

# FAMILY TIME

SESSION 2: PSALM 139:4-6

Before you read the passage from the Bible together, journey through these activities with your children.

That way, when you read the passage at the end, your children will understand each phrase more clearly.

## TASK 1

“Before a word is on my tongue you know it completely.”

Wrap up some ‘presents’ in clear cellophane/ cling film, so that everyone can see what is inside.

Have one present that contains just stones and another that contains something nice to share around, like a packet of biscuits!

The children should be able to see what is in each parcel before they unwrap it.

Explain that our words are a lot like these parcels to God.

God can see what we are going to say, even before the words leave our mouths.

Wrap up some more parcels with bits of paper with words inside that say things like “You stink,” and “I hate you.”

Ask how God must feel when he knows we are going to say something not so nice?”

Then get some parcels that say kind things like “I like you,” “I’m sorry,” and “God, you are amazing!” How does God feel when he sees these words on our tongues? How glad God must be when he knows our next words will be words of praise.

He knows our words are coming and waits with joy!

## TASK 2

“Such knowledge is too wonderful for me...”

Explain that when this psalm was being written, the person who wrote the words was amazed at how great God is.

Tell them how amazed you are too, and that sometimes the only thing we can do is to just shout out our prayers and sing out that we love him so much.

Write a family prayer on a big sheet of paper saying:

“I love you God. You know everything I can do. You know everything about me. You even know what I am going to say next. I love you God. You are...”

(Have the children add some things they think about God and write them up).

Amen!”

Read the prayer out loud together.

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## The Bible bit...

Help everyone to find the Psalm in their Bibles, and read the following verses to finish off.

Pray before one of you reads it out loud.

Ask God to speak to you all as you read and listen together.

Highlight any word or phrase that jumps out so that you can share what God is showing you personally at the end.

## Psalm 139:4-6

**Before a word is on my tongue  
you, Lord, know it completely.**

**You hem me in behind and before,  
and you lay your hand upon me.**

**Such knowledge is too wonderful for me,  
too lofty for me to attain.**

Ask your family what parts of the passage God is highlighting to them?

What jumped out at them?

What was the Holy Spirit was teaching them as they read?

Perhaps you could finish by playing a worship song and praying for each other.