

FAMILY TIME

SESSION 4: PSALM 139:11-12

Last time we learned that no matter where we go, whether we go up to space, or to the bottom of the sea, God's spirit is still with us and God is there to guide us if we want Him to.

Isn't that so cool! I'm so glad to know that God is with me wherever I go. Today we are going to be learning even more about what God is like. I love this Psalm.

Can anyone remember what number this Psalm is?

TASK 1

"If I say, 'surely the darkness will hide me and the light become night around me...'"

Watch a video clip together from YouTube of the Wizard of Oz, where Dorothy, Scarecrow and Tin man meet the cowardly Lion in the dark woods. Talk about how lots of us feel wary in the dark because we can't see very well and don't know what to expect.

Ask your family if anyone is afraid of the dark? Why is that?

Do you think God is afraid of the dark? NO WAY! God isn't scared of the dark at all. The Bible tells us that for God, darkness is the same as light to Him.

He can see everything, whether it is dark or light, day or night. The Bible says that the night-time shines like the daytime when God is there. Psalm 139 says that darkness is not dark for God, even a little bit. That's because God's glory is so bright. In fact, did you know that the bible says that in Heaven there doesn't even need to be a sun, because God is so bright that we won't need any other light?

TASK 2

"...even the darkness will not be dark to you."

Make a cave by getting some sheets or blankets and draping them over your kitchen table or some chairs. Get some paper and coloured pens for everyone to draw pictures of things that might live in a dark cave, such as spiders, bats and mice, as well as cave paintings.

Sellotape your pictures to their cave walls.

Use torches and let the children look round the cave and find things. What creature was the creepiest?

Talk to your children about the cave activity. Do they like the dark? Can you think of another type of darkness? It's the darkness we might feel inside if we're stressed or fearful, or worried, or upset. It can leave you feeling like you haven't a lot of hope. Although it's not actually dark, we can feel like darkness is all around when we're talking about our feelings. So, what do I do when I'm feeling like darkness is all around because I'm full of fear?

Just call out to God. Talk to God about the things that frighten you and ask him to step in and deal with your fears. Ask God to shine his light in the darkness.

TASK 3

“...for the darkness is as light to you”

Listen to the worship song “I’m not afraid” by Rend Collective Kids.

Talk about how you can ask Jesus to come and be with you when you’re frightened. Call on his name and tell him the things you are worried about and ask him to help you. Remember, there is nowhere you can go that is away from God’s presence, and that includes the dark! The devil can use things like the actual dark to scare us and make us feel afraid, but when you start to feel afraid, just remember that Jesus rules!

When God is there, darkness has to vanish! His love glows in the dark!

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 139:11-13

**If I say, “Surely the darkness will hide me
and the light become night around me,”
even the darkness will not be dark to you;
the night will shine like the day,
for darkness is as light to you.**

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.