**FIRST STEPS TOGETHER:** FOR YOUNGER CHILDREN

Session 1 of 4

# David

### MEETING AIM

To think about how we can chat to God about whatever is on our hearts.

### BIBLE PASSAGE

Psalm 25

### BACKGROUND

This session plan is intended for use either in-person or online, depending on how you’re meeting. Adapt the activities to fit your particular situation.

David wrote many psalms and often connected with God through music and singing. David wrote this psalm when he was under attack from his enemies and deeply in need of God’s peace. He turns to God for help and guidance, asking again to know his love and forgiveness.

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### STARTING OUT – 5 mins

Start your time together with some simple refreshments (if you can) and ask the children: “What’s your favourite thing to talk about?” Thank God that he’s with you and ask him to help you learn more about him today.

### PLAY – 10 mins

**You will need:** worship music (this can be someone leading or a video or just the music, whatever works for your group)

Before the session, choose an appropriate song to sing with the group. For this age group it often works to do one with simple actions and repeat it a few times. [‘The singing song’](https://www.youtube.com/watch?v=MV16tQK4UPg) by Nick and Becky Drake is a great one to link into the theme.

### BIBLE STORY – 10 mins

**You will need:** bag for story items; toy sheep; paper speech bubble; crown; picture of heart; musical instrument; Bible

Put all the items in the bag. When you mention each one, pull it out of the bag and pass it around the children for them to look at:

There once was a man called David. David looked after sheep; he was a shepherd. He loved God and he loved to talk to God and spend time with him.

When David grew up, he became king. He was a good king and he had a good heart.

David wasn’t perfect, he still did things wrong, but he knew that God loved and forgave him and helped him learn to live better.

David wrote songs. He loved singing to God. Some of the songs he wrote are in the Bible in the book called Psalms. Today we’re going to be looking at one of the psalms David wrote and think about why he wrote it. *Hold your Bible as you read the psalm below. This is a paraphrase; you might instead like to write your own or find another version to read.*

This is what David said:

“I trust you God. I give everything to you. You’ll look after me, won’t you? You won’t let anyone hurt me?

“Show me how you work, God. Teach me how to live my life for you. I want to be close to you, connected with you.

“I’m not perfect and I’ve done stuff wrong, but I know that you love me. I need you, God. Thank you that you are good and fair and that you help me learn what is right and how to live.

“Please forgive me for all the things I’ve done wrong.

“Thank you that when I trust you, you show me your plans, and look after my family. Thank you that you talk to me.

“Help me! There are lots of people who would like to hurt me.

“God, please help me learn how to be safe. Look after me and keep me out of trouble.

“I trust in you.”

David loved God, he trusted him and he loved to tell him everything that was on his heart. When he was scared or angry, he would tell God. In this psalm, he wanted God to look after him and keep him safe and forgive him for all the things he’d done wrong.

### CHATTING TOGETHER – 5 mins

Ask the children these questions, making sure everyone has the chance to contribute:

* What was your favourite bit in the psalm?
* What do you do when you feel scared?
* What’s your favourite song to sing?
* How do you tell God what you’re feeling? (Help the children explore this by giving your own examples, eg I sometimes shout or tell God about the thing that scares me, or draw it…)

### CREATIVE TIME – 10 mins

**You will need:** paper cut into heart shapes; pieces of paper with “I can chat to God about anything” written in the middle; glue; crayons or felt-tip pens

Explain that we can tell God about anything that’s on our heart and connect our hearts with his. Give each child a piece of paper and a heart. Invite them to colour the paper or draw a picture of something they’d like to chat to God about. Give them each a heart and let them glue it on top like a flap so they can lift it up to see their colouring or drawing.

### PRAYER – 5 mins

God loves it when we chat to him. We can chat to him about anything. We’re going to chat to God now. (Often with under-5s they cannot yet chat in their heads, so invite the children to whisper into their hands.) Explain that this is time for them and God to chat.

Invite them to tell God:

• something that made them happy, sad or cross today

• their favourite food

• something they’re scared of

Move on to the next point as the majority of children finish whispering. Add in your own points and then give the children time to chat to God about anything they want to. Explain that it’s OK if they don’t want to chat but ask them not to distract those that do.

Finish with this prayer: “God, thank you that you always listen to us and that you love to hear what’s on our heart.”

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