



Faith Adventures Youth Resource



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

Embedded in Faith Adventures: Children Together, this youth resource is intergenerational in nature and designed to foster God-connection in church, home 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/How-To-FAYR

Title: Psalm 57:10

Theme: Wise words of love – love is truth

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

Continuing our theme of 'Wise Words', this week we are looking at wise words in the psalms.

It is also the week in which Valentine's Day falls, so the passage on which we are focusing speaks to God's love and truth. The passage emphasises that God's love is universal – God loves all of us and we all benefit from God's love. We are encouraged to think about the ways in which God's love is similar to human love, and in which ways it differs.

We explore what 'truth' is – and what God's truth might be.

Together – prayer and games

Let's start our time with God and each other well

Use this opening prayer or encourage young people to open the session with a prayer of their own.

All mighty God,

be with us as we learn more about you through stories and people in the Bible.

Help us to walk in your way and follow your path.

Be with us as we make decisions that affect our lives, and the lives of those around us.

Amen

Alternatively, you may join with the widgit prayer found in the Faith Adventures: Children Together, or else the Lord's Prayer found at the end of this session.

Active game – Blowing a tissue into the air

This week's passage discusses heavens and skies. This game is a fun way to introduce today's theme.

You will need:

- a tissue or piece of toilet paper for everyone

Everyone blows their tissue and tries to keep it up in the air. Who can blow it for the longest? Who can blow it the furthest? Who can blow it the highest?

Quieter game – Two lies and a truth

The psalm this week talks of the importance of truth. This game, a spin on two truths and a lie, will enable truth to be explored together in a fun way.

Ask each person to think up one truth and two plausible lies. In turn, each person shares their two lies and one truth and everyone else tries to identify the truth. If time allows, talk about the truth statements, how they came about, and what their impact was or might have been.

Experience – Bible story and songs

Hear, watch and sing the Bible story

This link takes you to International Children's version Psalm 57:10 <https://bit.ly/Psalm5710>

You may wish to research different versions of this reading on www.biblegateway.com
Recommended versions to try are NRSV, Easy-to-read, The Message, NIRV

Your love is so great it reaches to the skies.

Your truth reaches to the clouds.

The Holy Bible, International Children's Bible® Copyright© 1986, 1988, 1999, 2015 by Thomas Nelson. Used by permission.

Watch: God's story – Psalms by Crossroads Kids' Club
<https://youtu.be/QwQ5FCJKWz4?si=OwT2a8fgWWh4fGMF>

Questions for discussion

- I wonder what you'd write a psalm about.

Listen: Be merciful to me (Psalm 57) by Jason Silver Sings Scripture
https://youtu.be/sGAo2JNpmsU?si=61-2pkkm_Y1ow1Ey

Questions for discussion

- What does mercy look like to you?
- I wonder what your favourite part of the song was, and why?

Explore

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

A new way to explore the theme

This is a new way to explore the Bible passage and the theme for this week.

Alternatively, you may wish to use the Explore section from this week's Faith Adventures: Children Together to guide your exploration of the theme this week.

Read All About It.

You will need a copy of a recent newspaper (make sure you check through the full edition for unsuitable stories/photographs for your age group).



Invite the group to look through the newspaper, separating stories of love in action from stories of 'not love'. Be aware that some stories can contain both love and 'not love' themes.

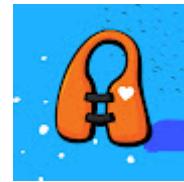
Modern parables

This section includes references to TV programmes, films, books, TED talks, TikTok etc aimed at this age group and will have been widely seen, or where a clip is available to use as a stimulus for discussion. You may also enjoy the picture book recommended for Faith Adventures: Children Together and explore the relevance of the story to the theme of the session in more depth – young people and adults are often well tuned in to the deeper meanings in materials aimed at younger people and the authors are often very aware of the adults reading the books to or with younger ones.

This video shows what happens when one person passes on the love and kindness that they are shown by another.

Life Vest Inside – Kindness Boomerang: 'One day' by LifeVestInside

<https://youtu.be/nwAYpLVyeFU?si=7xPUTxGohT91KR8R>



How can we show this kind of love in our everyday?
I wonder if you have experienced anything like in the video.

Group discussion

- When God allowed Jesus to be crucified, was that love?
- I wonder what truth the psalm is referring to.

Personal reflection

- I wonder if God's love is open to everyone.
- I wonder how fair it is that God loves everyone the same, even those who are perceived as no good.

Express – prayer and creative activities

Praying together: enabling your group to respond spiritually

Praying together

Prayers Respond to the theme by writing or saying a short prayer. Alternatively use the creative prayer from Faith Adventures: Children Together for this session or use the prayer activity below. Alternatively, light a candle and play some music while you listen and talk to God together.

Loving God,
your love reaches higher than the skies,
and your truth stretches beyond the clouds.
We can't measure it, we can't contain it –
but we can feel it in our hearts and see it in our lives.

Thank you for loving us even when we get things wrong,
for standing by us when we feel small,
and for reminding us that your love never runs out.
Help us to trust in your truth when the world feels confusing,
and to stand firm in what's right and good.

Teach us to love others the way you love us –
with kindness, patience, and forgiveness.
Let our lives show your love
in how we speak, how we act, and how we care for people around us.

May we remember today that your love has no limits
and that we can always find our hope in you.
Amen.

Responding together

This is an opportunity for a social justice challenge, some research, craftivism, or a craft or STEM activity. You may have a specific activity chosen but free choice is also an option. Here are some suggestions for this week's theme. Choose whatever will work best for your group.

'Love' psalms

Spend some time finding other examples of wise words of love in the book of Psalms. An online search engine can be useful, as can an index in a Bible.

Challenge

Discipleship doesn't stop when you walk out of the church door – it is a part of everyday life. Take a challenge with you and try to make it part of your week.

You may think of your own suggestion of what you as an individual or a group might do in the coming week in response to what you have explored today. If not, here are some suggestions:

- Use one of the 'conversation starter' questions or the question below to talk with someone of a different generation or from a different setting and share your questions, thoughts and insights together. **How do you show love to another person?**
- Research something suggested by JPIT Resources (jpit.uk) or *Commitment for Life* (cforl.co.uk).
- Lie on the grass or somewhere comfortable so you can see the clouds. Notice how vast the sky is and how far away it is. What can you see? Take some time to chat to God about your limitless dreams.

Thank you for exploring the **Psalm** passage with us.

Please let us know what you liked or what you would find useful by emailing sharon.lloyd@urc.org.uk or by sharing it on www.bit.ly/FACT_FB



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

