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# FAITH @ HOME

## WEEK OF AUGUST 9, 2020

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### Some ideas for continuing Psalm 139 through the week

*It is a basic human desire to be fully seen, known, and loved, which are needs that can only be fully met by God. As spiritual beings, children have these same yearnings even before they can verbalize them. This psalm gives us a chance to think through these needs ourselves, and to think about how we can introduce children to their desire to be loved by the One Who made them, Who knows them, and Who longs to lead them. This is a lifelong journey that can begin from a young age, because the desire is there in each person from the beginning. Have fun exploring this with your children!*

*Parents with littles – if you just need one or two ideas, the don't-miss ideas for young kids are in green.*

*Black font is an all-play for children, teens, and adults*

Be sure to check out several translations. You may enjoy this Lego rendering of Psalm 139

<https://www.youtube.com/watch?v=7eQ7D-A00Bw>

### Fully Seen

- Flashlight tag: Read Psalm 139: 1-12. Ask the players if there is any where they can go that God doesn't know where they are. If they don't know, help them understand that God, who loves them, is everywhere, and they can never be hidden from God. Play flashlight tag – The person who is "it," needs a flashlight. Everyone else hides in a dark environment. Be sure to set clear boundaries and let them know to call out if they get scared before you get there! Young children may like to be buddied up so they aren't alone in the dark. When "It" finds them, rejoice that there is nowhere we can go to hide from God.

### Fully Known

- Elementary and middle schoolers will especially love this video, but it's cool for everyone to see these statistics: Fearfully and Wonderfully Made: <https://www.youtube.com/watch?v=00RlokVPoh0>
- ? Talk about it: These numbers are generalizations and averages. God knows the SPECIFICS about these things for each of us! How does it make you feel to know that God knows how many hairs are on your head? On your arm? How many breaths you have already taken today? And that He cares?
- ? For quiet thinking or journaling: Is there anything you wish He didn't know about you? Did you know that He knows all the good, all the bad, and He loves each of us just as we are? How do you feel to know that there is nothing you can ever do that will make Him stop loving you? Do you believe that? It's TRUE!
- Using a washable marker or inkpad, have each person in your household make a thumbprint. Can you see the differences? They are each different! In fact, fingerprints can be used to identify people, because they are each unique. God made us each unique, and we can see that in our fingerprints.

- Spend some time thinking about identity with upper elementary kids and teens. Remind them that the One Who made them gave them their identity, and just like their fingerprints, that identity is unique and unchanging. Who does God say we are? Look up these verses and unpack them together:
  - 2 Corinthians 5:17
  - 1 Peter 2:9
  - John 15:15
  - 1 Corinthians 3:16
  - Ephesians 2:10
  - 1 John 3:1
- With younger children, have a tasty conversation. Cut out some sugar cookies using a gingerbread cutter. Notice how they all look pretty similar. Have them look around your family and observe if everyone is exactly the same. No? Why not? Does God use a cookie cutter to make people all the same? No! When the cookies come out of the oven, have fun decorating them, and noticing how each one of the cookies is unique. Remind them that God made each person unique and special, precious and loved, from the inside feelings and thoughts that only God can see to the outside where we can all see the unique and beautiful ways we are similar and different.

## Fully Loved

- The idea of being fully seen, fully known, AND fully loved is a big one. When we realize we are loved like this, we can invite God to search us and lead us! You might like to make a finger labyrinth to help you as you ponder and respond to His love in trust. A finger labyrinth lets your fingers walk or trace a path from the outer edge to the heart of the labyrinth while you chat and listen to God. You can make a finger labyrinth with whatever you have on hand - Legos, rolled up clay or aluminum foil strips, or a pattern of glue dried in a spiral on a paper plate. The idea is to let your fingers walk along the little labyrinth while your mind connects with God's wonderful vision for you. You might want to listen to Psalm 139, or ponder a question to get started.



- ? Who do you know the best in the whole world? Do you know everything about them? Do they know everything about you?
- ? How does it feel to know that God knows everything about you and loves you best of all?
- ? Imagine God, Who loves you dearly, is creating art to show feelings for you. If those feelings were a painting, what would they look like? If they were music, what would they sound like? If they were a scene in nature, what would they be?
- ? Where do you think God might be leading you right now? Is there something He is showing you?

### Some music suggestions related to Psalm 139:

“You Know My Name” – Rivers & Robots <https://www.youtube.com/watch?v=9pXzh84ZcK0&feature=share>

“Canvas and Clay” - Pat Barrett <https://www.youtube.com/watch?v=OcDRp0zWGIw&feature=youtu.be>

Echoes of Psalm 139 Spotify playlist [https://open.spotify.com/playlist/3qrES0nffO4SDIq7uDNgMB?si=r\\_xUAbN-QeOjI2MCaBON0g](https://open.spotify.com/playlist/3qrES0nffO4SDIq7uDNgMB?si=r_xUAbN-QeOjI2MCaBON0g)