

Psalm 16: 1-3: safe people/safe places

Watch this video about trusted adults: <https://youtu.be/Pc-B6bm8Qyc?si=6-yEufwhkdx2bN4G>



Not everybody feels safe all the time, and sadly some places, some people, some situations can make us feel uncomfortable, anxious and unsafe. But our reading reminds us that God is always by our side and there are people who take care of us or are there to listen. If people truly follow God's way, they can be especially good people to have around too.

When people do things that are brave, they might be given a medal. We might call them heroes. When people truly love God and love others, so that we know they are a "safe place", and when they do things to help other be safe and well and know God, we might call them saints.

Let's make a medal for the people we know who are saints. You'll need to cover a cardboard shape with shiny paper and decorate it – maybe with buttons or sequins or stickers. Attach it to a ribbon that you can put round someone's neck.



A prayer for safe people and places

Dear God, sometimes I feel anxious and sometimes other people feel frightened or in danger too. Help us all to find safe places and people. AMEN

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Bible Reading

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Protect me, O God; I trust in you for safety.
I say to the LORD, "You are my Lord;
all the good things I have come from you."
How excellent are the LORD's faithful people!
My greatest pleasure is to be with them.

Good News Translation® (Today's English Version, Second Edition)

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I wonder who helps you feel safe and calm in difficult or scary times?

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