

FAMILY TIME

SESSION 8: PSALM 139: 23-24

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.

Who can remember what Psalm we have been thinking about in our Family time?

What Psalm? (Everybody shout it out).

Last time we thought about what we should do when we are finding people difficult, and how we can be like David by letting God be in control of the situations we are in. This is our last session on Psalm 139, and to finish off, we are going to be learning some more about what God is like and about just how well he knows each one of us.

TASK 1

“Search me, God and know my heart.”

Ask one person in your family to step outside the room.

Then ask everyone else to answer some questions about that person in order to see just how well they know them, e.g. What is their favourite food? What do they like playing? Who is their best friend at school/work? What makes them scared? What is their favourite movie? What are they good at? What sorts of things worry them? What are they like as a person? (Good qualities).

Then invite that person back in and ask them the same questions. See how many the rest of us got right. Talk about what sort of a person the rest of the family thought they were. This is a chance to really encourage each other and speak God's truth over your children.

Chat about how God knows even more precisely what they are like.

Explain that at the end of Psalm 139, David asks God to search him and know his heart. Then he asks God if there are any offensive things in him / things that shouldn't be there?

Ask your children if they would be brave enough to ask God to show them parts of themselves that aren't so great? Be honest about this yourself with your children. It's always nice to know the good things about ourselves, but to know the things that God would like to see changed might feel a big deal!

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TASK 2

“Lead me in the way everlasting.”

Explain that there was a reason why David wanted God to reveal those things about himself. He wanted to get rid of all the things that stopped him from following God’s lead.

In this game, make different trails with balls of wool or string. Explain that two of the trails lead to rubbish and one leads to a prize. (Get a bag of sweets that can be shared amongst the whole family). Ask for three volunteers to wind up the balls of wool and follow the trail to see if it leads them to a prize or not.

Explain that David asked God to lead him in the way everlasting. Ask everyone to share ideas about what they think the ‘way everlasting’ is? Explain that some of our paths lead to absolutely nowhere, but if we stay close to God and follow his lead, he’ll keep us on the right path for us.

God will not abandon us. He wants the very best for us, so why would he lead us down a dead-end path?

TASK 3

“Lead me in the way everlasting.”

Get an empty container or a tray and some play dough / plasticine.

Work together to make a play dough maze on the bottom of the container with a path that leads to the centre.

Get a marble to roll in between the play dough walls. Create a sign for your maze that says “Lead me in the way everlasting.”

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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: 23-24

**Search me, God, and know my heart;
test me and know my anxious thoughts.
See if there is any offensive way in me,
and lead me in the way everlasting.**

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.