

FAMILY TIME

SESSION 3: PSALM 139:7-10

Last time we learned together about how God knows absolutely everything about us.

He loves us so much and he cares about every last thing. God knows us so well that he knows what we are going to say, even before we start to speak!

How amazing is that? Our God is so incredible!

Today we're going to keep learning all about God and what he's like, by looking at some more of Psalm 139.

What Psalm?

(Get your children to shout it out).

TASK 1

“Where can I go from your spirit? Where can I flee from your presence?”

Play a game of Hide and seek around your house OR send the rest of the family out of the room, while you hide an object for them to find. Take turns so that everyone has a turn counting or hiding an object. If you have time, play both games.

TASK 2

“If I go up to heaven, you are there...”

Watch a video clip on YouTube together of someone going into space or a rocket blasting into space.

Talk about how God is always with us, no matter where we are or what we're doing.

Explain that when we played hide the object, it was easy to hide something so our family couldn't spot it.

When we play hide and seek, it's quite easy to hide ourselves so that our family can't find us. But the Bible tells us there is absolutely nowhere that we can hide from God. God is always with us. Isn't that awesome!

TASK 3

“If I rise on the wings of dawn, if I settle on the far side of the sea...”

Play charades, with things to act out such as flying, mountain climbing, swimming, walking on the moon, etc.

Have a chat with your children about how no matter where we go, even if we go to the bottom of the sea, or into deepest space, God's spirit is with us.

TASK 4

“...even there your hand will guide me, your right hand will hold me fast”

Play another game where one of you is blindfolded, while the rest of the family guides them round the house, or even just around the kitchen table!

You could even make an obstacle course with cushions to move around and tables to crawl under.

Explain that God wants to be our help and support.

The Bible says that even in the most far out places “even there, God's hand will guide me, His strength will support me.” Isn't that just totally awesome! God's hand will guide YOU wherever you go. It feels like we need God's hand to guide us right now, so this is great news for us. This means we don't need to worry about where we're going or what we have to face. Why?

Because God is always there with us. Just like the air we breathe, God's presence is all around us!

FAMILY TIME

SESSION 1: PSALM 139:1-3

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.