

# FAMILY TIME

EXPLORING PSALM 139

We have created a series of games and activities that you can journey as a family that will help you explore the Psalm 139.

You could choose to carve out some time on Sunday morning and use the activities to do church together, but feel free to choose a time in your week that works best for you.

At the end of these activities, it is our hope that you will begin to think more about who God is and what his character is like, and in turn respond with praise, whatever your situation may be!

## Who are they for?

We have pitched these sessions predominantly at Primary school aged children, but most of the activities are accessible for all ages. If you have pre-schoolers, they will have fun with the activities and will still grasp lots of the concepts about their Father God, even if the Bible text is too advanced for now.

## What does a session look like?

It would be great if you could have Bibles available for everyone to use.

Help your children with finding the passage.

We have included a printable copy of all of Psalm 139 that you can read through together at the end of each session if your children are older.

Then you can talk about the things God is highlighting to each of you.

If your children are younger, when you are reading the Bible passages, explain any more complicated words before you start, or use a different version if you prefer.

We are praying that you have some amazing family times together and that this time at home becomes a season of accelerated spiritual growth for you as a family.

# FAMILY TIME

SESSION 1: PSALM 139:1-3

Before you read the passage from the Bible together, journey through these activities with your children.

That way, when you read the passage at the end, your children will understand each phrase more clearly.

## TASK 1

“You know when I sit and when I rise.”

Show everyone some movie clips on YouTube. Pause them at crucial points in the scene and play a game where the children have to guess what happens next. What will the people do next? Alternatively, you could play some songs. Pause them mid-sentence and take turns guessing what lyrics come next.

Explain that God knows everything about us.

He even knows what we are going to do next.

He knows when we are going to sit down, when we are going to wake up in the morning, what you are going to play with later, what you will have for dinner, what stories you will choose at bedtime... God knows all these things, even before we do!

## TASK 2

“You perceive my thoughts from afar”

Ask your family to each think of something that makes them happy and something that makes them sad. Tell them not to tell anyone else in the room at all, just think about them in their head.

Explain to your children that even though no-one in the room knows what they are thinking, God knows every single thought they have.

## TASK 3

“You are familiar with all my ways”

Play some music and have a game of musical statues.

Tell your family that every time the music stops, they should freeze and make a different shape with their body each time... the stranger the better.

An opportunity here for lots of laughs as your children watch your funny dance moves!

Tell your children that God is familiar with all the things they can do. He made their bodies to be able to do all sorts of things. Ask them if there are some things they can do that other people can't? Maybe they are double jointed? Maybe they can stand on their head? Tell them that we are all different and God knows all the things that they can do that no-one else can do quite the same.

# FAMILY TIME

SESSION 1: PSALM 139:1-3

## The Bible bit...

Help everyone to find the Psalm in their Bibles,  
and read the following verses to finish off.

Pray before one of you reads it out loud.

Ask God to speak to you all as you read and listen together.

Highlight any word or phrase that jumps out so that you  
can share what God is showing you personally at the end.

## Psalm 139:1-6

**You have searched me, Lord,  
and you know me.**

**You know when I sit and when I rise;  
you perceive my thoughts from afar.**

**You discern my going out and my lying down;  
you are familiar with all my ways.**

Ask your family what parts of the passage God is highlighting to them?

What jumped out at them?

What was the Holy Spirit teaching them as they read?

Perhaps you could finish by playing a worship song and praying for each other.