

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 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 4th 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 tough 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

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 widget prayer found in the Faith Adventures: Children together or else the Lord's prayer found at the end of this session.

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.

Quieter game - Phone Challenge.

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

You will need:

- the mobile phone number of every player (get parental permission for these contacts - but do not tell the young people that you have their phone number)
- some suitable prizes (chocolate bars, etc.)

God promises to answer our call – but does that mean straight away? What if God is doing something else? We use our mobile phones for many things nowadays, not just phone calls and texts, but how easy is it to ignore them?

The aim of this game is to see who is the quickest to respond to a text request in your group - and does that mean they're paying more attention to their phone than you?!

What you do:

Either create a WhatsApp group for your group (should include at least 2 adults for safeguarding purposes) or text members individually.

Text an instruction (e.g. "Stand up and wave your arms in the air" or "Shout out your favourite colour").

The first person to complete the instruction, to answer the call, gets a prize. If you are texting individuals, this will come as a surprise to the rest of the group. How often are our actions in praising or serving God a surprise to others around us?

Experience – Bible story and songs

Hear, watch and sing the Bible story

This link takes you to Psalm 91: 14 – 16 Easy to read version

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

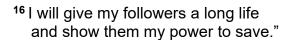
The Lord says, "If someone trusts me, I will save them.

I will protect my followers who call to me for help.

¹⁵ When my followers call to me, I will answer them.

I will be with them when they are in trouble.

I will rescue them and honour them.



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Listen: Listen to these two songs

Stand by me by Music Travel Love

https://youtu.be/4ONfrkskNp4?si=Jnp3emapMDAs0J7Z

I'll be there by Gabriele Bee

https://youtu.be/0HAAOoPWKWM?si=Rpvzl90HuZvAz89d

Questions for discussion

Consider what it means to have God's promise to never leave you and to be your safe refuge, in your life.

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.

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 you 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?

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.



Lord of the Rings 2001, watch the clips in order

https://youtu.be/3YvBnxvd1sw?si=ZoGAqFtKXLGiiwcW https://youtu.be/3H3MQooOLn4?si=IDg9OkzzCsEjwPYQ https://youtu.be/BKIgv8AhffA?si=UGvoUg pdZWQZKZo

In these clips we see Frodo setting out on his long and dangerous mission to return the ring to Modor where it can be destroyed. His friend Samwise

Gamgees promises to go with him, stay with him and help him on the journey. He never forgets his promise and he continues against the odds to keep it and stay with Frodo, even carrying him at the end.

- Who are the people who are always with you, helping you on your journey?
- When are the times you feel God with you?

Group discussion

- Is this passage saying God will only protect those who are committed to him?
- What are the unknowns that might feel out of our control?

Personal reflection

- Is it easier to remember to talk to God when things are going wrong?
- Would your friends say that you can be trusted.

Express – prayer and creative activities

Praying together: enabling your group to respond spiritually

Praying together

Prayer 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.

Lord God,

You promise that when we love you, you will keep us close.

When we call out to you, you will answer.

When trouble comes, you don't leave us alone—you stand with us.

We thank you for the times you've carried us through fear, stress, or loneliness.

Help us to remember that your strength is bigger than our weakness.

Give us courage when we face pressure from friends, from school, or from the world around

Remind us that our worth comes from you, not from what others think.

You promise life, hope, and salvation through Jesus.

Teach us to trust in those promises, even when we can't see the way forward.

Show us how to be people who bring your love and safety to others especially those who feel left out, scared, or forgotten.

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.

Research Sanctuary churches https://churchofsanctuary.org/ and cities of sanctuary https://cityofsanctuary.org/

- What part could your town or church play in offering safe spaces?
- What are the main things that are offered as part of sanctuary?

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=xkqtngrzkCOApD7N

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. What protects you?
- Research something suggested by JPIT, Resources (ipit.uk) Commitment for Life cforl.co.uk
- 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.

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





























































































