

# Pawprints - Help!

EG09

**Bible Verses:** 1 Samuel 21-2 Samuel 1, Psalm 69, 70, 121 & 142.

**In this meeting plan we will see that all the help we need originates in God alone.**

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## Leader's notes

Most of us don't really like asking for help. In our society, it's seen as important to be able to stand on your own two feet. Those who rely on others are seen as weak and needy. The purpose of growing up is to be able to be completely independent. Yet this isn't how we're created to be.

God is all about relationship - it's in his very essence as Father, Son and Holy Spirit - and so if we are made in his image, surely we're designed to rely on one another but more importantly to rely on him.

When I think about my life, it's absolutely nuts to even entertain the thought that I can do it all myself. I need help! And God is only too willing to give it, if only I ask.

A very famous Christian once said words to this effect: 'I have an extra busy day today so I must spend 2 hours praying instead of one.' It seems a bit counter intuitive to us - if we're busy, the first thing to go is any notion of a quiet time seeking the Lord in prayer...

In fact just this week God's been talking to me about being so busy with the many things that I forget the one thing that really matters! My life depends on God - he is the source of it and if I forget that, I'm going to get into all sorts of bother.

We might just conceivably cry out to God in the midst of an emergency but I think that God would really like us to want him on hand in the minutiae of everyday!

Some of the psalms this plan focuses on were written by David in the midst of terrible danger. It's unlikely (but not inconceivable) that your children will be in quite so perilous circumstances but they need to know all the same that God is there for them whatever help they need - and whenever they need it.

See how many times you can ask God for help today and what a difference it makes!

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## I Need Help

Warming Up

10 mins

 Discussion

Sit in a circle and remind the children of circle time rules: you may only speak when you have the object; if you don't want to speak, just pass the object on. The question for today's circle is, 'When do you need help?'

At the end of the circle say that today you're going to be thinking about how God helps us.

**The Point:** To think about when we need help.

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## ***Equipment***

Small object to pass around the circle.

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## **Help!**

Warming Up

10 mins

 Game

Use the song 'Help' to play a musical game - either musical statues (stand still when the music stops, anyone who moves is out), musical chairs (sit down on a chair when the music stops & take away a chair each round, anyone without a seat is out) or musical bumps (sit on the floor when the music stops, last one down is out).

**The Point:** Just for fun and to use a song that fits nicely!

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## ***Equipment***

Recording of the song 'Help' by The Beatles. There is a comedy version from Comic Relief in 1989 by Bananarama.

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## **I Look To Him**

Teaching Time

10 mins

Activity

### Psalm 121

Divide the children into smaller groups, each with a leader. Give everyone a sheet and a Bible between the group (or a printout of Psalm 121 (CEV) if you prefer). Let the children work through the Psalm finding the right words - the group leader can encourage them to think about what the psalm means as they do this.

Go through the right answers. Ask the children if they ever need help. What with? Do they think God could help them with this thing? Ask them to draw a picture of God helping them with that thing.

**The Point:** To think about how God might help us.

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## ***Equipment***

Printed sheet for each child (downloadable below), pens, colouring pens/pencils, Bible (CEV).

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# Write Your Own Psalm

Take Away

10 mins

Activity

This item can be shared with your group using the QR code:



This activity will work well with the following Teaching Time activities: all.

Give everyone a psalm template sheet and let them fill in the gaps to write their own psalm. You might like to do your own as an example to give them ideas of how to do it. They can decorate the finished psalms.

**The Point:** To write our own psalm.

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## Equipment

Printed sheet (attached), pens, colouring pens/pencils.

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# My Own Psalm

Take Away

Activity

This item can be shared with your group using the QR code:



# Please Hurry!

Response

10 mins

 Memory Verse

***“You are the one who saves me. Please hurry and help!” Psalm 70:5b***

Teach the children the verse and then get everyone to stand spaced out around the edge of the room. Run to the first child and say the verse. They should then run to the next child and say the verse. They then run to the next child and so on until everyone has said the verse.

**The Point:** To learn scripture.

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## Equipment

None.

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