



Faith Adventures for Children Together



*Committed to URC Children Together:
enabling everyone to grow more like Jesus
together in the home, church and beyond.*

For guidance on the purpose of the resource and how to use it as a launch pad for your engagement with children and families, please use this link:
<https://urc.org.uk/wp-content/uploads/2023/01/FACT-how-to-sheet.pdf>

Psalm 27 4-5, 7-8: One thing I ask

Theme: Simply pray

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Introduction: What would be helpful to know in my planning?

Continuing on with our month exploring prayers; this episode uses David's Psalm 27. This Psalm was written around 1000 – 450 BC and David is saying that he only has one thing to ask of God, and that is that he can be in God's presence all his life and see God's face.

It links well to the first lines of the Lord's Prayer that begins with concentrating on God and who God is to us.

It's a reminder to keep prayer simple, its ok to simply bring one request to God in prayer.

As we explore together you might want to consider, what one thing do we ask of God?

The Psalm speaks about David wanting to seek God's face and although this probably means seek to be in God's presence it may lead to questions about what God looks like. This book might help you in wondering about it beforehand. <https://youtu.be/kRD2gY8F5TM>



Together

How do I help my group to come together and get started with the theme?

Gathering prayer

Jesus, our friend

(use alternate index fingers to point and tap the middle of opposite palms)

Be with us today

(two hands, palms up in front of you, move up and down twice)

As we share together,

(two hands, palms up in front of you, move one forward and one back and alternate twice)

Pray together,

(hands together, palm against palm, as though praying)

Play together,

(hands to each side, palms up, make two small circles outwards)

And get to know you better,

(point up with one hand)

As children together in your family

(one hand out, palm down in front of you, move it sideways and up in three 'steps' as though to indicate children of three different heights)

AMEN

(Two thumbs up, and bring fists slowly together to meet in front of you)

OR

Thank you, God, for bringing us together today.

Help us to grow closer to you in all we do.

Help us to speak and to listen, to learn and to grow together,

Adventuring together with you wherever we may go.

Amen

In-person game

The object of the game is for the single objects to be found and the pairs to be left.

Today we want to think about what one thing we want to ask God.

Have a range of objects (both large and small) placed around the room in pairs and some single objects. You will need quite a lot of things depending on the size of the group. Some can be hidden and some can be in plain sight.

Ask the children to find the single objects and bring them to you. You can repeat this as many times as you want.



Online game

Explain that in today's Psalm we hear how David, when describing his chat with God says 'One thing I ask from the LORD'... Highlight that prayer can be straightforward and simple, there doesn't need to be a long list of requests, you can ask just one thing of God.

Fill a tray with different objects, perhaps 10 in all. Angle your screen to ensure all can see the tray and its contents. Give everyone 30 seconds to memorise what's on the tray. Remove the tray from sight and remove an item, place the tray back in view of all and see if they can spot what one thing is missing.

Experience

For this story we recommend using the Easy to read version

<https://www.biblegateway.com/passage/?search=psalm+27&version=ERV>

Where can I find the story online?

Under fives: Psalm 27 read by St Bart's Toowoomba

<https://youtu.be/F9MjEE0N1A0>

Over fives: - Psalm 27 – Guided meditation by Catholic Kids Media

<https://youtu.be/W0ur6VIlmt8>

Songs to support the story

Under fives: - Five Finger Prayer by Saddleback Kids

https://youtu.be/0tnCgw8Dj_8

Over fives: - This One Thing by Champion Worship

https://youtu.be/vVTERwwz_-l

Explore

Ideas and activities to explore this week's Bible passage together

A new story to share

This story could be acted out with Sarah pacing and wondering and God's voice being heard from behind somewhere.

NARRATOR: Sarah was sat thinking hard and getting more and more frustrated. She wants to ask for one thing but can't decide which thing to ask for.

SARAH: I don't know what to do, what should I ask for? Oh dear, oh dear.

GOD: How about something you want?

SARAH: I would like a new phone, no that's too expensive and a bit selfish.

GOD: Um....why don't you think of something you need?

SARAH: Perhaps some new trainers as mine are falling apart. No, no I do have other shoes I could wear.



GOD: Perhaps you could ask for something for someone else?

SARAH: I know I'll ask for my friend to get better.

GOD: That sounds like a good thing to ask for?

SARAH: But my Nan is also poorly, so who do I ask to get better! Perhaps I should ask for everyone in the world to feel better. This is so frustrating; I can only ask for one thing.

GOD: Why are you only asking for one thing, you know you can ask me anything?

SARAH: I thought it would be easy to think of one thing to ask from you, I mean David in the Bible could do it, so I thought I would try. Kind of like a challenge.

GOD: What did David ask for?

SARAH: To see your face.

GOD: Does reminding yourself of that help you think of something you could ask for?

SARAH: hum....not sure.

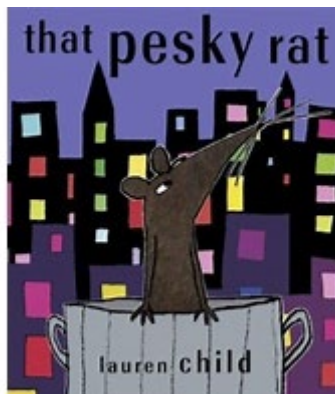
GOD: Perhaps there is one thing you could ask for that would help all the other things happen too.

SARAH: How do you mean?

GOD: Why did David ask to see my face?

SARAH: To get to know you perhaps?.....Aha I get it..... ok.....I know what I am going to ask for now.....

NARRATOR: I wonder what one thing Sarah asked for?



Modern parables

Jesus used stories to help people understand the things of God, even though they weren't necessarily overtly Christian stories. Lots of children's books can be used in a similar way as a conversation starter on the week's theme. Examples are shared here but you may think of others too.

That Pesky Rat by Lauren Child

Read by Davy McGuire <https://youtu.be/0U5fg-RqTtw>

Talking together: How might we talk about the story together?

- What is your heart's prayer? The Psalms are similar to songs, David wrote a lot of these in prayer to God. How would you ask God for what you would like?
- Where have you experienced/ encountered God this week? Where might you experience God this week?

Wondering together: suggested questions to use during activities

- I wonder what one thing you would ask God for?
- David's one thing was to see God's face, I wonder what you think God looks like?



What's in the box (for under fives)

Use the special box or bag and sing "What's in the box/bag? What's in the box/bag? Let's see, let's see, what's in the box/bag" (to the tune of The Farmer's in the Dell). You could tap the top of the box twice after the word 'box'. Pull out the things one by one and then let the children play with them, talking about the theme or the story in simple terms.

This week's box could include:

- A mirror (place the mirror in front of the child, and say what is the one thing you ask from God?)
- A heart (talk to the children about prayers coming from our heart to God and that sometimes we need to keep them simple and only ask for one thing)
- A play phone (we can talk to God we can say what is on our heart, it is our prayer not anyone else's)
- A single empty sheet of paper (our prayers can be simple maybe with no words)
- A set of play people to act out the story or random shapes/bits you can move around to make pictures from the story as you tell it (e.g. stones, felt, twigs etc)

Express

Praying together: how can you involve the children actively in prayer?

Creative Prayers

You will need:

A frame each (This can be made from a cereal box)



Walk around the building/ room/ garden together. Encourage the group to place their frame around something which they would like to magnify or frame as a prayer. Thank God each time you frame something.



You could use the words, Creator God, thank you for.....Amen

Spoken prayer

Parachute Tent Prayer (If you do not have a parachute, try using a large sheet. Or design a tent by placing blankets over chairs.)

Psalm 27 assures us that we will be kept safe in God's shelter and will be hidden inside God's Holy Tent. Pray together as a group underneath a parachute or large sheet. Hold the edge of the parachute. On the count of three, everyone should lift the parachute above their head, then put it behind their backs and sit down so that a dome is formed with participants sitting underneath. Invite participants to pray together out loud.

"Dear God you are wonderful and shelter us inside your holy tent. We lift up our prayers to you Lord."

Then go round the circle and invite participants call out one thing they would like to ask God for, completing the phrase "Lord I ask for..." Close by saying "Lord, hear our prayers, Amen"

Responding together

Here are some suggested crafts and activities, and there is a colouring sheet at the end of this resource. You could also use small play toys and/or have a basket of resources available so children can choose their own way to respond. See here for more suggestions. <https://urc.org.uk/wp-content/uploads/2023/01/FACT-how-to-sheet.pdf>



With an online group, plan whether to deliver any resources in advance or how you will encourage them to use what they've got to hand in their response.

However you do it, it is good for the adults to engage in the response too, and all chat together.

Creative Activity – One Shape Images

In Psalm 27 David only asks for one thing from the Lord when praying. Our one shape images remind us that is ok for us to keep our prayers simple. Whilst creating the images, encourage participants to discuss the thing that they would like to ask God for in prayer.

Challenge: to create images that are made up of only one shape. Have a range of arts and craft materials that participants can choose from to create and play with. Here are some suggestions:

- Sponge Painting – cut out a range of shapes using sponges which can be dipped in paint.
- Collages – provide magazines, coloured card and glue so that participants can cut out their chosen shape and create a collage.
- Pasta art – provide a range of different dried pasta shapes for participants to select from. Create artworks by sticking the pasta onto sheets of card.

The one thing David asked for was to see God's face, David wanted to know God for himself.

Option1: Cut out a lot of small geometric shapes from paper (triangles, circles, squares, oblongs, etc). Give an assortment of shapes to each participant and invite them to arrange the shapes into what they think God might look like. OR they could work as a group to produce the result.

Option 2: If you are able to darken the room, using hands and a torch, introduce the group to shadow puppets (you can get some ideas by watching <https://youtu.be/JZ1DH77eWH0>) Invite the group to create a silhouette of God (using their hands, or objects)

Everyday with Jesus – Walking the Way

What could we do this week to carry on what we've learned? Maybe members of the group could come up with a suggestion. If not, get them to choose from these two challenges:

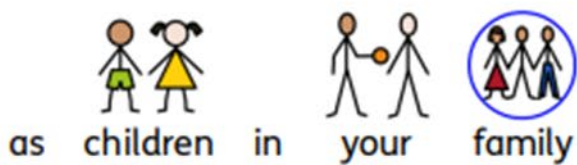
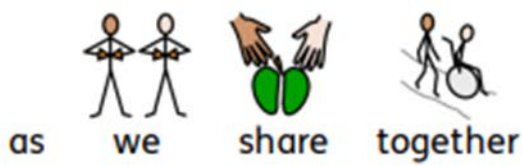
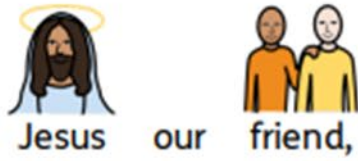
- Take the prayer frame made in today's session home, decorate it and take it round the house or outside and continue to use it to frame your prayers.
 - Talk to someone older or younger than you and ask them to tell you about their prayer life.....how often they pray, if they pray, how do they pray.
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We hope you enjoyed exploring **Psalm 27** with us.

Please let us know what you liked or what you would find useful by emailing lorrainewebb@urc.org.uk

Why not have a look at next week's resource on **Nehemiah**.







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