

Start here!

Have you watched Kay's short talk for this week? Not only does she explain an important lesson from today's Psalm, she also explains the craft for today.

This week's Psalm is number 55, can you read it?

If you can get on the internet then look here <https://www.psalmsforkids.com/psalm-55/> It's written in language that is a little easier to understand

## Cast your cares on the Lord and he will sustain you. Psalm 55:22

How are you enjoying Psalms? Can you remember the psalms that we have already looked at? That's right, Psalms 23 and 95. They were good weren't they? Psalm 23 really helped us to understand how God looks after us and Psalm 95 showed us how to worship Him.

So, what do you think of Psalm 55? It's very different isn't it? Some of the words may be difficult to understand, we'll trust your responsible adult to explain them to you in a nice simple way. When we think about the Psalms that David wrote, most of the time we think about David praising God, much like the picture on the left of the page. He was a good singer and musician apparently.

Most of today's psalm shows David being very upset and also very angry. This great man who used to kill animals if they came too near to his dad's sheep, who stood up to Goliath the giant without any armour, is saying that he's so scared that he wants to run away (see verses 6 to 8).

Do you ever feel like that? So worried about something that you just want to curl up on the settee with someone and wish the not very nice stuff would just go away? I know I do!

The thing is, whilst it's not nice to shout and moan and complain, what David knew was that God would understand, so whilst most of the psalm shows David saying the sorts of things we haven't seen in the other psalms, the end of Psalm 55 shows us David telling God how great He is, we've got our old David back. And really importantly God answers his questions which is why David tells us all to cast our cares onto the Lord, we hope you'll remember today's memory verse when you need it in the future.



Have you worshipped yet? Even though David was worried he still declared what God was like, time for us to do the same.



Have you drawn around your feet yet? Come, on, get those socks off!



Lord Jesus, thank you that you are interested in how we feel no matter what is going on. Help us to feel you close to us this week as we continue to stay at home. Will you look after us and also give us good ideas as to how to look after each other in our house. Amen



Can you remember verse 22 and tell someone what it is before you go to bed tonight?

A psalm of praise...

The Lord is the master.

He is the one and only; first and last, we can tell Him anything

Our trust shall not be taken advantage of.

He, the heavenly Father, shall listen to our prayers and show us the way.

This is the way of the Lord.

Praise and glory be to God for His wondrous ways.

This was inspired by Psalm 139:7-10...

Where should I go from the spirit? Or where should I run from the presence?

When things are going great, God will be there. When life doesn't seem so great, He will be there.

When I'm walking in the morning or hanging out in the deep end of the pool, God's hand will be there for me to hold onto, for He is always there.

This was inspired by Psalm 91...

When I am inside God's walls, I feel safe.

He protects me.

Even if all other walls fall, I hold to the truth because God is my refuge. I live with the Lord in his fortress.

The world is busy outside of its walls.

My trust is in God, for he will guide me.



# ARE YOU UP FOR THE CHALLENGE?

The BIG Q

Over the last two weeks we have encouraged you to read lots of psalms, how have you got on? What have you enjoyed? Any particular psalm? Have you still got last week's sheet? It had some writing tips to look out for whilst you were reading, things like parallelism, repetition and keeping it simple (no adverbs and adjectives)!

On the sheet this week are 4 psalms written by some 12 year olds. You'll see that 3 of them haven't tried to create something from scratch, they've used other psalms as inspiration. Could you put your favourite psalm into your own words and still keep the meaning?

On the next page there's a psalm written by an adult (your parents will probably quite like it), see how it's been laid out to suit the subject. Perhaps you're not sure on lots of words, but how about writing a few words of your own and getting creative in the way you present it? All of that sort of creativity is part of worship.

So go for it, you can always just keep it between you and God if you want ;)

This is a version of Psalm 23, written by a baseball fan...

The Lord is my coach, I will not let down.

He supplies me with water after the game; He leads me down the home stretch.

He helps me, He leads me through the basics and the rules of the game.

Even though I walk up to the plate of the wild pitcher, I will fear nothing. I am being watched over and taken care of. My bat and my helmet, they comfort me.

He gives me a strategy to follow. He fills me with plans and ideas. My fear is gone.

My coach loves me and cares for me like a father, and I shall dwell in the dugout of the Lord, forever.

## *A Coffee Psalm*

O

God,

you

are

like

coffee!

You percolate...and the mere sound of you stirs me from sleep. I thirst for you, O God, in the morning when I wake up. Your aroma permeates my soul when I come into your presence. You pour yourself out and shower me with blessings. You fill my cup with good things. Your heat and steam rise as incense and fill my nostrils. I lift you up with my hands and drink you into my being. Your warmth penetrates my mouth. O taste and see that the Lord is good! Your warmth continues to travel through me, warming my gut. You dwell ever within me. You energize me, O God. After a time, you give me energy to set about the tasks you lay before me. I return to you, O God, throughout the day, and get renewed and refreshed every time I drink you in. O taste and see that the Lord is good! You restore my soul and fill my senses. You help me get through the day when my sleepiness tries to keep me from doing your will. O taste and see that the Lord is good. O God, you are like coffee to me!