

## **Children and family talk for 7<sup>th</sup> February 2021**

Good morning, and welcome to the children and family worship from Christ Church URC, Rayleigh. Let's start our worship by reading from Isaiah 40 verses 28-31.

*"Have you never heard? Have you never understood? The Lord is the everlasting God, the Creator of all the earth. God never grows weak or weary. No one can measure the depths of God's understanding. God gives power to the weak and strength to the powerless. Even youths will become weak and tired, and young people will fall in exhaustion. But those who trust in the Lord will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint.*

Let's sing now:

### **Be bold be strong**

Be bold, be strong, for the Lord your God is with you,

Be bold, be strong, for the Lord your God is with you.

I am not afraid, no, no, no!

I am not dismayed, Not me!

For I'm walking in faith and victory,

Come on and walk in faith and victory.

For the Lord Our God is with you.

Morris Chapman SoF 37, MP 49, JP 14 Copyright 1983 Word music Inc/Word Music (UK)

Our Bible reading today is from Psalm 147 verses 1 to 11 and 20c.

Praise the Lord! How good to sing praises to our God! How delightful and how fitting! The Lord is rebuilding Jerusalem and bringing the exiles back to Israel. God heals the broken hearted and bandages their wounds. God counts the stars and calls them all by name. How great is our Lord! God's power is absolute! God's understanding is beyond comprehension! The Lord supports the humble, but brings the wicked down into dust.

Sing out your thanks to the Lord; sing praises to our God with a harp. God covers the heavens with clouds, provides rain for the earth, and makes the grass grow in mountain pastures. God gives food to the wild animals and feeds the young ravens when they cry. God takes no pleasure in the strength of a horse or in human might. No, the Lord's delight is in those who fear God, those who put their hope in God's unfailing love. Praise the Lord!

Let's praise God now as we sing:

## **Shout for joy and sing your praises to the King**

Shout for joy and sing your praises to the King,  
Lift your voice and let your hallelujahs ring;  
Come before His throne to worship and adore,  
Enter joyfully now the presence of the Lord.  
You are my creator, you are my deliverer,  
You are my redeemer, you are Lord,  
And You are my healer.  
You are my provider,  
You are now my Shepherd and my guide,  
Jesus, Lord and king, I worship you.

David Fellingham SoF 296 copyright 1988 Kingsway thankyou music.

### **Let's talk about our Bible verses:**

*This song of praise was written when God's people, the Israelites were returning to Jerusalem and the writer is full of excitement and wants us to praise God. But what is praise and what does it do? Praise can take our mind off our problems and things we are not good at, and focus us on God. When you look at the wonder of God's world, I mean really look, it can take you away from your worries and cares. For instance, try looking at a tree, follow the stark winter branches of an oak tree for instance and see how they divide continually into smaller and smaller branches. Or watch the clouds change and move as they cross the sky. There is so much to wonder at in our world, particularly in nature. Praise can also help us to think about and appreciate God's character. What is God like? Powerful? Caring? All-seeing? And praise can lift us from thinking about the ordinary things of our everyday lives to thinking about heavenly things.*

*The writer also talks about God's understanding, saying that God's understanding is beyond anything we could understand. Sometimes we don't understand ourselves, what we want, or feel or what is wrong with us. But God does. He understands us fully, so if you feel like that, remember that God understands you perfectly, try to take your mind off yourself and focus on God, try to become more like God and the more you learn about God the better you might understand yourself.*

Let's talk to God:

Lord God, we don't feel much like praising you always, sometimes things seem too gloomy and we can't find the right sort of joy. But Lord we do praise you! You are great and wonderful and full of love. Help us to find You Lord in and around us, especially when we are feeling down. Thankyou Lord. 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:

[7th-february-2021-activity-sheet.pdf \(rootsontheweb.com\)](https://www.rootsontheweb.com/7th-february-2021-activity-sheet.pdf)