

# FAMILY DEVOTIONAL

5

I'm a high five.

I feel like the nose,  
stuck between these two Y's.

ACTIVITY

Would you notice if I wasn't  
here?

Use a material you have never used  
before! Make us look amazing.

PACK

Then I would be the ruler of the world word.

## SERIES 5 THE PSALMS





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## ABOUT THIS PACK

### WHO MADE IT?

This resource was created by Olly Goldenberg from Children Can, to accompany our daily podcasts.

### HOW CAN I USE IT?

You can use this activity pack and the podcasts however you want. You can:

- Just listen to the podcast
- Use the podcast to provoke discussion
- Use them as part of a daily family devotion. It might look something like this:
- Worship together singing some songs from the internet.
  - Listen to the podcast
  - Use the 'Discuss' or 'Dig deeper' sections of this pack
  - Do the action from this pack
  - Respond in prayer and take time to listen to God
  - Do one of the activities from this pack.

### HOW CAN I GET IN TOUCH WITH YOU?

Send us an e-mail to [info@childrencan.co.uk](mailto:info@childrencan.co.uk).

### WHAT IS THE COPYRIGHT BLURB FOR THIS PACK?

Thanks for asking. Here it is.

Official Copyright notice:

We hereby give notice that you have the right to copy this activity pack and share it with as many people as you like. There are just a few things we don't want you to do with it:

- Sell it or try to make money out of it in anyway.
- Pretend that you made it.
- Change it (especially if you act as if we made it that way).
- Put it in your shirt pocket before you wash your shirt. Thinking about it, I don't think you should put it into any pocket before putting it in the washing machine. Actually, don't put it in the washing machine at all – whether it is in a pocket or not!.
- Make it your best friend – there are plenty of people out there who God wants you to be friends with.

If you think you want to do any of these things or if you want to do something that you think sound a bit like one of these things then please do get in touch with us and ask us (you should probably also speak to the manufacturer of washing machines to see what they think about putting paper in it). We are nice and we want people to be able to use this in a way that is fair for everyone. Thank you.

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## EPISODE 21: GOOD CHOICES

### DISCUSS

- What did you discover from today's podcast?
- What are the Psalms?
- How can you think about (or meditate on) the Bible?

### Go DEEPER

These Bible verses were mentioned in today's podcast.

- Psalm 1:1–6

You could choose to draw a picture of today's Psalm. Read this passage carefully: Psalm 1. Whenever you study the Bible it is always good to ask these questions about the passage:

- What do we learn about God?
- What do we learn about people?
- What does God want me to ask or think from this passage?

You might want to ask these questions too:

- How can we read (meditate) on the Bible?
- Think about each line of verse 3 – what would it look like if each of these things happen in your life.

### ACTIONS

Choose one verse from the Bible and sit and think about it for 2 minutes (or longer if you are a bit older). After you have thought about it, share your thoughts together. You might choose to think about the last verse of this psalm: Psalm 1:6.

## ACTIVITIES

### GROUP ACTIVITY: CODED MESSAGES

Can you create a coded message? Each person chooses a book and then uses the words in the book to send a message. You can all do it at the same time and then see how quickly you can decode it. For each word you will need to write down the following:

Page number – paragraph number – line number – word number.

Using this activity pack and ignoring any headings, see if you can decode this message:

6-1-3-6      4-1-1-10      6-1-2-9      6-1-3-2

### PUZZLE: WORDSEARCH

Find all these words in the grid.

Blessed
Fruit
Happy
Leaves
Righteous
Stream
Succeed
Tree
Wicked
Word

N	S	E	O	S	H	S	Y	T
N	U	I	I	T	I	U	R	F
D	O	W	S	R	E	L	D	E
D	E	S	S	E	L	B	D	A
R	T	E	M	A	V	E	H	A
O	H	E	C	M	K	A	O	A
W	G	R	D	C	P	A	E	W
R	I	T	I	P	U	I	N	L
J	R	W	Y	Y	R	S	O	G

### Go AND Do IT: THE LIVING TREE

Create a collage of the tree by the river in Psalm 1. You can use real leaves for the tree.

## EPISODE 22: OOPS, I MESSED UP

### DISCUSS

- What did you discover from today's podcast?
- Do you think we should say sorry to God when we do things wrong?
- Jesus has taken our sin away – so why does it matter that we sin?

### GO DEEPER

These Bible verses were mentioned in today's podcast.

- Psalm 51:1–19

Read this passage carefully: Psalm 51:1–19. Whenever you study the Bible it is always good to ask these questions about the passage:

- What do we learn about God?
- What do we learn about people?
- What does God want me to ask or think from this passage?

You might want to ask these questions too:

- Look up the following words to understand what they mean in this psalm:
  - Judge (vs 4)
  - Spirit (vs 10)
  - Hyssop (vs 7)
  - Burnt offerings (vs 16)
  - Jerusalem (vs 18)
  - Altar (vs 19)

### ACTIONS

1 John 1:9 promises us that if we confess our sin God will forgive our sin. Take a moment to think about any sin in your life and say sorry to God for it. Take it in turns to read a verse from Psalm 51 as a prayer to God.

## ACTIVITIES

### GROUP ACTIVITY: COLOUR HUNT

One person calls out a colour and everyone has to try and find an object in that colour as quickly as possible. To make the game a bit more challenging, call colours by objects – for example, snow would mean something white, sun something yellow, sky something blue. *WARNING– you don't need to collect the object. Please do not try to collect the sun. Our scientists have assessed this activity and have found that there is a severe risk of burns if you touch the sun.*

### PUZZLE: JUMBLED WORDS

Rearrange these words then copy the right letters into the boxes below to complete the verse.

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	9            3            8            10					
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	5					

1	2	3	4	5

6	7	8	9	10

Create a \_\_\_\_\_ for me, God.@ Psalm 51:10

### Go AND Do IT: MAKE A SMooTHIE

Look up a recipe for a smoothie and make some for your whole family.



## EPISODE 23: PULL MYSELF TOGETHER

### DISCUSS

- What did you discover from today's podcast?
- What good things do you say to yourself?
- What bad things do you say to yourself?

### Go DEEPER

These Bible verses were mentioned in today's podcast.

- Psalm 42:1-11

Read this passage carefully: Psalm 42. Ask one person to read it out loud. Everyone else can act out the words of this psalm.

Whenever you study the Bible it is always good to ask these questions about the passage:

- What do we learn about God?
- What do we learn about people?
- What does God want me to ask or think from this passage?

You might want to ask these questions too:

- Can we trust God when things are going wrong?

### ACTIONS

Think about the words you say to yourself, how many of them line up with what God wants you to think? This is all part of us taking captive every thought as it says in 2 Corinthians 10:5

Think of something you are finding hard at the moment – what thoughts go round your head. Perhaps: 'I can't do this.' Or 'When will it end!'

Pause for a moment to worship God and then tell yourself to trust God, like the Psalmist does.

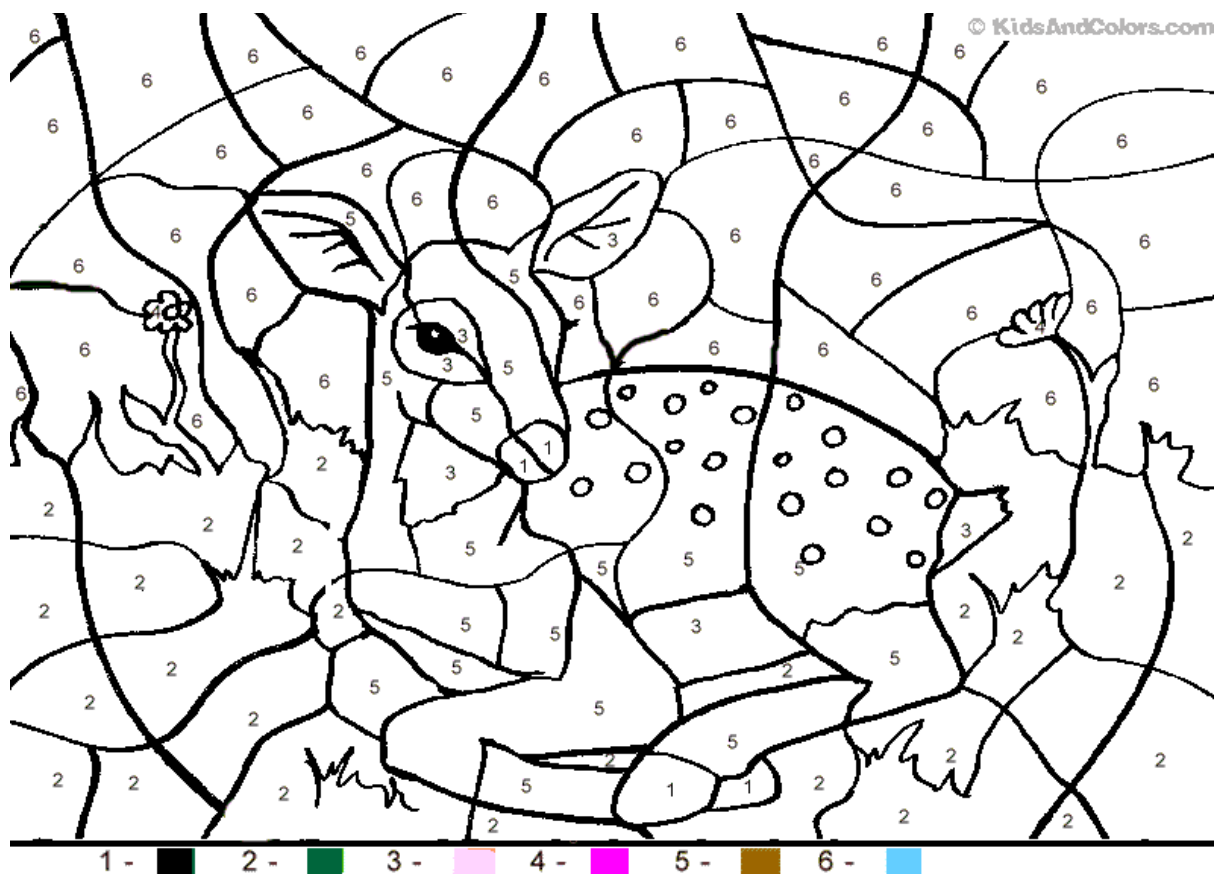
## ACTIVITIES

### GROUP ACTIVITY: I THINK YOU ARE ...

Go round each member of your family. Tell each person one thing that you like about them (it must be nice!) When one person has said something, the next person should include that phrase in what they say. So, the first person may say, 'I think you are caring.' The next person has to say I think you are caring and clever.'

### PUZZLE: COLOUR BY NUMBERS

Colour the picture with the correct colours for each shape using the colour guide below.



### GO AND DO IT: DEAR DIARY

Make a diary to write down what you are thinking every day for the rest of the week. How does God think about these thoughts? Change how you think if you need to, by speaking to yourself out loud.

## EPISODE 24: GOD'S GOT THIS

### DISCUSS

- What did you discover from today's podcast?
- What does a shepherd do?
- 

### Go DEEPER

These Bible verses were mentioned in today's podcast.

- Psalm 23:1-6

Read this passage carefully: Psalm 23:1-6. Whenever you study the Bible it is always good to ask these questions about the passage:

- What do we learn about God?
- What do we learn about people?
- What does God want me to ask or think from this passage?

You might want to ask these questions too:

- Make a list of the places mentioned in this psalm. (The first one is green pastures).
- What is a shepherd's rod and staff used for (verse 4) and how can it comfort us?

### ACTIONS

God you are ...

Make a list of all the things you know about who God is and then praise Him for all those things. Take it in turns to shout out one of the things on the list and then everyone else can cheer and jump around.

Here's the first thing for your list:

1. God is like a shepherd – he is always looking after us.
- 2.

You could even turn your list into your very own psalm of praise to God.

## ACTIVITIES

### GROUP ACTIVITY: HIDE AND SHEEP

Play a game of hide and sheep – its exactly like hide and seek, but it has a different name. ‘Why?’ you ask. Because it ties in with the psalm we’ve been learning about. Also it reminds us of the parable of the lost sheep that Jesus told in Luke 15:1–7.

### PUZZLE: DECODER

# The 23rd Psalm



The Lord is my shepherd, I shall not want. Psalm 23:1

Each number represents a letter of the alphabet. Substitute the correct letter for the numbers to reveal the coded words.

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26
Z	B	F	S	Q	Y	M	N	X	W	G	O	C	U	V	J	D	T	I	K	R	A	P	E	H	L

- 25-12-14-4-24 \_\_\_\_\_
- 7-24-21-13-6 \_\_\_\_\_
- 11-12-12-17-8-24-4-4 \_\_\_\_\_
- 4-25-24-23-25-24-21-17 \_\_\_\_\_
- 13-12-7-3-12-21-18 \_\_\_\_\_
- 26-12-21-17 \_\_\_\_\_
- 23-22-4-18-14-21-24 \_\_\_\_\_
- 3-12-21-24-15-24-21 \_\_\_\_\_
- 15-22-26-26-24-6 \_\_\_\_\_
- 10-22-18-24-21 \_\_\_\_\_

#### CHECK YOUR ANSWERS

Lord	pasture	valley	goodness	house
shepherd	water	comfort	mercy	forever

### Go AND Do IT: YOUR OWN SHEEP

Create your own sheep: Cut out a sheep shape, stick wool to it and draw on the face. Make sure you look after it and give it everything it needs (you may have to create the grass for it).

## EPISODE 25: GOD DESERVES IT

### DISCUSS

- What did you discover from today's podcast?
- Ask each person to share one time that they have shouted out loud in their life.
- How often do you thank God?

### Go DEEPER

These Bible verses were mentioned in today's podcast.

- Psalm 100:1-5
- Psalm 23
- Philippians 4:6

Read this passage carefully: Psalm 100:1-5. Whenever you study the Bible it is always good to ask these questions about the passage:

- What do we learn about God?
- What do we learn about people?
- What does God want me to ask or think from this passage?

You might want to ask these questions too:

- This Psalm praises God for who he is and for what he does.
  - Make a list of the things that describe who God is in this Psalm, then add anything else you know about God to the list.
  - Make a list of the things that this psalm says God does, then add anything else you know God does to the list.
- Find all the verbs (the doing words) in this psalm to discover how God wants us to come to him.

### ACTIONS

Have a praise party at home – celebrate and praise God together.

## ACTIVITIES

### GROUP ACTIVITY: PARTY TIME

Have a special party celebration together as a family today. Do as many 'treat' things as you can in a day.

### PUZZLE: LOST IT FOUND IT

Adrian has lost his guitar – can you help him find it?



### GO AND DO IT: MAKE YOUR OWN

Make your own instruments that you can use to praise God. You might make a shaker or an elastic band guitar. Check online for some more ideas.