



Children's Activities

Sunday 5th July

Psalm 69:1-23: Stress www.psalmsforkids.com/psalm-69/

Stressed out!



When you were learning to swim did you suddenly get out of your depth and start to panic. It's a horrible feeling isn't it?

Sometimes we can be so stressed out by what is going on around us that we feel like we are out of our depth. It could be that we have got so much school work to do that we don't even know where to begin or we have got to do something we have not done before we are worried about.

David wrote in this psalm about when he felt like this

*God save me.
My troubles are like a flood.
I'm up to my neck in them.*

Have you ever been lost in a crowd of people, calling for your mum or dad, getting more and more panicked?

David felt like this too

*I'm worn out from calling for help.
My throat is very dry.
My eyes grow tired
Looking for my God.*

Have you ever fallen out with some members of your family?

David said

*I'm a stranger to my brothers.
I'm an outsider to my own mothers' sons*

Have you ever felt like everyone is picking on you?

David said

*Because of you people laugh at me...
Those who gather in public places make jokes about me.*

As stressed out as he was David knew where to go for help

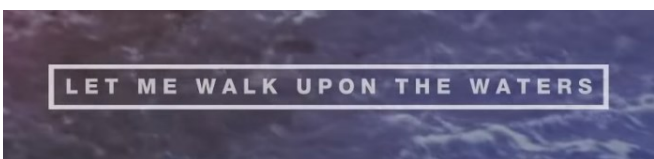
***Lord, answer me because your love is so good
Turn to me because you are so kind***

Jesus is ready to help when we feel all of these stressed out emotions because he really knows what it is feels like. He was so stressed on the night he was arrested knowing what he had to face, his own brothers did not believe him and he had to experience everyone laughing at him and being cruel to him. He understands and is always ready to help when we cry out to him.



Song

Here is a song called Oceans.



www.youtube.com/watch?v=N2PNTq_-mZs

Craft

Why not make your own stress balls?



www.youtube.com/watch?v=Fz5iEBdJM84