on what we've learned? Maybe members of the group could come up with a suggestion. If not, get them to choose from these two challenges:

- Talk to someone older or younger than you and ask them who they would nominate to be a saint.
- Share something about God with someone else this week.

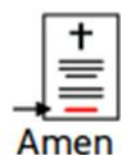
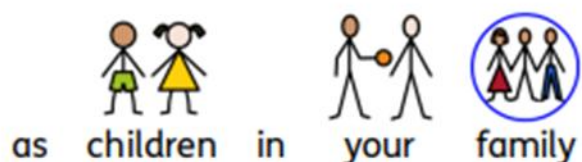
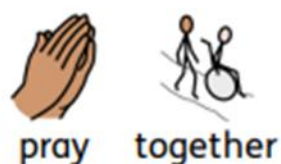
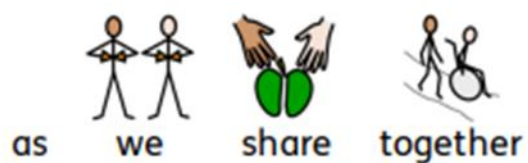
We hope you enjoyed exploring the **Psalm** with us.

Please let us know what you liked or what you would find useful by emailing **sharon.lloyd@urc.org.uk**

Please join the Faith Adventures Facebook Group **bit.ly/FACT_FB**

Why not have a look at next week's resource on **Cain and Able**





The Lord's Prayer

Our Father, who art in heaven, hallowed be thy name.

Thy kingdom come, thy will be done

on earth as it is in heaven.

Give us this day our daily bread

and forgive us our sins As we forgive those who sin against us

Lead us not into temptation but deliver us from evil

For thine is the kingdom, the power and the glory

For ever and ever . Amen



Illustration by lambsongs.co.nz via freebibleimages.com



