

# Faith at Home for families

## Summer Holiday Series - Activity 1



Happy holidays from St Mary's Church!

Now that you have broken up from school for the summer holidays, we hope you will have lots of fun playing with your family and friends, and visiting different places.

## Finding out that God is with us

This Summer Holiday Series is all about helping you know that God goes with you whatever you are doing these holidays – paddling on the beach, climbing a tree, or playing 'Uno' with your Grandma!

- The Psalms is one of the books in the Old Testament part of the Bible
- Psalms are really old – about 3,000 years old!
- They are written like poems or prayers or songs
- There are 150 psalms and each one is different

We will look at six of the psalms and use one for each of the weeks of the summer holidays to find out more about God.

To help you remember what you find out, (and to help make a party atmosphere!) you can make paper bunting like this, with colourful paper and string. Each week you can decorate a flag. Perhaps you will choose a word from the Psalm. Or perhaps you will draw a picture of something in the Psalm. Or perhaps you will do both!



## Psalm 27 – Be Bold!



You can read Psalm 27 in a Bible you have at home, or look it up on the internet, or read it at the end of this activity sheet.

I wonder, have you ever made a den?

Indoors maybe you use blankets or sheets and chairs pushed together. Or if you're outside, maybe your den is under a tree and you pile up branches and crawl inside.

I used to make dens a lot with my sister! I felt safe inside my den, where nothing could get me.

- Where do you feel safe?

I don't know about you, but sometimes I get scared. When something is worrying me and I don't know what to do. When other people are being mean, or when I feel alone and in the dark.

The good news in this psalm is that God can be your light and your friend, so you don't need to be afraid! Sure, you might get teased, or hurt sometimes, but God is always with you. He makes you feel safe, like I felt in my den.

- With God's care around us, we can be bold, brave and strong, even on the bad days.
- We can sing and shout for joy because God will always be there for us.

## A 'thank you' prayer you might like to say

I am sure that when someone gives you a gift, you've learned to say, 'Thank you'. We can say 'Thank you' to God for the gift of being our light and our friend, and making us feel safe.

Here's a prayer you might like to say:

Dear God,

Thank you that you want to be my light.

Thank you that you want to be my friend.

Help me to remember that your love is all around me.

Thank you for making me feel safe.

Amen.

## Bunting Activity – Making your bunting



Before we can begin decorating our bunting, we need to make it!

Decide where you'd like to hang it up. Somewhere not too high up would be good so you can reach it easily each week

You will need:

- coloured paper (this is an 'indoor' bunting)
- a long length of string or ribbon (or you could tie shorter pieces together)
- *either* a hole punch to make holes in your paper flag
- *or* something to poke holes (be very careful!)
- *or* you could use sticky tape to stick the paper flag to the string/ribbon
  
- Bunting flags are usually a triangle shape, but you can make yours any shape you like. Make them big enough so you can write and draw on them
- Cut flags out of the paper
  - You will need to cut out 6 if you want one flag for each week
  - If you'd like more flags, then the more you make the longer and jollier the bunting will be!
- *Either* make two holes in the top of the flag and thread the string or ribbon through the holes and then space the flags along the length
- *or* stick the flags to the string or ribbon, leaving enough string/ribbon at each end so you can hang up the bunting

## Bunting week 1 – Psalm 27

- This week maybe you can choose a word from Psalm 27 to write on one of your flags.
- I wonder, which one will you choose?
- Or perhaps you would like to draw a picture on a flag.
- You could draw one of you in a den, or somewhere else where you feel safe.

## Other 'Be Bold' Activities

### SUPERHERO FUN

- We have found out that God can make us feel safe when he is our friend.
- This is like having a superpower!
- If you could have a superpower, what would it be?
- Pretend to be your own superhero this week and help make someone smile.

### MAKE A DEN

- Use what you can find in your house to make a den, like this one!
- Ask permission from a grown-up before you begin.
- Whenever you make a den, maybe you'll remember that God loves you.



## Psalm 27

*The 'sacred tent' in this Psalm makes me think of a den.*

Lord, you are the light that keeps me safe.

I am not afraid of anyone.

Lord, you protect me,

and I have no fears.

Brutal people may attack

and try to kill me

but they will stumble.

Fierce enemies may attack,

but they will fall.

Armies may surround me,

but I won't be afraid;

war may break out,

but I will trust you Lord.

I ask only one thing, Lord:

Please let me live in your house

every day of my life;

to see how wonderful you are;

and to pray in your palace.

In times of trouble,

you Lord will protect me.

You will hide me in your sacred tent

and keep me safe

on top of a mighty rock.

You will let me defeat

all of my enemies.

I will give God gifts in his sacred tent,

I will sing with a loud voice of joy.

I will sing praises to you Lord.

Please listen when I pray!

Please be kind and answer me.

My heart told me to come to you, Lord,

so I am coming to ask for your help.

Please don't hide from me.

Please don't be angry with me.

You are only the only one who can help me.

My God, please don't leave me all alone,

for you can keep me safe.

Even if my mother and father leave me,

you will take care of me.

I have enemies, Lord, so teach me your ways.

Show me the right way to live.

My enemies have attacked me.

They tell lies about me and say they will hurt me.

But I really believe

that I will see how kind the Lord is.

Trust the Lord.

Be strong and brave,

and wait for the Lord's help.