

St Wilfrid's Family Focus 21st June 2020 – Psalm 139

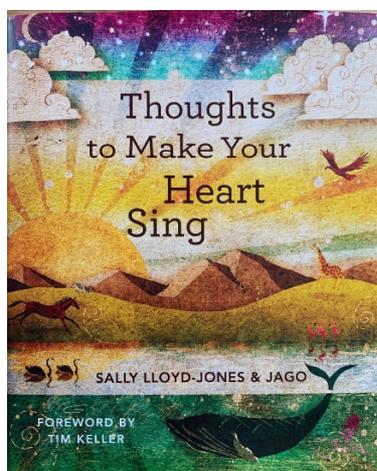
Welcome to this week's Family Focus! A weekly opportunity for you to gather together as a family and spend some time with God. As usual there is a story to read, some things to wonder about, a song to sing and some suggestions for activities and prayer. Use them in whatever way works best for you. We pray that you will know that God is with you as you meet together today, wherever you are. Have fun!



Story – Psalm 139

Today we are going to look at this well-known psalm. It's a really big Psalm, it talks about how God is always there for us. It tells us there is no where we can go he wont be with us, nothing can hide us from him and how God has had a plan for our lives before time even began.

I wanted to look at this Psalm based on this reading from 'Thoughts to make your Heart Sing' by Sally Lloyd Jones and Jago:



On Purpose

Did you just end up here on earth? Was it an accident?

The Bible say it wasn't a mistake or an accident. It was a plan. You didn't just end up here. God put you here on purpose.

God wanted you here, and he had to have you here right now. Because he has a wonderful plan for you- something that only you can do.

Every single thing about you – the colour of your eyes, your name, what you love, everyday you live – God knew before time began.

Even before you were born, he loved you. You began in God's heart.

You are his. Made by him. Made for him.

Here is a version of the Psalm beautifully told using Lego;
<https://www.youtube.com/watch?v=7eQ7D-A00Bw>

If you'd like to read it as it is written in the bible you can see it here on the bible gateway;
<https://www.biblegateway.com/passage/?search=Psalm+139&version=NIV>



I wonder...

It is great to ask questions about Bible stories, and to wonder what God might be saying to us through them. Perhaps you could have a think and a wonder about some of these questions with other people in your family.

I wonder how you feel about having a purpose?

I wonder what you think your purpose is?

I wonder how does this story make you feel?

I wonder if there was a part that you didn't like?

I wonder what this story tells us about God?

Does this story have a message for us today?

I think this kind of never stopping, never giving up, unbreaking, always and forever love can feel a bit hard to understand. The idea that God knows each day before we live it feels a bit strange, maybe overwhelming. But the idea that God knows our strengths and our gifts and has put us where we are is very comforting isn't it? Things are very strange at the moment and each of us is struggling with different things. This Psalm tells us that God has 'searched us' that he knows us and his work in our lives is leading us to our purpose. So even though we might feel a bit lost sometimes we can be reassured that God has a plan.



Song

Good Good Father - Chris Tomlin

<https://www.youtube.com/watch?v=-ak0OoFBw3c>

Our God is a Great Big God

<https://www.youtube.com/watch?v=eSTfM8M2Md8>



A prayer

Dear God,

Thank you that you are always with me. Thank you for our wonderful world and for the gifts you have given me. Please God help me when I'm struggling, help me to feel your peace in my heart.

In Jesus Name

Amen



Activities

Handprints

We need only look down at our own hands to see our unique finger prints and marvel at how wonderfully we are made. How fabulous to think that God knows every swirl and wave?

Make some handprint art, you could do this as a family, with Salt Dough, paint, trace and cross stitch if you're feeling very talented!

We did this recently and used this Salt Dough recipe;

240g flour
120g table salt
120ml water
Baking parchment
Child safe paints/string ribbon (optional)

Preheat the oven to 140/fan 120 and line a baking tray
Mix flour and salt and slowly add water until it comes together in a ball.
Knead until mixed roll out and enjoy!

This should make between 3-4 handprints; we made a family one and ended up with adult hands over the edges using this amount. It should take around 2 hours in the oven and once cool can be decorated. Don't forget to pop a hole in it before drying it out if you intend to hang it on a ribbon!

Paint is an easy way to do it too, with questionably less mess (?) but also very fun!



Or if you aren't in to messy fingers can you draw around each other's hands? Maybe have a go a writing something on your hands, something you want to say to God?

There are lot of ways to have a lot of fun with this, if you do make some some prints we'd love to see them on the Families as St Wilfs facebook page!

How well do you know me?

A fun game to play as a family, you can write your answers down and keep score or just chat through the questions together and hopefully have a bit of fun together. These are some ideas of questions you might ask each other. How well do you know the other members of your household? It's mind boggling to think how well God knows us, even better than we know ourselves!

What is my favourite food?

What's my favourite TV show?

What's something that always cheers me up when I'm sad?

What is my favourite song or artist?

What are my talents?

What is my favourite hobby?

What is one of my best memories?

If I could be any animal, what would it be?