

# Faith at Home for families

## Summer Holiday Series - Activity 2



Hello from St Mary's Church!

Welcome back to our Summer Holiday Series looking at the Psalms. Today we're going to explore Psalm 8.

Last week we learned that the Psalms are like poems or songs and are really old – 3,000 years old!

We also found out that the Psalms tell us that God is always with us, wherever we go. Isn't that wonderful?

- *I wonder, where you have been this week?*
- *How did you notice that God was with you?*

We are going to be adding to our holiday bunting in our activity this week.

How did you get on with making your bunting flags?

*If you haven't made any yet, the instructions are in Activity 1 of our Summer Holiday Series.*

If you want to send us pictures of your bunting, you can do that on the St Mary's Facebook page.

We look forward to seeing them!



## Psalm 8 – God cares!

You can read Psalm 8 in a Bible you have at home, or look it up on the internet, or read it at the end of this activity sheet.



I wonder if you have ever looked up at the stars in the night sky.

At this time of year, you have to stay up really late for the sky to be dark enough for you to see the stars. But maybe, as it's the school holidays, you might be allowed to go to bed later!

I stayed up late last week because there was something special in the night sky called a comet – it looked like a star, but it had a tail. Comets don't come close by the earth very often and it was really beautiful! *There's a photo of it at the bottom of this sheet.*

## Do you feel small and not very important?

I don't know about you, but when I look up at the big night sky, and see all those billions of stars and planets, it makes me feel really small and not very important.

- Have you ever felt like that?
- Maybe you're the quietest in your group of friends and when you're choosing what to play, your game doesn't get picked.
- Or you're the youngest of your brothers and sisters so you get the last biscuit on the plate.
- Sometimes the people around us just don't notice us!

## God has a job for us!

In the Old Testament we read about someone called David who became the King of Israel.

He wrote Psalm 8 and he knew what it felt like to feel unimportant because he was the youngest in his family and his job was to look after the sheep.

Psalm 8 reminds us that yes, God made the heavens, the stars and the planets.

He made the animals, the birds and the fish too!

But he also made you and me – human beings – and God cares about us so much that he gave us a special job to do. That job is to look after all of God's creation!

*What can we do  
to protect our  
world?*



## God cares about you

So, the next time you are feeling small and not very important, remember that God cares about you and you have a special job to do.

- You might not be able to look after the whole world all at once,
- but you can help by turning out the light when you leave a room to save electricity,
- or by picking up your rubbish when you've finished your picnic.

*I wonder what you will do this week to look after God's creation?*

## A 'thank you' prayer you might like to say

Let's take a moment to thank God for his loving care.

Here's a prayer you might like to say:

Dear God,

Thank you for making all the stars in the sky for us to see.

Thank you that you notice and care about everyone, including me!

Help me to look after Your creation this week. Amen.

## Bunting week 2 – Psalm 8



Try and think of something to put on one of your bunting flags that reminds you of the message of Psalm 8 – that God cares for you and wants you to care for his creation!

- Maybe you can draw a picture of stars in the night sky, or something else that God has made.
- If you go out for a walk maybe you can bring home something small from nature to stick on your bunting flag, like a feather.
- Or you can choose your favourite word or phrase from Psalm 8 for your flag.
- Or you can do all three things!

## Other 'God Cares' Activities

### TAKE A FAMILY NIGHT WALK

- When the sky is clear of clouds, go on a night walk with your family!
- You'll need to wrap up warm and take a torch.
- Find somewhere quiet and dark and look up at the stars.
- I wonder, do you know any of the star shapes ('constellations' is the long word for these)?

### PAPER PLATE CREATIONS

Psalm 8 is about all the creatures God has made.

You can choose your favourite animal, fish or bird and use a paper plate and your craft supplies to create your own!



## Psalm 8: 1-9

Lord our Lord, your name is the most wonderful in all the earth!

It brings you praise everywhere in heaven.

From the mouths of children and babies come songs to praise you.

They sing of your power

and this makes your enemies silent,

and all who turn against you are left speechless.

I look at the heavens you made with your hands.

I see the moon and the stars you created.

Then I wonder, "Why do you care so much about humans?"

Why do you even think about us?

You made us a little lower than yourself,

and you crowned us with glory and honour.

You put us in charge of everything your hands have made.

You put everything under our control.

You let us look after the sheep and the cows and every wild animal.

You let us look after the birds in the sky

and the fish that swim in the sea

and all ocean creatures.

Lord our Lord, your name is the most wonderful name in all the earth!

## The comet I saw

Here's a photo of Comet Neowise taken by my friend's son. It was discovered on 27 March this year, and the scientists aren't expecting to see it again for another 6,766 years!

