

# 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](http://www.bit.ly/How-To-FAYR)

## Title: Psalm 34: 11–14

**Theme:** What is peace and what is your part in it?

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

The book of Psalms is known as the 'Hymnbook of the Second Temple'. People in Jesus' time would have been familiar with Psalms and they were often read and sung in worship. (When you see the word *Selah* introducing a psalm, it was often indicates offering a musical or reflective interlude.)

Many of the Psalms (73 of the 150) are attributed to David – this was King David, the second king of Israel. Many of the psalms are titled with events in the life of David. This one is headed: 'Of David, where he feigned madness before Abimelech, so that he drove him out, and he went away.' Psalms often deal with the struggles human beings have and so makes them appealing to many.

In Psalm 34, the author offers words of adoration to God, and then recalls times of fear, to which God responded. The writer says that trusting in God brings blessing. The section we are looking at gives instructions on good living.

We are now in the second week of 'Fruits of the Spirit'. Having focused on Love last week, this week we are looking at Peace.

We will consider what peace means (in a variety of contexts), including how it is more than just the absence of war; and what it means to seek peace. Peacemaking requires action and involves more than just talking about peace. We will explore what peace is and how we all have a part in bringing, seeking, and being peacemakers.

We will also explore the words 'Fear of the Lord', focusing on it meaning less worry and concern and more about reverence and adoration.

There may be triggers for your group as we will also explore the word 'evil'. This may particularly affect asylum-seeking children, children who do not have settled homes, and those who are overly criticised.

## 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 widgeit prayer found in Faith Adventures: Children Together, or else the Lord's Prayer found at the end of this session.

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### Active game - Hide and seek peace

This game links to the idea in the passage of seeking peace. A simple game of hide and seek where children hunt for pictures of peace.

You will need lots of different pictures of peace and some that are not peace related. Assorted pictures can be found on free sites such as

<https://unsplash.com/s/illustrations/peace>  
<https://unsplash.com/s/photos/peace>

Hide the pictures around the room.

Explain to the children that they need to find the pictures that they think are about peace and bring them together. Do not collect the ones that are not peace related.

Keep them in a pile and we will use them in the Explore section.

### Quieter game – Passing whispers

Choose someone in your group to create something positive to whisper to the person next to them. Then the message gets passed around the circle, whispered from one person to another. At the end, the last person openly says what was whispered to them and you can compare their message to the message at the start. Play the game again but this time switch the positive message you start with to something negative, explaining that the message needs to end up as a positive one by the end of the line. This game teaches us how to be patient and wait for God's message and answers to reach us. It also teaches us about honesty and not spreading lies and gossip but instead encouraging peace.

## Experience – Bible story and songs

Hear, watch and sing the Bible story

This link takes you to Psalm 34: 11–14 in New Revised Standard Version Anglicised

<https://www.biblegateway.com/passage/?search=Psalm%2034%3A%2011%20-%2014&version=NRSVA>

You may wish to research different versions of this reading on [www.biblegateway.com](http://www.biblegateway.com)  
Recommended versions to try are NRSV, Easy-to-read, The Message, NIRV

- <sup>11</sup> Come, O children, listen to me;  
I will teach you the fear of the Lord.  
<sup>12</sup> Which of you desires life,  
and covets many days to enjoy good?  
<sup>13</sup> Keep your tongue from evil,  
and your lips from speaking deceit.  
<sup>14</sup> Depart from evil, and do good;  
seek peace, and pursue it.

*New Revised Standard Version Bible: Anglicised Edition, copyright © 1989, 1995 the Division of Christian Education of the National Council of the Churches of Christ in the United States of America. Used by permission. All rights reserved.*

**Listen:** to this version of 'The prayer of Francis of Assisi' ('Make me a channel of your peace') by Sarah McLachlan <https://youtu.be/agPnMxp5Occ?si=wkHGONgNQvXIHlJM>

### Questions for discussion

- Consider what it means for you to be an instrument of God's peace in the world around you.

## 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.

This is a simple method of exploring the Bible, personally and in small groups: The Swedish Bible Study Method. Here is a short video by P Blowes explaining the method and how it can be used:

<https://youtu.be/cC79crPWcjk?si=vxbFPrgOALR0WbDH>

You will need a large piece of paper (flipchart) with the Bible passage on it (this is an opportunity to include verses before and after the passage). Leave space around the passage for additional comments. Pens and Post-It notes, highlighters, stickers etc., and the Bible study prompt card.

Gather around the large Bible passage and use the card prompt to explore and respond to the reading, making notes and comments on the large paper around the text.

Chat about it as you write and draw.

You will find a how-to-use sheet to the Bible study at the end of this document.

### Modern parables

This section includes references to TV programmes, films, books, TED talks, TikTok etc aimed at this age group that 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.



Sainsburys advert Christmas 1914 by Sainsburys

<https://youtu.be/NWF2JBb1bvM?si=DA9I5tEFaUWleEVZ>

Although this is an advert for Sainsburys it is based on a real-life situation. The two sides, Germany and England did indeed have a temporary peace treaty and play football together on Christmas day 1914 learning that they were all ordinary people stuck in extra ordinary circumstances.

- I wonder how this day of peace changed the soldiers.
- Football and Christmas brought them together, what other things bring about peace.

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### Group discussion

- What's the difference between seeking peace and sharing peace?

- What does it mean to “fear the Lord”?
- What are the small things we can do to seek peace?

### Personal reflection

- What if my way of peace is different from your way of peace?
- I wonder if there is anything we need to change in what we do to enable us to seek peace.

## 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.

### Spoken Prayers

#### Northumbrien Morning Prayer

One thing I have asked of the Lord, this is what I seek:  
that I may dwell in the house of the Lord, all the days of my life;  
to behold the beauty of the Lord and to seek him in his temple.

**Call:** Who is it that you seek?

**Response:** We seek the Lord our God.

**Call:** Do you seek him with all your heart?

**Response:** Amen. Lord, have mercy.

**Call:** Do you seek him with all your soul?

**Response:** Amen. Lord, have mercy.

**Call:** Do you seek him with all your mind?

**Response:** Amen. Lord, have mercy.

**Call:** Do you seek him with all your strength?

**Response:** Amen. Christ, have mercy.

You can also find a Makaton version of the peace here:

<https://youtu.be/omGQ4ppk7Gk?si=0cGiftpPbKrAqv45>

### Prayerful activity – Peace Pledge Prayers

Use a simple outline of a dove, or use the template provided. Have some ink pads or use felt pens and invite everyone to place their fingerprint on the dove as our pledge for peace in the world. After you have done this, pass the candle as an act of prayer for peace.



## Candle Prayer

### *What you need:*

large battery-operated candles (suggested one between six)

### *What you do:*

Sit in a small circle or around a table in groups of (roughly) six (the bigger the group, the longer the prayer time will be!).

Explain that each child is going to be praying for the person next to them.

They will each take it in turns to pray and while they pray they will hold the lit candle.

Check that everyone knows each other's names – maybe get them to say their names once sat in the circle or write their name on a piece of paper in front of them.

We are going to be praying for the person next to us. We are going to do this aloud or silently (however you feel most comfortable) while holding the candle. There are no special words to say, but here are some ideas of things you may like to pray for:

(If helpful you could write some prayer prompt cards; you know your group best.)

Thank you to God for loving this person.

Thank you to God for something special about them.

Thank you to God that they are here in the group this week.

And then maybe something about helping them at school or study, blessing them as a new week begins, helping them if they feel worried or sad, asking God's blessing on them and people they love.

You can end your prayer (spoken or silent) with the word “Amen” as this shows your prayer has ended and then the next person will be ready to take the candle from you.

Once everyone has prayed, the candle is turned off.

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## 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.

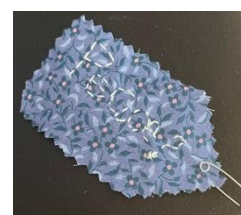
Hebrew word for fear is *yerat (adoni)*.

The Bible passage uses the expression to 'fear' God. Explore what fear of God means? Discuss the difference between fear of spiders and fear of God. Fear of God is about reverence, honour, devotion and awe.

## Peace Badges

### *You will need:*

- felt or fabric
- fabric pens or embroidery threads.
- a safety pin



### What you do:

Cut the felt into shape. A pennant shape can work well.

Take time to consider what you want to say on your badge. "I'm a peacemaker, ask me about it"; "How have you brought peace this week?"; or simply "Peacemaker". You could even use symbols and not use words.

Attach your badge to your bag or jacket by pinning it from the point of the pennant shape.

### 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, insights together. **When do you see peace around you? Can you name any famous or non-famous peacemakers?**
- Research something suggested by JPIT Resources ([jpit.uk](http://jpit.uk)) or *Commitment for Life* ([cforl.co.uk](http://cforl.co.uk))
- A movement called 'A million acts of hope' is gaining traction – read about it here: <https://urc.org.uk/drown-out-division-with-a-million-acts-of-hope/> Even though the official week stated to get involved has passed you could still get involved with this.

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](mailto:sharon.lloyd@urc.org.uk) or by sharing it on [www.bit.ly/FACT\\_FB](http://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

# The “Swedish method” of Bible Study

Use this simple template to get the most out of God's Word and kick off discussion

Pray that God would speak to you through His Word.

Read a passage.

Spend 10-15 minutes answering these questions (by yourself), if you are in a group, after that time, discuss what you have come up with.

Pray that God would “seal” in each heart what he wants people to remember and apply.



Wow – What things stand out to you in this passage?



Question – what things don't you understand?



Surprise – what things in the passage surprise you?



That's right! – What things in the passage do you agree with?



What?! – What things in the passage do you find hard, don't like?



Deja vu – have you read something like this before in the Bible?



That's ME – can you name something like it from your own experience?



Action – what are you going to do as a result of this passage?



Share – what can you share with someone else from this passage?

Adapted from an example in: "Let's Do Theology" (Laurie Green, Published by Mowbray, page 84)



