

Activities instructions

Today we are looking at God's presence with us and how he values us through Psalm 139, Deuteronomy 33:27 and Luke 12:6-7

Counting

For this activity you will need: rice or cous cous (or some other very small items) a teaspoon, and a glass, a calculator(optional)

Count out how many grains of rice/cous cous fits onto your teaspoon. Then use your teaspoon to fill your jar or glass with rice/cous cous. Remember to count how many spoons you add to the jar! Now use the number of grains on the first spoon and the number of spoons you put into the jar to estimate how many grains of rice/cous/cous are in the jar. It will be a huge number!

In Psalm 139 it tells us that God thinks about us even more times than the grains of sand and that is a much bigger number than the grains in our jar. Think of the size of one beach and then think how many beaches are around the world and then think God thinks about me more than that number of times. I might be one little human being on this huge planet Earth but God thinks of me that number of times – that is just awesome!

How precious are your thoughts about me, O God! They are innumerable! I can't even count them; they outnumber the grains of sand! And when I wake up in the morning you are still with me! Psalm 139:17-18

Food person

Remember to wash your hands before this food activity

For this activity you will need: fruit and veg pieces or marshmallows and/or soft jelly type sweets and cocktail sticks (or a plate)

Make up a person shape using your cocktail sticks and the sweets/fruit & veg pieces or make it up on a plate.

In Psalm 139:14 it talks about how God has made our bodies so wonderfully and complex. As you work, think about your body, about how your heart beats, how your food is digested and used to keep you healthy and growing, how your eyes see and ears hear. What else do you know about how your body looks inside? And thank God for all the amazing things your body does.

Thank you for making me so wonderfully complex! Your workmanship is marvellous – and how well I know it. Psalm 139:14

Origami heart

For this activity you will need: paper (any size) and some pens/pencils

Make up the origami heart (watch the video to find out how to do this). Write the verse (see below) onto another piece of paper and fold it and put it in the pocket of the heart to keep it safe.

As we work talk about how God knows everything about us, the good and the not so good, and that we can always say sorry to God for the times we don't make the best decisions or do wrong things. He is always ready to forgive us.

O Lord, you have examined my heart and know everything about me. Psalm 139:1

Picture for the Fridge or Noticeboard

For this activity you will need: paper, a printer, some markers/colouring pencils and the verse below

Print out a boarder for your page and then write the verse onto thew centre of the page. You could use bubble letters. (alternatively, for very young children write or print out the verse for them and have them decorate the boarder. This could also be done if you do not have access to a printer at home) You can find the boarder I used at this link and also the option to choose other boarders of your choice.

https://www.pageborders.net/preview/Colorful_Border

As you work remember that no matter what is happening around you God is always with you and holding you. This picture of God's arms always being under me, makes me think of the poem 'Footprints in the Sand' where a person is looking back over their life and sees how God was walking beside them when life was good. But wonders why, when life was tough, that there was only one set of footprints and thinks it is because God wasn't with them but God says that is because at those times I was carrying you. If you would like to read this poem you can find it here

<https://www.onlythebible.com/Poems/Footprints-in-the-Sand-Poem.html> Hang your picture somewhere where it will remind you that God is with you always and forever.

The eternal God is your refuge, and his everlasting arms are under you. Deuteronomy 33:27a

Bird feeder

For this activity you will need: seeds/nuts/pieces of apple/some dried fruit, a milk or juice carton and some string, (alternatively you could use half of an empty orange or grapefruit skin and string) and something to poke holes in the top of the carton or in the citrus peel to thread the string through would also be useful

Another option is to use a toilet roll insert with string attached to hang it up. And cover this in peanut butter and roll it in seeds.

You can find out more about what to feed birds at these links

<https://birdwatchireland.ie/irelands-birds-birdwatch-ireland/garden-birds/feeding-your-garden-birds/>

<https://www.rspb.org.uk/birds-and-wildlife/advice/how-you-can-help-birds/feeding-birds/safe-food-for-birds/household-scraps-for-birds/>

Make up your bird feeder. Place food in it and hang it out on a tree and watch the birds.

As you work talk about birds and how God provides worms and berries to feed them. Luke 12:6-7 tells us the God values us or loves us even more than the birds so he will look after us too.

What is the price of five sparrows? A couple of pennies? Yet God does not forget a single one of them. And the very hairs on your head are all numbered. So don't be afraid; you are more valuable to him than a whole flock of sparrows. Luke 12:6-7