

## Children and family talk for 17<sup>th</sup> January 2021

Good morning, and welcome to the children and family worship from Christ Church URC, Rayleigh. Let's start our worship by talking with God, and we're going to pause for a moment in our prayer to help us to listen, with verses from 1 Samuel 3.

*Lord God, I want to listen to you and hear your plans for me. Just as Samuel eventually listened and heard your voice, so I want to hear you speak your words into my life. (Pause)*

*"And the Lord came and called out as before, 'Samuel! Samuel!' And Samuel, replied 'Speak, your servant is listening.'*

*Thankyou Lord for listening to us and answering our prayers. Amen*

Today we are going to be reading from one of David's songs; Psalm 139. In these verses we will find David talking or singing to God about how well God knows him, and how God is always with him.

Our Bible reading today is from Psalm 139.verses 1-6, and 13-18

O Lord, you have examined my heart and know everything about me. You know when I sit down or stand up. You know my thoughts even when I'm far away. You see me when I travel and when I rest at home. You know everything I do. You know what I am going to say even before I say it, Lord. You go before me and follow me. You place your hand of blessing on my head. Such knowledge is too wonderful for me, too great for me to understand!

You made all the delicate, inner parts of my body and knit me together in my mother's womb. Thankyou for making me so wonderfully complex! Your workmanship is marvellous – how well I know it. You watched me as I was being formed in utter seclusion, as I was woven together in the dark of the womb. You saw me before I was born, every day of my life was recorded in your book. Every moment was laid out before a single day had passed. How precious are your thoughts about me, O God. They cannot be numbered! I can't even count them; they outnumber the grains of sand! And when I wake up, you are still with me!

Let's praise God now as we sing: Teach me to dance

Teach me to dance to the beat of your heart,  
Teach me to move in the power of your spirit,  
Teach me to walk in the light of your presence,  
Teach me to dance to the beat of your heart.

Teach me to love with your heart of  
compassion,  
Teach me to trust in the word of your promise,  
Teach me to hope in the day of your coming,  
Teach me to dance to the beat of your heart.

You wrote the rhythm of life,  
Created heaven and earth;  
In you is joy without measure.  
So, like a child in your sight,  
I dance to see your delight,  
For I was made for your pleasure, pleasure.

Chorus

Let all my movements express  
A heart that likes to say 'yes',  
A will that leaps to obey you.  
Let all my energy blaze  
To see the joy in your face;  
Let my whole being praise you,

Praise you.

Chorus.

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Make way music.

### **Let's talk about the bible reading:**

*Psalm 139 is a song that David wrote, praising God. Parts of it have been put to music for us to sing with various tunes over the years, but I just like to read it, because then I can pause and think about what David has written. Who do you know that knows you really well? Perhaps your parents know you the best, or a friend or grandparent, or maybe you have a trusted adult that you feel knows you really well?*

*David is writing about how well God knows him. God doesn't just know what David looks like on the outside, God knows him on the inside too. God knows what David is thinking about, and what he is about to say before he even says it! Do you have a friend or someone you are close to who sometimes finishes your sentences for you? God can read our minds even better than that!*

*Then David writes that God was there from the very beginning, before David was born, God was there helping to put him together inside his mother's womb.*

*David also writes that God's thoughts are precious, and that there are so many they would outnumber the grains of sand. Have you ever tried to count the grains of sand at a beach? Well, you could have a go next time you are able to go, but there are so many it would be virtually impossible! This is how much God thinks about us! What a wonderful thought. And then there is the reassurance that God is always with us, right from when we wake up in the morning and God is still there.*

Let's talk to God again now:

God there are no words to tell you how much we love you. We rely on you to help us, to guide us and to be our friend. Thankyou that you know us so well, thankyou for always being there. Amen.

Let's all do the Grace together, follow me for the actions

May the grace of our Lord Jesus Christ (Hold out hands as if expecting a present)

And the love of God (Put your hands on your heart)

And the fellowship of the Holy Spirit (Hold hands)

Be with us all now and for ever. Amen! (raise hands together on the Amen)

The children's sheet from Roots:

<https://www.rootsontheweb.com/media/21756/17th-january-2021-activity-sheet.pdf>