

Start here!

Have you watched Nicola'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 137, can you read it?

If you can get on the internet then look here <https://www.psalmsforkids.com/psalm-137/> It's written in language that is a little easier to understand

Tears may come today but joy comes in the morning



Wow, we're whizzing through some Psalms now. Do you have any favourite parts so far? **Quick recap:** Psalm 23 helped us to understand how God looks after us, Psalm 95 showed us how to worship Him and the message from Psalm 55 last week was to 'Cast your cares on the Lord and he will sustain us'.

Today we look at Psalm 137. It gives us a little snippet into how the Israelites were feeling when they were living in captivity in Babylon. They talk about 'Zion', Jerusalem, the beautiful promised land that they were taken from and that had been left in ruins when they'd been captured. They were now in a strange and foreign land and were feeling sad and lost. In this testing time, they hung up their musical instruments and didn't have the heart to sing to God.

It feels like we're in a strange land at the moment in some ways doesn't it? Our normal things taken away from us, having to do things differently, perhaps not able to do everything that makes us happy at the moment? But perhaps you've found new things that bring you joy during lockdown? Listening to the birds? Talking to your friends on video calls? It's important to remember that God promises to bring joy back to us.

Let's lift our voices and instruments to praise and worship God and be joyful today!

Pop your favourite worship song (or two, or three!) on and let praising God bring you joy! We have included one after Nicola's talk on YouTube



How is your praise trumpet coming along? Let's bring a joyful sound to our homes today!



Almighty Father God, In this strange lockdown time we're in right now, we thank you that we can find joy in knowing You. Help us to sing praises to you in the good and more difficult times. Amen.



What has filled you with joy so far during lockdown? Write a list of the things that fill you with joy/make you feel happy?

ARE YOU UP FOR THE CHALLENGE?

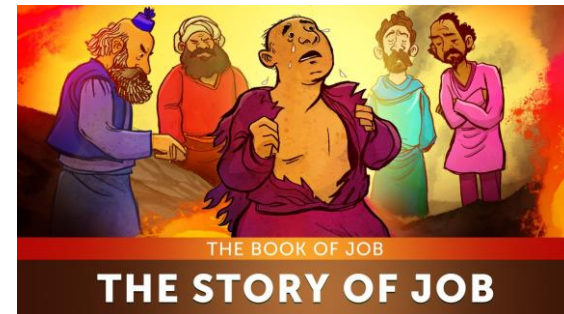
The BIG Q

Can you think of a situation that is unfair?

Answer the following questions:-

- Why is it unfair?
- What would you do about the situation?
- What does God think about the situation?

Go further and explore Job's story

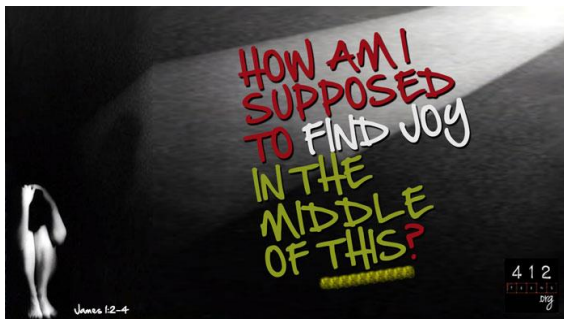


For younger children

<https://www.youtube.com/watch?v=6-WZvqkatyM>

For older children

<https://www.youtube.com/watch?v=GswSg2ohqmA>



Your praise trumpet!

- Decorate it with bright, bold colours
- Ask a grown up to help you to cut it out
- Roll into a cone shape
- Use some glue or tape to fix it in shape
- Create sounds of joy with your family

JOY



Glue here