

FAMILY TIME

SESSION 6: PSALM 139: 17-18

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

“How precious to me are your thoughts, God.”

Have a chat with your children about what the word ‘precious’ means? Show them a selection of precious things in a bag, such as jewellery, a family photo, an heirloom, something one of them has made for you, etc.

Explain why they are precious.

Do they have any precious things they can tell us about?

In Psalm 139, David says that God’s thoughts are precious to him. Get a mirror and let the children look at their reflections. Explain that since God thought of you, even before you were born, then that says to me that you are a precious, precious thought to Him. If you want to see the most precious of all of God’s thoughts, just look in the mirror for the answer.

TASK 2

“How vast is the sum of them!”

Watch a video clip from the beginning of the Lion King.

Explain that God had to think up all the different animals. What ones were in the film? Can they think of any other animals that weren’t on the film that God made? Look up some unusual animals on google.

All the animals are so different and God thought up each one! He thought of so many things.

Get a large sheet of paper and some coloured pens.

Each of you should think of an animal that doesn’t already exist and draw a picture of it.

How many legs will it have? What colour will it be? Will it be big or small? Where will it live?

Then get another page.

Ask them to draw a picture of someone they’ve never met.

Will they be a boy or a girl? What colour of hair will they have? What colour of eyes will they have? What will they be good at doing?

Share your ideas.

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TASK 3

“Were I to count them, they would outnumber the grains of sand ”

Show the children a glass with some rice in it.

Can any of them guess how many grains of rice there are in this bottle?

Can anyone count the grains?

Can someone try to count out three of them?

Talk about how in Psalm 139, instead of grains of rice, it talks about grains of sand. It says that God has so many thoughts about things, that there are actually more of God's thoughts than there are grains of sand on a beach.

Look back at the pictures everyone drew. Talk about how we have all thought up some amazing things!

How many different things do you think of in one day? What sorts of things do you think about? Have you any idea what sorts of things God thinks about? We can't possibly know all of God's thoughts, but we can know some of his thoughts when we look at the things we see around us. And we definitely know that he thought about each one of you and he still does!

We planned out pretend people for fun, but God really did think about and plan out each of us before we were born, not just for fun, but because he loves us and thinks we are the best part of creation. He thought about what we would look like, and he thought about what family would be best for us. He's thought about the things he'd like you to do with him today, and he has thought about all the things he has planned for your future.

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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: 17-18

**How precious to me are your thoughts, God!
How vast is the sum of them!**

**Were I to count them,
they would outnumber the grains of sand—
when I awake, I am still with 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.