

Together @ Home

Here are some activities you could do together as a family. Begin with the story and then do as many or as few as you like, in any order.



Bible Passage

Today we will be exploring the story of David hearing about Saul's death. You can find it in your Bible in:

2 Samuel 1 v 1-17

Read the story together – choose a Bible translation or children's story version which best suits your group.



A prayer to say together

Dear God,

Thank you for the story of David mourning the deaths of Saul and Jonathan. David experienced many different emotions when he heard the news, thank you God that you care about all our emotions and feelings.

Thank you for those friends and family around us who can support us through sad or difficult times. Help us to be good friends to others, to listen when they share their feelings and to offer support.

Amen

Discussion

A question for adults to ask children

How do you think David felt when he heard that Saul and Jonathan had died?



In the passage we see a lot of different emotions from David when he hears the news. He is sad and upset tearing his clothes as a sign of mourning. He is angry at the young man who had killed Saul even though he had been following the instructions Saul had given him. Perhaps David also felt a little relief, he had been running away from Saul for a long time, now he no longer had to hide.

When we hear sad news we can feel lots of different emotions too, just like David we may feel upset or angry, confused or even relieved.

A question for children to ask adults

What do you do to help you deal with difficult emotions?

In 2 Samuel 1 v 17-27 we read David's lament for Jonathan and Saul, writing poems and songs was one of the ways David processed his emotions pouring them out before God. We can share our feelings with God, good friends and family when we are going through difficult times.

Family Activity 1

Feelings faces: David knew that God cared about all his feelings and emotions. Take it in turns to call out a feeling e.g. angry, sad, excited, happy. Everybody else should find items around the room to create a face picture. You could also play this game outside with natural materials such as stones, twigs and leaves.





A verse to remember

Psalm 130 v 5

I wait for the Lord to help me, and I trust his word.

Try to learn this verse together, you could come up with some actions to help you remember it or decorate the verse on a piece of paper or card together and put it up somewhere to remind you of it through the week.

Family Activity 2

David had been hiding from Saul for a long time, you can read one of the stories of David hiding from Saul in a cave in 1 Samuel 24.

Play your own game of hide and seek together as a family.



Active Prayer

In Psalm 56 v 8 David wrote that God collects and keeps track of our tears. David knew that that God was always listening when he shared the things that made him feel sad or upset. Try this prayer activity to share your sorrows with God.

Fill up a glass of water at the sink. As the glass fills tell God all the things that are making you feel sad either out loud or in your head.

Then gently pour the water away and ask God to comfort you and be near to you.

You could complete the activity individually or spend some praying together and sharing with God anything that is making you feel sad or upset.

Mourning the losses

This last year has been full of losses, while not everybody will have lost loved ones all of us have missed out on opportunities, celebrations and time with friends and family. Why not take some time to share together about the things in the last year that you have most missed out on? You could pick the following questions out of a hat and share your answers.

What did you miss most in the last year?

What unexpected changes did you enjoy?

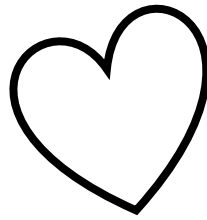
Who do you wish you could have spent more time with?

What is your best memory from the last year?

You might also like to use the following reflective resource based on Ecclesiastes 3 and available from the Together at Home website.

www.tath.co.uk/leaving-lockdown

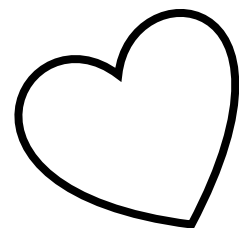
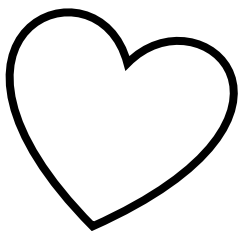




I wait for the Lord
to help me, and I
trust his word.



Psalm
130 v 5



PUZZLE SHEET

Unscramble the emotions words and match them to the pictures then find them in the wordsearch.



ads



pyahp



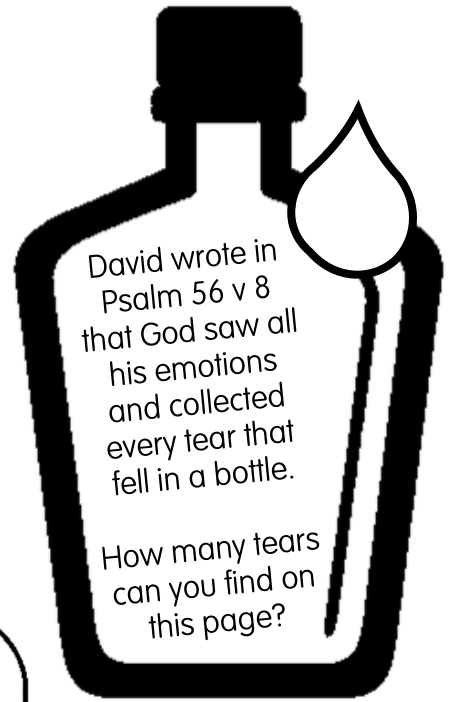
nrayg



riredow

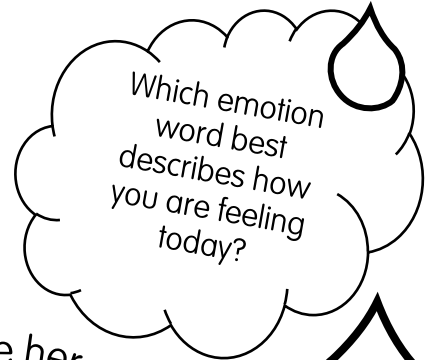


dixtcee



David wrote in Psalm 56 v 8 that God saw all his emotions and collected every tear that fell in a bottle.

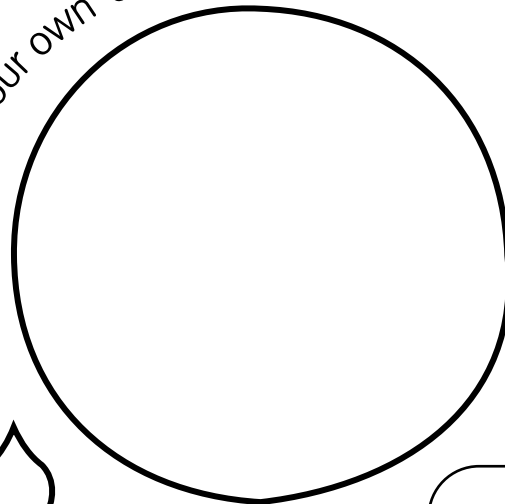
How many tears can you find on this page?



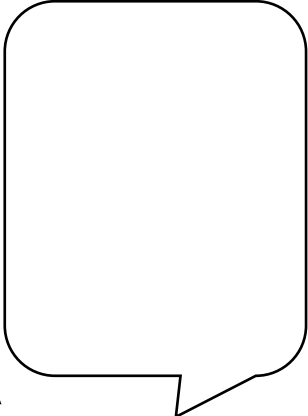
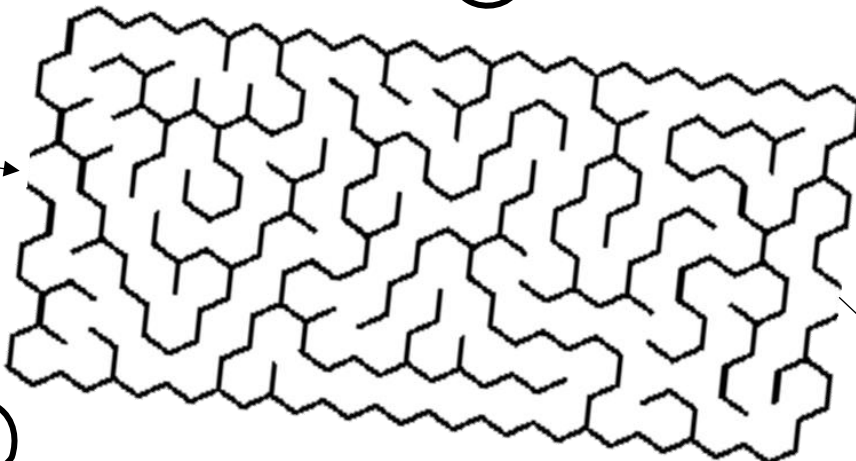
Which emotion word best describes how you are feeling today?

a	u	s	g	p	h	k	h
i	n	m	w	i	c	a	d
k	w	g	x	c	p	d	e
k	v	h	r	p	s	u	i
w	u	t	y	y	r	v	r
b	h	n	o	o	r	s	r
c	p	d	r	s	l	a	o
e	x	c	i	t	e	d	w

Create your own 'emoji' face here.



David talked to God and shared how he was feeling.
Can you carry David's message through the maze?



What feelings would you like to share with God today?