



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 34: 8–10

Theme: Taste and see the Lord

Contents:

Introduction	1
Together	2
Experience	3
Explore	3
Express	5
Handouts	8

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

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.

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

This link takes you to Psalm 34: 8 – 10 in The Message

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

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

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](#)

Listen: How great is our God, by Chris Tomlin

<https://youtu.be/KBD18rsVJHk?si=-iUELz8FIDICaTqb>

An opportunity for reflection

- Read/listen to the lyrics a couple of times. Which words stand out the most to you? Why those words?

Explore – ways into the theme

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 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 ★★★★★

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.



**Saints
Top Trumps**

Name	
Age	
Miracles	
Work in their community	
A saint for	
	(years)



This short video gives a brief overview of the life of Mother Teresa and offers some ideas about why she was canonised by the Catholic Church.

Mother Teresa for Kids, by Bedtime History

<https://youtu.be/QPIsXwXBr0E?si=0eRAFWT4uqWXe582>

- Had you heard about Mother Teresa before?
- Are there other people you are inspired by who help others?
- Do you think you need to be famous to be a saint?

Group discussion

- 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?

Personal reflection

- Does being a saint mean being good all the time?
- God is the Trinity. Would you describe God as a starter, main course and dessert?
- I wonder if you could get too full of God.
- How do we share our fullness with others?

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 Prayer

Loving God,

You invite us to *taste and see that you are good*. Sometimes that's easy to believe, but at other times life feels confusing, stressful or uncertain. When we're under pressure, help us to discover your goodness for ourselves instead of relying on what other people say.

Teach us to trust you when we're making difficult decisions, when we're worried about the future, or when we feel like we don't have enough – enough confidence, enough time, enough strength, or enough hope.

Help us to remember that the things the world tells us we need will never satisfy us as deeply as your love, your peace, and your presence.

Give us the courage to choose kindness over popularity, truth over convenience, and generosity over selfishness. Help us to be people who bring hope wherever we go.

And this week, challenge us to "taste and see" your goodness for ourselves. Help us to take one step towards you – whether that's spending a few quiet minutes praying, reading a few verses from the Bible, encouraging someone who's having a tough day, or simply noticing the good things you've already placed in our lives.

May we discover that you are faithful, and may our lives help others discover that too.

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.

Saints

We sometimes say of other people, "They're a saint." But the route to becoming a saint is a lot harder than you might think!

Saint Ulrich of Augsburg was the first saint to be formally canonised by a pope, in the year 993. The most recent saint is Carlo Acutis, who was canonised by Pope Leo XIV in September 2025.

There is no exact number of saints, but the Catholic Church recognises more than 10,000, with many others venerated in Eastern Orthodox and other Christian traditions.

Research how somebody becomes a saint (canonised).

- What is a Devil's Advocate?
- What are the different levels towards sainthood?
- Is it only the Roman Catholic Church that can appoint someone to sainthood?

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. **Who, living or from history, known to you or famous, would you nominate to be a saint?**
- Research something suggested by JPIT Resources (jpit.uk) or *Commitment for Life* (cforl.co.uk)
- Share something about God with someone else this week.

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

