

Faith at Home for families

Summer Holiday Series - Activity 5



Hello to you and your family from St Mary's Church!

It's lovely to be with you as we explore the book of Psalms together!

Reading the Psalms is a bit like being on a rollercoaster. Have you ever had a ride on a rollercoaster? They go up and

down and round and round, and they can make you feel dizzy!

The Psalms are like a rollercoaster of different feelings, because each one is different.

- One is quiet and one is loud praising God
- One is angry about something wrong
- Another is happy and full of joy!
- Up and down, quiet and loud, angry and happy!
- All of life is inside the Psalms – reminding us that however we feel today, God knows, and he loves us just the same.



This week we are looking at Psalm 121 and we will add something from this Psalm to our holiday bunting.

I wonder what you will choose to put on your bunting flag. It would be lovely to see some pictures of your bunting on the St Mary's Facebook page.

Psalm 121 – God in the Hills!

You can read Psalm 121 in a Bible you have at home, or look it up on the internet, or read it at the end of this activity sheet.

This week's Psalm was sung by God's people, the Israelites, thousands of years ago, while they travelled to Jerusalem to take part in one of the big Jewish festivals. This journey was long and dangerous, and there were many hills to climb.

I wonder if you have climbed up a big hill, or even a mountain. It's hard work, isn't it! A steep climb can make you huff and puff, but the view from the top is usually worth the effort.



Life can sometimes feel like we are climbing up a big hill.

Sometimes we have challenges and problems that make every day seem a big effort.

Maybe we have fallen out with our best friend. Or we have exams to take.

Just because we follow God, doesn't mean we won't face challenges.

The good news in this Psalm is that God is with us in our challenges and problems, and that our help comes from God.

- I wonder who you turn to when you have a problem.
- Your parents?
- A teacher?
- Your best friend?
- These are all good choices, but understand that God is here to help you too.
- God watches over your life from beginning to end.
- He wants to help you through difficult times and if you turn to him and pray he will help you



I wonder if you will need the God of the hills this week.

A 'thank you' prayer you might like to say

Here's a prayer you can say:

Dear God,

Thank you that when life is difficult you are there to help me.

Bless all those I know who need you right now.

Please give me the strength to climb my hill

and see the view from the top!

Amen.



Bunting week 5 – Psalm 121

For your bunting flag this week, choose something that reminds you that God is with you when life is hard and it feels like you're climbing a big hill.

- Maybe you can draw round your feet to go on the flag:
 - On one flag your foot shape could show you are walking along, climbing your hill.
 - On the next flag, your other foot shape could be God's foot, showing him walking next to you!
- Or you can draw a picture of you and your family climbing a mountain, or draw the view from the top!
- Or you can choose a word or phrase from this week's Psalm that seems special to you.
- And don't forget, you can do all of those activities and make your bunting even l-o-n-g-e-r!

Other 'God in the Hills' Activities

CLIMB A BIG HILL

If you go away on holiday, maybe there will be a big hill, or even a mountain there you can climb!

If you are staying at home, there are still hills around. We have Beacon Hill, on the edge of Bottesford!

Once you find your hill, take time to climb all the way to the top.

Notice your huffing and puffing as you climb.

You can talk to God too while you climb.

Then at the top, look around at the fabulous view!

God is in the hills!

MAKE A SAND MOUNTAIN



If you can't climb a hill you can make your own!

If you have a sand pit, or are lucky enough to be on a beach, make a hill with the sand

Psalm 121 – God in the Hills!

I look to the hills!

Where will I find help?

Help will come from the Lord who created the heavens and the earth.

The Lord is your protector and he won't go to sleep.

The Lord is your protector and he won't let you stumble.

The Lord who protected Israel doesn't doze off or even get drowsy.

The Lord is your protector, right beside you.

The Lord is your protector and will shade you from the sun.

You won't be harmed by the sun during the day.

You won't be harmed by the moon at night.

The Lord will protect you and keep you safe from all dangers.

The Lord will protect you now and always, wherever you go.