



# 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](http://www.bit.ly/FACT-how-to-sheet)

## Title Psalm 91: 14 - 16

**Theme:** God with us in times of trouble.

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### Introduction: What would be helpful to know in my planning?

Welcome to our 4<sup>th</sup> week of exploring the theme of 'Promises'. This week we are using Psalm 91 as our text. There is no firm evidence who actually wrote the psalm. Some scholars believe it was King David, but most attribute it to Moses.

Psalm 91 is like a big hug from God. It tells us that trusting God, who keeps us safe – is like being in a strong castle or a cozy hiding place. Even when scary things happen, like storms or wild animals, God is always watching over us.

If we love God and follow God, then we can be assured of the promise to help us and keep us close. We can feel safe under God's wings, just like a baby bird feel safe under their mama's feathers.

But this doesn't mean we will never have difficult times. Sometimes, we might feel sad or scared. The Bible says that people who follow Jesus will still face trouble. God will never leave us. God gives us strength and helps us through everything.



So remember: God doesn't want us to go looking for danger just to test God. That's not wise. But when trouble comes, we can trust that God will be right there with us, holding our hand and helping us be brave.

The passage can read as though God will only protect those who follow God – and that might open up questions about friends or family members who are not Christians. Similarly, the Psalm suggests that God will protect followers from disease – yet most of those we work with will know of family or friends who, despite, going to church and following God have been ill. You will need to give some thought on how you will respond to questions about these experiences. Remember that this is a passage from the Old Testament – when God was often feared by followers, a time before Jesus reset our relationship with God the Father.

## 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 - Marco Polo/Hide and Seek

Psalm 91.15a "When my followers call to me, I will answer them."

*You will need:*

blindfold/scarf

Marco Polo is a 'hide and seek game in which 'Marco' relies on the other players to answer them when called.

The main goal of the game is for the player designated as "Marco" to tag the other players, who respond by calling out "Polo." The game continues until all players are tagged or the group decides to switch roles.

You need at least three players, but more can make the game more exciting. Choose "Marco": This player will close their eyes/wear a blindfold during the game. Define the area where players can move, typically the entire room or building. Ensure safety by limiting movement if necessary.

The player who is "Marco" closes their eyes and counts to ten while the other players move away to avoid being tagged. After counting, "Marco" shouts "Marco!" The other players must respond by shouting "Polo!" This helps "Marco" locate them using sound. "Marco" must try to tag one of the other players while keeping their eyes closed. If a player is tagged, they become the new "Marco" for the next round. The game can continue until all players have been tagged or until the players decide to stop. You can also keep track of who had the least turns as "Marco" to determine a winner.

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## Quieter game - Good morning!

A simple game to play as a group exploring the theme of God hearing us when we pray and knowing us.

A leader sits with their back to the group. One by one the children say "Good morning"! The leader guesses who is speaking. They don't need to disguise their voice as it's a game to see if the leader recognises their voice. The leader can ask for the child to repeat it if needed.

## Experience – Bible story and songs

Hear, watch and sing the Bible story

For this story we recommend using the Easy to Read version:

<https://www.biblegateway.com/passage/?search=Psalm%2091%3A%2014-16&version=ERV>

### Where can I find the story online?

Under fives: Psalm 91 as a catchy song with images for younger children by NewsEight TV

[https://youtu.be/yJ2TKdf1-EY?si=vllIG3t5s9j\\_Rxdh](https://youtu.be/yJ2TKdf1-EY?si=vllIG3t5s9j_Rxdh)

Five to elevens: Psalm 91 with simple images by Kids on the move

<https://youtu.be/QmMvCEJ35c4?si=wPBol4hqX2Yjy3sZ>

**Songs to support the story****Under fives:** I have a maker by Doug Horley[https://youtu.be/bHSAVXxeq\\_w?si=cjOq7Uphi2uO7ass](https://youtu.be/bHSAVXxeq_w?si=cjOq7Uphi2uO7ass)**Five to eevens:** Brave by Saddleback Kids[https://youtu.be/fCC9fGnHH4I?si=4Qmx\\_tAZWOzLSsU\\_](https://youtu.be/fCC9fGnHH4I?si=4Qmx_tAZWOzLSsU_)

## Explore – ways into the theme

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

### A new way to explore the theme

The author of the Psalm is upset, so they find a safe place that allows them the space they need to talk to God.

### Den Building

First, build a den with your group. This could be a complicated system of sheets and chairs, or a simple den where only the perimeter is created - by setting out a clear boundary with a continuous circle of objects, or with string. The den you choose to build may differ depending on the size of your group or the resources available to you. Whichever type of den you build, ensure that it is safe before inviting the group to enter it.

Sitting inside the den, talk together about places that feel safe. Have you got favourite places to wait? Places that help you think. Places where you feel close to God?

### Reading the Psalm together

Next, read the Psalm together. You could print the passage out on a large piece of paper, or read it aloud and encourage the group to listen.

Talk about where you think the author is waiting? Why does the author feel like hiding?

### Things that concern us

Identify things that the author is worried about in the passage, write each worry on a piece of A4 paper, using one colour of pen. Place them outside the safe den!

Next, think about the things that concern your group. Write each worry on a piece of A4 paper – using a different colour pen. Then, place them outside the safe den!

How does it feel to have placed all the worries outside the den?

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### 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).



### I'M STICKING WITH YOU

SMRITI HALLS STEVE SMALL



*I'm Sticking with you* by Smriti Halls (Author), Steve Small (Illustrator) - Simon & Schuster 6 Aug. 2020  
Read by Storytime with Kendal

<https://youtu.be/K0Z3rvQ-iFI?si=WKXTSoSHNHDbm0m5>

A lovely story about Bear and Squirrel who are always together. One day Squirrel decides she wants to be on her own but soon finds out its better to be together, sticking together through good and bad.

- I wonder what it feels like to always have God with us?
- Do we decide to stick with God or does God decide to stick with us?

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

- The passage talks about trusting God, how do you show you trust God?
- Where do you think the writer of this Psalm is and what has happened to them?
- The passage says God will be with them when they are in trouble, does this include when you are in trouble for doing something wrong?
- In what ways do you think God protects us and from what?

### Wondering reflect on the theme

- Do we ever talk to God in just conversation?
- Who takes the longest to reply either on the phone or in person?
- Who is the most famous person you have had a conversation with?
- When was the last time God heard and answered your prayer (God conversation)?

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### 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:

- Face mask – (Talk about why we use face masks? What kind of illnesses do people want to protect themselves from?)
- Protective clothing, such as a hard hat or hi-vis jacket – (Talk about the kinds of jobs where people need special clothes to help protect them. Can the group think of other examples?)
- Headphones/Ear Defenders – (You could talk about protecting your ears from loud noises – or noises that you find overwhelming. You could also talk about music – does it cheer you up if you are feeling sad?)
- Rainbow (include every week)
- 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)
- 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 (eg stones, felt, twigs etc)

## Express – prayer and creative activities

Praying together: enabling your group to respond spiritually

### Prayerful activity – Safe space

The creative prayers lead straight on from this week's activity to explore the passage.

The author of the passage doesn't just find a safe place to hide; they find a safe place to talk to God about the things that are worrying them.

One at a time, group members can choose a worry from outside the den and scrunch it into a ball. They can then throw the 'ball' *the worry* to a leader (outside the den) who is holding a bat or racquet. The leader will hit the worry away! Group members can shout out their chosen worry, as they *ball* it.

Spend some time wondering together after you have prayed. How have the prayers landed? Have any gone back into the safety of the den? Do we only pray about things once – or do we keep bringing our worries back to God? Do our prayers always get answered in the way we expect?

Use a simple opening to begin the prayer, and to close it. You could use the example provided below:

Dear God,

You wait with us and listen as we tell you about our worries.....

Hear our prayers

Amen

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### Spoken prayer

Dear God,  
(Hands open wide)

Thank you for loving us and keeping us safe.  
(Wrap arms around yourself like a hug)

When we call your name, you hear us.  
(Cup hands around mouth and say "Jesus!" softly)

When we are afraid, you give us courage.  
(Show strong muscles with arms)

Thank you for your promises of help, love, and long life.  
(Hands on heart)



Help us to trust you every day.  
(Put hands together in prayer)

Amen.  
(Hands up high)

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### 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 them 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.

### Protected art

*You will need:*

- canvas boards or white card
- masking tape
- brushes and poster paints

*What you do:*

Write your name on the board using masking tape strips, or just create a masking tape design.

Paint over the top, using blocks of colour.

Leave to dry, then carefully remove the masking tape to reveal your name that was protected from the paint.

**University of the Arts London** [https://youtube.com/shorts/F\\_FPIE-BITU?si=xkqtnggrzkCOApD7N](https://youtube.com/shorts/F_FPIE-BITU?si=xkqtnggrzkCOApD7N)

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### 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 to tell you something about a worry or fear God has helped them with.
- This week, think of one person in your school, family, or community who might be struggling or feeling left out. Do one small thing to show them they are not alone - a kind word, a message, or simply sitting with them. Be God's reminder of love in their life.



We hope you enjoyed exploring **Psalms** 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 **Philippians**.

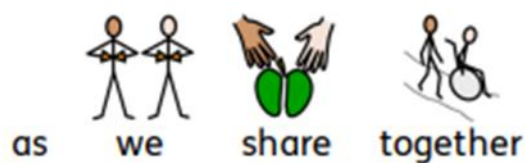




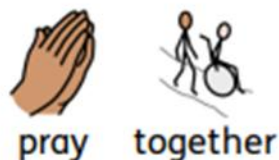
Jesus our friend,



be with us today



as we share together



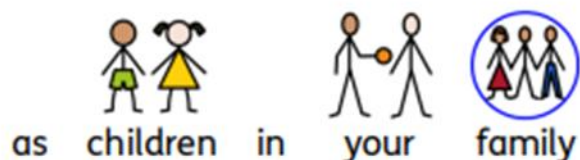
pray together



play together



and get to know you better



as children in your family



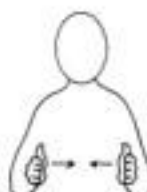
Amen



Right middle finger  
touches centre of  
other palm, repeat  
with left hand



Alternate hands back  
and forth





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



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