



Where did you put your candle? Get together and light it as we look back into the Psalms. Have a quick chat with the people in your house: which Psalms or activities have you enjoyed so far in Worship at Home?

TODAY we look at **Psalm 130**.

How good are you at waiting? Waiting is important in this Psalm – let's dig in.

Check out Kay's video that gives you a fab idea of what this weeks psalm is about and we see an example of our craft activities!



If you can get on the internet then look here <https://www.psalmsforkids.com/psalm-130/> It's written in language that is a little easier to understand.



There are 4 sections to this psalm:

1. Crying out from the depths – calling out to God in prayer – talk to him always!
2. Imagine a list of all of your sins/things you have done wrong – (eek!). BUT God doesn't keep a list - we have His forgiveness through Jesus!
3. Waiting on the Lord – using all that we are to wait on God. It's important to think about how we wait too – we can listen to hear God, read the Bible and trust in His promises, pray for others, practice being like Jesus and showing his kindness.
4. We have LOVE and HOPE in God – he wants us to live life full of His **unfailing** love and forgiveness and to grow into the people he created us to be.



Have a look at the craft sheet and choose a craft to do with your grown ups!



Pop your favourite worship song (or two, or three!) on and worship while you work on your crafts too. (We have included one after Kay's talk on YouTube)



THY KINGDOM COME – PRAYER ACTIVITY
Decide on 5 people to really pray hard for between Ascension Day and Pentecost (21st-31st May)



Heavenly Lord Jesus,
Thank you for giving us your unfailing love in this time of waiting.
Thank you that we can live with hope in our hearts because of you.
Help us to ask for your forgiveness and to put you first in our lives.
Amen.

ARE YOU UP FOR THE CHALLENGE?

Can you think of something you've had to wait a long time for?

(I don't just mean waiting for Instagram/Website/PS4 game to load!)

Answer the following questions about it:-

- How did you feel while you were waiting?
- Did you seek forgiveness or need to forgive someone else before that thing happened?
- Were you able to understand the 'right time' for that thing to happen?
- Did it getting the thing you wanted, depend on someone else doing something for you?
- Where did God come into the situation for you? Did you pray more than once for it/your forgiveness or find yourself trusting more in Him through the wait?
- At which points did you remember the hope, forgiveness and love we have in Jesus?

The BIG Q

forgive

Ephesians 4.31-32

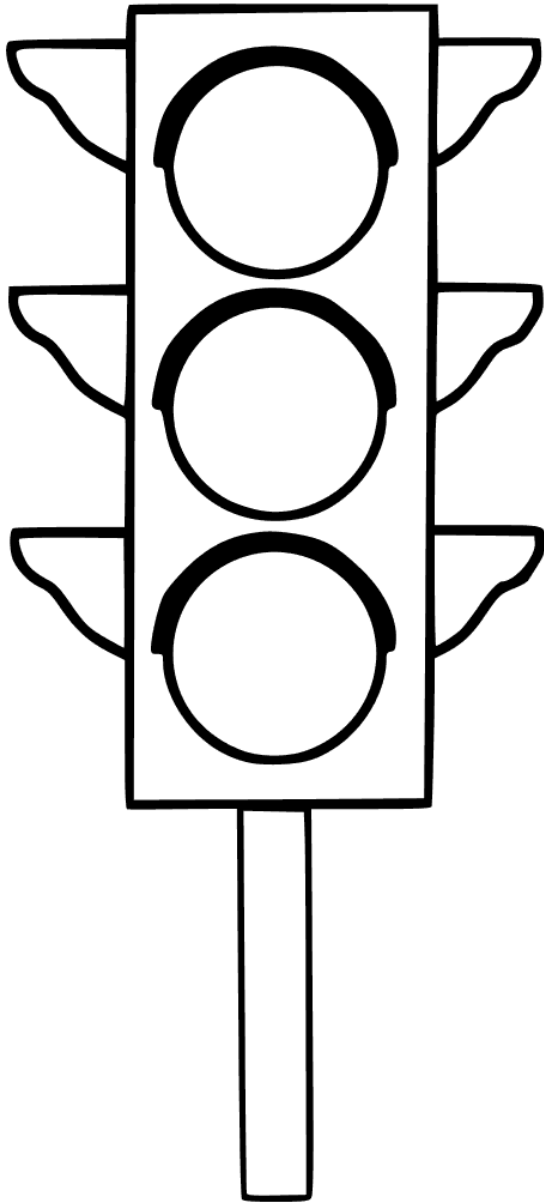
Get rid of all bitterness, rage, anger, harsh words, and slander and all types of evil behaviour. Instead, be kind to each other, tenderhearted, forgiving one another just as God through Christ has forgiven you.

**THERE IS
ALWAYS
HOPE**

**GOD IS GOOD TO
THOSE WHO
WAIT FOR
HIM**

Lam 3.25

Traffic Light Prayer Activity



STOP

Stop! Think about and say sorry for the things you've done wrong

WAIT

Wait – take time to sense God's forgiveness and chance to start afresh

GO

GO! Live the life that God wants for you, be the person He created you to be. Live in His love and forgiveness by His Holy Spirit

Heavy-duty craft option: Create your own timer!



1. Decide what you're going to use in your timer – fine sand, salt, possibly sugar or 100's&1000's, squash etc may work well
2. **With an adult**, hammer/poke a hole into the middle of both lids of your containers
3. Fill ONE jar with your chosen contents and seal the lids to the jars as strongly as possible
4. Then stand one on top of the other and wrap the lids with a strong tape to hold them together
5. Enjoy watching the contents move from the top to the bottom.



How many people can you pray for before the timer runs out? Let us know!

