

FAMILY TIME

SESSION 5: PSALM 139: 13-16

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

“For you created my inmost being, you knit me together in my mother’s womb.”

Design a person!

Use odds and ends from your kitchen cupboards, like pasta and raisins or string to make a person.

Or simply have paper and pens to design a person. Each of you can decide hair colour, eye colour, etc of your person.

You can be as creative as you like with this. It can be a family effort or everyone can make their own. While you are designing, chat with your children about how God designed and made them.

Tell your children that God knew all about them before they were born. The bible says that when you were in your mummy’s tummy, God was putting you together. God decided that your hair and your eyes would be just the colour they are. You didn’t just end up looking like you did just by chance. It was all planned by God from before you were born.

TASK 2

“I praise you for I am fearfully and wonderfully made!”

Watch a video clip from ‘101 Dalmations’, where the puppies are being born. Talk about how God knew all about us before we were born. We were a big surprise to our parents, but God had already decided who we would be and what we would be like. Look at photos of your children when they were babies or even scan photos if you have them. Talk to them about how excited you felt leading up to their birth and how amazing it was to finally see them for the first time. If your children are adopted or fostered, talk to them about how you planned and prayed for them before you knew them and about that first moment when you met them. Do you think that God would ever make a mistake? No way!

You are wonderfully made, by God who loves you and he never makes mistakes.

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TASK 3

“...all the days ordained for me...”

Picture Game: Guess what God planned?

Ask your children what they want to be when they grow up? Show the children some pictures of famous people when they were children, e.g. the Queen as a little girl, Daniel Radcliffe as a toddler, David Walliams, etc.

Everyone must guess what plans God had for each of these children when they grew up. Then show the pictures of them as grown ups. Even if your children don't know each celebrity, it's fine to explain that God planned for each little person to grow into someone who would do something special. Perhaps you could find some photographs of yourselves as children to show your children.

Explain that when these people were kids, no-one probably had any clue they would be so famous, apart from maybe the Queen! But Father God knew everything there was to know about these people, even from before they were born. Isn't that amazing? And the awesome thing is that the bible says that God knows everything about you too.

TASK 4

“...were written in your book before one of them came to be.”

Set a timer for one minute. Tell everyone that their challenge is to guess how long one minute is.

Everyone should stand up at the start and then sit down when they think a minute is up. See who is the closest.

Try it again for shorter times too.

Talk to your children about how God didn't just plan out how we would look.

He has planned out the time we will spend on this earth.

The Bible says that all the days God planned for each of us were written in his book, before our first day of life even happened.

God knows about you and the things you do every day! He knows what you are going to do today, tomorrow, next week, next year and in fact every day for the rest of your life. Why does God want to know about you and all your days? It's because he loves you every hour, every minute and every second of every day and for the rest of your life!

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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: 13-16

For you created my inmost being;
you knit me together in my mother's womb.

I praise you because I am fearfully and wonderfully made;
your works are wonderful,
I know that full well.

My frame was not hidden from you when I was made in the secret
place,

when I was woven together in the depths of the earth.

Your eyes saw my unformed body;
all the days ordained for me were written in your book before one
of them came to be.

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.