



# Authorised Mess — PSALMS

## Your details

Name: Janet Tredrea

Church: Truro Methodist

<b>Bible book</b>	<b>Psalms</b>
<b>Theme of session</b>	<b>The psalms are songs which reflect almost all human conditions and emotions.</b>
<b>Notes</b>	<b>This has been trialled several times now and seems to go smoothly.</b>

## Session details

<b>Categories of activities to get a mix</b>	<b>Activity name</b>	<b>Instructions</b>	<b>Resources needed</b>	<b>Reason for doing this activity</b>
Younger participants	We are his sheep	Fold the card in half. Glue fluffy bits of wool to the sheep outline. Write inside the card 'The Lord is my shepherd' using Letraset/stencils.	White card (A4) with printed outline of a sheep on the lower half, offcuts of white wool or similar, glue sticks, felt tip pens, Letraset lettering/stencils.	Psalm 23 is like a picture of God and us. He is the shepherd and we are his sheep.
Older participants	Tea-bag cheerer!	Write 'To cheer you up' and 'From...' around top/bottom edges of the paper plate. Using the art of round tea bag folding, make a colourful rosette from the paper circles and fix to the middle of the plate. Make a pouch from the card, insert the tea bag and attach to the back of the plate. Finally attach some ribbon to hang it up.	Paper plates, 3-in paper circles (wrapping/tissue paper), glue, pens, scissors, card, ribbon, tea bags.	The psalmist is often sad and in need of cheering up (see, for example, Psalm 6). Encourage people to think of others who might be a bit 'down', to whom they could give their card.



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Categories of activities to get a mix	Activity name	Instructions	Resources needed	Reason for doing this activity
Girls	Word in an envelope	Write on the underside of the envelope flap 'I have hidden your words in my heart'. Cut a heart from red metallic paper and stick this on the back of the envelope. Now cut an open book from card and squiggle on it to look like verses from the Bible. Attach one end of the ribbon to this and the other end to the inside of the envelope. Complete by tucking the 'Bible' inside the envelope.	Small envelopes, scraps of red metallic paper, glue, templates for a heart and an open book, narrow ribbon, pens/pencils, scissors.	The psalmist realised that when we learn about God's word, we need to keep that inside us so that we can live by it (Psalm 119:11).
Boys	Musical instruments	Make simple percussion instruments from everyday items.	Assortment of containers and things that will make a rattle (for example, rice, pasta and so on), colourful items to decorate.	It is good to make a joyful noise to God (Psalm 150).



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Word-based	Hallelujah banner	Print/write an outline of the word Hallelujah on the A3 paper. Colour the letters and draw pictures of some of the things the psalmist praises God for (sky, weather, animals and so on). Mount the finished banner on some card and add these words: <i>Try finding some Psalms for kids on the net!</i> <a href="http://www.essex1.com/people/paul/psalms.html">www.essex1.com/people/paul/psalms.html</a>	A3 paper, large piece of card, felt tip pens, glue.	There are many times in life when we are simply happy and feel like praising God for all his good gifts to us (Psalm 146–150).
Food-based	Honey joys	Cut the block of margarine into 10 portions. Take one portion of the margarine, add a spoonful of white sugar and a squirt of runny honey. Melt this in a microwave and then add a basin full of cornflakes and stir till coated. Spoon the mixture into four bun cases. Cook at 180 degrees for approx 5 min.	Block of hard margarine (25 g), white sugar, runny honey, cornflakes, small mixing bowls, wooden spoons, small individual pudding basin, bun cases, microwave.	We are told to remember that God's laws are sweeter than honey (Psalm 19:10).



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Explores global aspect of faith	Planets	Lay the circles of card on cold water containing marbling ink. Lift off and gently dab with paper towel. Prepare a 'ring' from a thin oval shape of paper-backed silver foil (about 6 in wide). Now cut a 4-in slit across the middle and slip the planet in.	Trays of water, 4-in card circles, marbling ink (variety of colours), paper-backed silver/metallic paper, paper towel, scissors.	Humans are very small in comparison to the mighty work of God in creating not just our planet, but the universe as well. Isn't it marvellous that God bothers with us! (Psalm 8:3–4)
Opens up great art	Chinese lanterns to light the path	Fold the piece of card in half lengthways. Snip at intervals along the folded edge but don't cut all the way to the edge. Now unfold the card and staple or glue the short edges of the lantern together. Punch two holes opposite each other in the top of the lantern and insert a narrow stick for carrying. Put a small cardboard tube covered in gold paper inside for lighted effect if you like.	Rectangles of card or similar (at least A5), scissors, staplers, glue, hole punch, small sticks, cardboard tube and gold paper (optional).	All the teachings and laws of God give us guidance to live by, an instruction manual. His words are a lamp along our paths of life (Psalm 119:105).



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Quiet	Star shine bottle	Fill the bottle with water and add one drop of blue food colouring and a teaspoon of glycerine. To this, add metallic confetti stars, some coarse glitter ('space dust'), plastic circles ('planets') and a moon. Drop in the laminated slips. Finally, glue around the bottle top and screw the cap on. Shake the bottle to see the night sky shine.	Empty small plastic bottles (0.5 l), funnels, glycerine, blue food colouring, teaspoons, star-shaped confetti, coarse glitter, plastic circles/moons, glue, laminated slips with the words 'The heavens declare the glory of the Lord', protective table covering and paper towels.	The psalmist was overwhelmed by the night sky (Psalm 8). He wondered what kind of a great God could create such beauty in such a huge space.
Really messy	Blow a tree!	Put 5–6 drops of runny brown paint in one spot on the paper. Slightly tilting the paper away from you, blow the paint in different directions with a straw to make branches for the tree. Now add 'leaf clumps' among the branches with the sponges dipped into green paint.	A4 paper, paintbrushes, drinking straws, small sponge pieces, brown and green paint, protective table covering.	God wants us to grow with him and when we delight in his teachings we are like strong trees growing by the river and bearing tasty fruit (Psalm 1).



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## Celebration suggestion

Welcome to Psalms worship:

**P** is for praise—referring to Psalm 148, talk about how often the psalmist says 'Praise the Lord' and using the Hallelujah banner made in the activity to talk about things to praise God for.

**S** is for sadness—the psalmist is often sad—read an extract from Psalm 6. Talk about why people might feel down and what cheers them up.

**A** is for alleluia—explain that the Greek word for 'Praise the Lord' is Alleluia. (The Hebrew word is Hallelujah.) Repeat the following verse three times, with each verse getting faster:

Hallelu, Hallelu, Hallelu, Hallelujah  
Praise ye the Lord!  
Hallelu, Hallelu, Hallelu, Hallelujah  
Praise ye the Lord!  
Praise ye the Lord, Hallelujah  
Praise ye the Lord, Hallelujah  
Praise ye the Lord, Hallelujah  
Praise ye the Lord!

**L** is for living with god—The Lord is my shepherd—read an extract from Psalm 23.

**M** is for music—so finish with making a joyful noise to God, by playing the musical instruments made in the activity and...

**S** is for ...singing 'My God is so big' (by Ruth Calkin).



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## Meal suggestion

P for Pizza

S for Salad

A for A dollop of coleslaw

L for Lemonade

M for Mousse

Then go around asking if they would like their Psalm made into Psalms with the addition of Squirty cream!

## Faith in Homes suggestion

- ✿ Open a Bible in the centre and you'll be spot on for the book of Psalms!
- ✿ See if you can find a sad psalm, a happy psalm, the longest psalm, the shortest psalm.
- ✿ How many psalms are there altogether?
- ✿ Can you find a verse anywhere which describes exactly how you are feeling at present? Try to learn it!

## Primary School RE idea

- ✿ Topics on the special book of the Christians, songs in worship, creation.