

Be refreshed

A journey through the Psalms
for busy mums and dads

Written by Andy Frost and Cathy Madavan

kitchen
table
project



inspire a faith that lasts



Introduction

The Psalms are an eclectic mix of prayers and songs that are filled with emotion.

They give us permission to come to God as we are, no matter how we are feeling. Whether we as mums, dads and carers, are riding on euphoria or if we are sleep-deprived and seem to be drowning in a sea of worries and concerns, the Psalms remind us that we can always come to God.

Over and over again the beautiful poetry reveals the true character of God, that he is King, that he is good and that he is listening. So join us on this whistle-stop tour of some of the psalms and create a little space in the busy routine of making packed lunches and the mountains of laundry to be with God.

About the authors



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The Psalms
remind us that
we can always
come to God.

Thanks

by Andy Frost



Read

Psalm 100



Reflect

There are these moments when something very deep within me wants to shout "Thank you!"

There was that magical moment when I clumsily held my daughter for the first time; holding this delicate, intricate human being against my chest and marvelling at the beauty of new life. There are those mornings, when I'm barely awake, when my four year old clambers into bed, tries to get her arms around me and whispers, "I love you Daddy." There are those moments of pure joy as I spend time laughing with my six-year-old, as we finish our walk in the great outdoors as the sun sets with a flurry of colour.

It's in these moments that I'm glad I'm not an atheist. I have someone to thank.

But the truth is, I can spend a lot more of my time asking God for things rather than thanking him for what he has already blessed me with. Psalm 100 is a helpful reminder to give "grateful praise."

How do we give thanks?

We can give thanks with shouts of joy and song – and it doesn't have to sound beautiful! The essence of the Hebrew word used for shout for joy is like a victorious battle cry.

We can give thanks by serving God, not with a begrudging attitude but with one of thanksgiving. Part of our worship is how we parent, how we partner with him in caring for our children.

We can give thanks by knowing God. He wants to be known and we express our

thanks to him by choosing to go deeper in our relationship with him.

We can give thanks together. Our faith is expressed in community – in our family and in the wider Church.

Why do we give thanks?

To be honest, there are days when we might not feel thankful at all. We are exhausted, the kids are grumpy, it's raining outside and pay day is still a week away.

Our circumstances are not always easy, but the psalmist reminds us that ultimately we give thanks because of who God is. Every breath we have to praise him is in fact a gift from him. God is for us. We are his people. He does not disown us but identifies with us. God cares for us. God is good and faithful.

So, no matter what your circumstances are today, how can you give thanks?



Respond

What can you give thanks to God for today in terms of your children?

*Enter his gates with thanksgiving
and his courts with praise; give
thanks to him and praise his
name. For the Lord is good and
his love endures forever; his
faithfulness continues through
all generations.*

Psalm 100:4–5

Planted

by Cathy Madavan



Read

Psalm 1



Reflect

I love being a mum and the joy it is to love my children. But sometimes I feel like I am pulled in so many directions. One minute I am attending a school concert, the next I am bashing the computer to make a work deadline and a moment later I am zooming around the supermarket like Lewis Hamilton with a trolley (beware anyone who comes between me and the tins of Peppa-Pig-shaped spaghetti).

But wherever I am physically, Psalm 1 reassures me that I can still be planted and rooted in God's truth continually and nourished by his presence. What a wonderful promise that is.

Deep roots

Of course, it is impossible to read the Bible around the clock, but we can deliberately get to know the word of God, savour it, meditate upon it and apply it in such a way that its truth becomes integrated into our life – and into the lives of our children.

When my girls were small, they loved sharing Bible stories at bedtime and listened to some wonderful audio Bible books as they went to sleep. But as our children grow older, we will want to encourage them to read and pray for themselves, to drive them to camps and youth groups and to deliberately ask more about what they have been discovering. We might not have all the answers to their questions, but we can always explore faith and the Bible together in an atmosphere of love.

Fruitful lives

Like us, our children are blessed when they know that God is with them everywhere. As

they are planted continually into the streams of God's love and truth, they can draw upon his presence in the playground or in an exam as well as on a Sunday morning.

As parents we can grow in our own desire for God's word and prayer, which will impact our families significantly. Our homes and churches are places where we put down those deep roots together so that we can all flourish and be fruitful wherever we find ourselves each day.



Respond

How can we remind each other to draw on the streams of God's presence? Are there creative visual, written or digital prompts that we could use to "meditate" on God's truths throughout the day?

Blessed is the one ... whose delight is in the law of the Lord, and who meditates on his law day and night. That person is like a tree planted by streams of water, which yields its fruit in season.

Psalm 1:1–3

Present

by Andy Frost



Read

Psalms 23



Reflect

We don't know the future. And as parents we often have a flurry of concerns for our children. Will they get into the right school? Will they make good friends? How much should we be concerned about their grades? Are we making the right choices about their futures?

We can end up living in a place of fear.

Psalms 23 begins with three verses that depict a serene country walk with green pastures, quiet waters and straight paths. Then verse four changes tack and begins talking about the darkest of valleys. In verse five, we have this strange picture of a meal prepared while surrounded by enemies. This is David the warrior writing and I picture this fine dining experience with sword-wielding soldiers set all around, waiting to attack.

Changing circumstances

In life, we are never sure how our circumstances will pan out. There will probably be times with green pastures and there will likely be some dark valleys.

In verse five, although enemies surround David, God has laid a banquet for him. His head is dripping with oil, which was a precious commodity, and his cup is overflowing. This is a beautiful picture showing that even in this dark moment with the enemy all around, God is present, meeting David's needs.

God-centred living

As we look into the future we can often fear what lies ahead, but this psalm is a reminder that we are ultimately not defined by circumstances. We can't control the future. The

Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me. You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows.

Psalms 23:4-5

Israelites were instructed to keep the Sabbath holy, resting one day in seven. Even during the harvest times, they were to keep this rhythm. It may have meant that they collected less crops but it reminded them that they were not the masters of their own destiny. They were to trust in the presence of God.

God-centred living is not about being dictated to by circumstance. It's about responding to the provision of God.

God-centred living is not about being defined by what we can make happen. It's about being rooted in God's grace.

God-centred living is not about being fixated on the "what ifs" in the future. It's about responding to God, who is our shepherd, in whom we lack nothing.



Respond

Put your concern for the future to one side and look for moments when you recognise the presence of God. It could be in the joy of your child's laughter or the stillness as your children sleep. God is present.

Still

by Cathy Madavan



Read

Psalm 46



Reflect

Stillness is not my natural state of being. I'm a bit of a fidget and I like being busy and thrive on getting stuff done. Even when sat in front of the TV, I end up multi-tasking on crafts or emails. I don't exactly find it easy to be still.

But I miss out on God's best for me when I don't pause and lean on him. If God really is my fortress and he is fighting my battles, then I don't need to be the superhero all the time. Maybe I should rest more in his strength as opposed to trying to win all the victories myself. If only I could be more still and know that he is God.

Can you relate at all?

Living in a fortress

How does describing God as a fortress or a military stronghold encourage us to be still anyway? Does that not imply we are living in a war-zone – which is hardly restful?! But maybe that's the point of the imagery. Fortifications were often built around settlements, sometimes even around whole towns. Within the safety of their huge walls, life carried on in relative calm while the strength of the fortress and the power of the king was your protection, even against hostile forces.

Living in stillness

Every one of us needs to know peace and stillness surrounding us in the busyness and battles of life. Our children also need to know that they are safe when the friendship issues or the exam pressures make them feel that war is being waged all around them. Within the confines of God's strength and protection, they are safe and secure in him.

He says, "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."
The Lord Almighty is with us; the God of Jacob is our fortress.

Psalm 46:10–11

As parents whose natural instincts are to keep the schedules spinning, making sure everything is as OK as possible, as often as possible, perhaps we could benefit from learning to be still and know that God is God and we are not. He is stronger than we are and he loves our children even more than we do.



Respond

Take a moment to simply be still, wherever you are. Focus your thoughts on your Heavenly Father and his love and strength.

Consider areas where you are fighting battles – for yourself or on behalf of your family. What would it mean to dwell within the fortress walls of God's protection and to know his peace in the midst of it? How can you trust him to fight for you?

Positioned

by Cathy Madavan



Read

Psalm 145



Reflect

Children absorb so much at home. Our girls have learned that Mexican food is undoubtedly the best food. They know that country walks are more welcome than gym membership. They've witnessed our political opinions and our sports preferences. The truth is, we naturally pass on to the next generation our values, preferences and beliefs – intentionally or unintentionally. Every person has grown up in a context, and it always shapes part of us, for better and for worse!

So why do we feel so often that the influence we have on our children is limited? That they will happily listen to their teachers in school or at church, but not to us at home?

Where are we positioned?

The voices that influence our children are many and varied – at school, online and in their wider relationships. We know that some of what they pick up will be great, and some of it less so. But let's never underestimate our own significance. No matter how it feels, what we say and do is impacting our children. As parents, we are able to nurture the next generation spiritually as well as emotionally and physically, giving them food for thought as well as packing their lunch boxes!

Of course, small children will initially believe everything we say, will then question it and finally they will make their own decisions. That's perfectly normal. We are, however, uniquely positioned and called to pass on to our children the amazing truth of God's love and his passion for them – that he created them and has good plans for them.

What can we say?

Most of us don't have a theology degree. We can't share with our children what we don't know, but the challenge is to authentically share what we do know about God's goodness in our lives. Importantly, we can even acknowledge his faithfulness in the disappointments, mistakes and tough times and share those experiences too. We can choose to prioritise faith conversations, prayer and church activities that will help them to grow spiritually.



Respond

How often do we share stories about what God has done in our lives? Start small, giving thanks for today, and then share one story of God's goodness.

*Great is the Lord and most
worthy of praise; his greatness
no one can fathom. One
generation commends your
works to another; they tell of
your mighty acts.*

Psalm 145:3–4

History

by Andy Frost



Read

Psalms 40



Reflect

Do you ever have dark days when life is hard?

You're feeling under the weather and it's wet and windy outside. The house is a mess, overflowing with laundry. The kids are going stir crazy cooped up indoors all day and the boiler decides to break down.

Parenting alongside the pressures of everyday life is hard. Sometimes there are hard days and sometimes these seasons last longer than a day. There are financial problems or health issues or relational difficulties.

David had endured some tough seasons. In this psalm he uses language like being in a slimy pit, about being in the mud and mire. We are not sure exactly what he was referring to. Perhaps it was facing off wild animals as a young shepherd boy, or walking towards Goliath on the battlefield. Or maybe it was the season where he had to live in exile hiding from King Saul. But whatever the situation, David remembers God as his rock and saviour.

The rear view mirror

David begins this psalm by looking back. He had waited patiently for God to do something (v1). God doesn't always work to our timetable but God does come through for David. Not only is David rescued but he also writes, "He set my feet on a rock and gave me a firm place to stand" (v2). And the result is that David sings a new song, like Moses and Miriam after their escape from Egypt and like Mary after her angelic visitation.

*I waited patiently for the Lord;
he turned to me and heard my
cry. He lifted me out of the slimy
pit, out of the mud and mire; he
set my feet on a rock and gave
me a firm place to stand. He put a
new song in my mouth, a hymn of
praise to our God. Many will see
and fear the Lord and put
their trust in him.*

Psalms 40:1-3

A fresh perspective

God doesn't always come through for us in the way we expect or want him to, but looking back David sees God's faithfulness and it helps him see clearly in the present. Reflecting on the past helps David to trust in God (v4); to follow God's ways (v8); to speak of God's works (vs9-10); to face difficulties in the present (vs12-13); and to worship God no matter what (v16). Above all, it helps David to remember that although he is king, he is still, "poor and needy" (v17).

When we remember the good things God has done and the times he has set our feet on the rock, it can help us to refocus and trust in him, no matter how deep the pit may seem.



Respond

Take some time to reflect on your life story. Where has God helped you and what does this mean for how you tackle the difficulties you might be facing in this season?

Love

by Cathy Madavan



Read

Psalm 117



Reflect

Isn't it interesting how children are so totally different? I'm amazed at how our two girls take such alternative approaches to life. One thrives in maths, logic and deadlines; the other loves creating, relating and takes a more relaxed approach. Likewise, my husband and I are a case study in how two totally opposite temperaments can live in the same house without driving each other crazy. (Well, most of the time!)

Unsurprisingly then, we each show our love to one other and to God in different ways. Some of us are more expressive and others more introverted. Some of us love discovering more about God by studying the Bible, and others are more likely to connect in worship or by admiring God's wonderful creation. The important thing is not how we respond to his great love towards us, but that we do praise and love him in our own way.

Learning to love

One of the joys of having small children is being able to point to God's goodness in the everyday circumstances around us. We can admire a rainbow and be reminded of his promises, we can pray and give thanks for the kindness of people, we can paint pictures for God or learn verses that remind us of his love.

Learning to integrate our relationships with God into our conversations and activities is not only a wonderful discipline, but also a delight – for us as well as our children.

Leaning into love

As our children grow and we see their unique personality flourish, it's fascinating to see how

they are wired to show love to others and God. One of my girls is motivated by working with children, the other is more passionate about justice issues. One is more tactile, the other more verbal. They respond differently to how they receive love but also how they serve and worship and lean into loving others. As author Gary Chapman says, we each have our own 'Love Language.' *

Have you ever considered how members of your family best give and receive love in their own unique way?



Respond

What a wonderful calling it is to discover more about love together in our family. How do you each best express and receive love?

Invite the Holy Spirit to remind you again of the Father's love for you and every member of your family. Spend some time receiving that love and praying about how best to show his love to those around you today.

*Find out more about the Five Love Languages at www.5lovelanguages.com

Praise the Lord, all you nations; extol him, all you peoples. For great is his love towards us, and the faithfulness of the Lord endures forever.

Psalm 117:1–2

Trust

by Andy Frost



Read

Psalm 121



Reflect

Having children has definitely marked a new season of life and as I begin to look back on my life so far, I can see the many twists and turns it has taken. Many people use the analogy of life as a journey and I can begin to see why that analogy is helpful.

Commentators believe that Psalm 121 pictures a journey, the pilgrimage journey to Jerusalem. The journey is hard and dangerous with various perils lying ahead and the opening line is an acknowledgement of the need for help. The psalmist looks up to the mountains, which were the place where all kinds of idolatry took place, and there is a sense of wondering and searching. "Where does my help come from?"

Not where but who

The psalmist continues to tell us that help comes from God and the following verses unpack what that help looks like. He stops our feet from slipping. He helps us against the elements, the searing sun in the day and the bitter coldness of night. He protects us from harm.

Sometimes we can take this psalm too literally, and believe that following God means there will be no trouble in the journey of life. We could almost think that if God is our shade, there is no need to wear sun cream. The truth is, there will be hardships, but despite those difficulties there are echoes of Romans 8:38, that nothing can separate us from God's love.

Responsibility

No matter how easy or how tough the journey of life is, the psalmist declares that God will watch over us. Although we get tired at times,

I lift up my eyes to the mountains – where does my help come from? My help comes from the Lord, the Maker of heaven and earth.

Psalm 121:1–2

God does not stop watching over us because he doesn't need to sleep. That's a powerful image!

In those early days and weeks of childhood, we watch over our children intently. Having watched over our children since birth, one of the hardest things about seeing them grow up is having to begin to let go and allow them to do things by themselves. There is the first play date, the first day at school and the first overnight away from home.

Ultimately we can't watch our children all the time, but this psalm reminds us that God will be their help and will never leave them. In the journey of life, they will face tough times but God is watching over them.



Respond

How does knowing that God is watching over our children impact the way we parent? How might it affect how we pray for them?

WORSHIP AT HOME

When it isn't possible to join with the local church, this outline is designed to help you have a short time of worship as a household. Please adapt it to suit those who are present – add anything you might usually do in church or omit anything that you are not comfortable with. Have a variety of voices leading, not just the oldest!

As you prepare:

- *Choose a place where you can sit comfortably – it might be on the floor, round a table or even in the garden (if the weather is good enough). A rug or cushions might make it more comfortable if you are sitting on the floor.*
- *Agree a time to worship together. It might be first thing in the morning, before your lunchtime meal, or before bedtime begins.*
- *Decide who will lead – it doesn't have to be an adult or just one person. Think of ways in which the youngest can also help lead.*
- *Gather the things that will help create a sacred space – we suggest a cross, Bible and candle. If you do not have these as physical objects, find or draw pictures that could be used.*
- *Look through the service and gather any materials you might need – paper, pens, modelling dough, Lego etc.*
- *If you enjoy singing, decide on a song or hymn to start with and one to end with. There are some suggestions at the end.*

TIME TO GATHER

Leader: We usually go to church to worship God with God's people, but today we are being church here in this place.

Everyone: God is with us.

Place the cross in the middle of your gathering.

Everyone: God is with us.

Place the Bible in the middle of your gathering.

Everyone: God is with us.

Light the candle and place it in the middle of your gathering.

Everyone: God is with us – Father, Son and Holy Spirit.

Sing a gathering song or hymn.

TIME TO SAY SORRY

Leader: Let us think about the times we forgot we are followers of Jesus. The times we were unkind or hurtful, the times we did not care for the world or other people. When we say sorry to God, God promises to forgive us.

(Either use this Confession or one of the creative ideas suggested.)

Leader: We are sorry for the times when we lacked love. Lord have mercy.

Everyone: Lord, have mercy.

Leader: We are sorry for the times when our words and actions were hurtful. Christ have mercy.

Everyone: Christ, have mercy.

Leader: We are sorry when we failed to care for your world. Lord, have mercy.

Everyone: Lord, have mercy.

Leader: May the God of love bring us back to himself, forgive us our sins and assure us of his eternal love in Jesus Christ our Lord.

Everyone: Amen.

TIME TO READ THE BIBLE

Choose a passage or story from the Bible. Read it from the Bible or a Bible story book, act it out or watch a video that tells the story. (You might want to use one of the Lectionary readings, or a favourite story, or choose one of the suggested passages.)

Leader: For the Word of the Lord,

Everyone: Thanks be to God.

WORSHIP AT HOME RESOURCES and IDEAS

Creative prayer ideas

Praying with sweets

You will need a packet of coloured sweets e.g. M&Ms or Skittles

Open the packet of sweets and take it in turns to pick one. Before you eat your sweet, say a prayer asking God to help or do something for someone or something in that category (see below).

Red: family

Purple: friends

Green: the environment/animals

Yellow: the world

Orange: school/work

(Change the colour code to fit the colours of the sweets you use.)

<https://godventure.co.uk/prayer-activities/sweets-prayer/>

Playing card prayers

You will need a pack of cards

Shuffle the pack of cards. Take it in turns to pick one and say a prayer:

Red number- Pray for the world

Black number- Say a thank you prayer

King- say a word that describes how great God is

Queen- pray for a girl or woman you know

Jack- pray for a boy or man you know

Ace – pray for your church

<http://flamecreativekids.blogspot.com/2013/08/playing-card-prayers.html>

Pray using your hand

Thumbs up – thank God for something good

Index finger – pray for those who point the way to God

Middle finger – Pray for those who govern our country

Ring finger – pray for your family and friends

Little finger – pray for people who are ill, or anxious, or worried and need God's care

RESPONDING TO GOD'S WORD

How might you think together about what you have just heard? You could:

Wonder together: I wonder what was your favourite part of that passage/story? I wonder which part surprised or puzzled you? I wonder what it tells us about God? I wonder how it helps us to live as Christians?

Draw or sculpt: Use paper and pens, modelling dough, Lego or pipe cleaners to respond to the passage or story. Share with each other something about your drawing or model.

Bring something to the circle: Look around where you have gathered and find something to bring to the circle that helps you think more about what you have heard. Share why you chose that object.

TIME TO PRAY

Leader: God hears us when we bring our prayers to him.

We usually pray for the Church, the world, our local community, people who are suffering and ourselves. You could use these prayers, or one of the creative suggestions at the end.

Leader: Lord our God, we pray for your Church, for our Bishop (*name*) and our priest(s) (*names*).

Lord, in your mercy,

Everyone: Hear our prayer.

Leader: Lord our God, we pray for your world. Help us to care for it. We pray for our Government. Help them to govern wisely and justly.

Lord, in your mercy,

Everyone: Hear our prayer.

Leader: Lord our God, we pray for our community of (*name*). We pray for health workers, our schools, our shop keepers and local businesses (*add anything you particularly want to pray for*).

Lord, in your mercy,

Everyone: Hear our prayer.

Leader: Lord our God, we pray for people who suffer because they are ill, anxious, sad or lonely. Especially we pray for (*names*).

Lord, in your mercy,

Everyone: Hear our prayer.

Everyone: *Say the Lord's Prayer together in whichever form is most familiar to you. This is a modern version:*

Our Father in heaven

Hallowed be your name.

Your Kingdom come

Your will be done

On earth as in heaven.

Give us today our daily bread.

Forgive us our sins

As we forgive those who sin against us.

Lead us not into temptation

But deliver us from evil.

For the Kingdom, the power and the glory are yours,

Now and forever. Amen.

TIME TO END

Leader: May God keep us, may Christ shield us, may the Spirit bring us healing and peace. May God the Trinity keep us in light and grace today and forever.

Everyone: Amen.

You might sing a song or hymn to finish.

WORSHIP AT HOME RESOURCES AND IDEAS

Gathering songs

This is the day, this is the day, that the Lord has made, that the Lord has made.

We will rejoice, we will rejoice and be glad in it, and be glad in it.

This is the day that the Lord has made. We will rejoice and be glad in it.

This is the day, this is the day that the Lord has made.

<https://gospelchoruses.wordpress.com/2014/12/04/this-is-the-day-that-the-lord-has-made/>

Thank you, Lord, for this new day. Thank you, Lord, for this new day.

Thank you, Lord, for this new day, right where we are.

Alleluia Praise the Lord, Alleluia Praise the Lord,

Alleluia Praise the Lord, right where we are.

<https://www.youtube.com/watch?v=2DUYPEUu5JM>

Lord, we've come to worship you, Lord, we've come to praise,

Lord, we've come to worship you in, oh, so many ways.

Some of us SHOUT and some of us sing,

And some of us whisper the praise we bring

But Lord, we all are gathering to bring to you our praise.

Ian Smale (Ishmael) https://www.youtube.com/watch?v=f32Y0MV23_E

Welcome everybody, it's good to have you here,

Welcome everybody, it's good to have you here,

Welcome everybody, it's good to have you here gathering in this place.

Fischy Music https://www.youtube.com/watch?v=DPjMoKP6Y_Y

WORSHIP AT HOME RESOURCES AND IDEAS

Closing songs

May you find peace, may you find hope,

May you find joy this day.

May you find love, may you find rest here in this place together.

Fischy Music <https://www.youtube.com/watch?v=J6v-UlvMXgU>

Shalom, my friend, Shalom, my friend, Shalom, shalom,
May peace and joy be with you today, Shalom, shalom.

Shalom chaverim, Shalom chaverim, Shalom, shalom,
Lehitraot, lehitraot, Shalom, shalom.

<https://www.worshipworkshop.org.uk/songs-and-hymns/hymns/shalom-my-friend/>

Father we adore you, lay our lives before you, how we love you.

Jesus, we adore you, lay our lives before you, how we love you.

Spirit we adore you, lay our lives before you, how we love you.

<https://www.worshipworkshop.org.uk/songs-and-hymns/hymns/father-we-adore-you/>

WORSHIP AT HOME RESOURCES AND IDEAS

Ideas for confession/saying sorry

Sorry bins

You will need paper, pens and a bin

Write or draw something you are sorry for on a piece of paper. If you don't want to write it down, just hold the paper and imagine it. Say sorry to God and ask God to forgive you. Screw the paper up and put it in the bin to show that God has forgiven you and taken your sin away.

<http://flamecreativekids.blogspot.com/2012/01/sorry-whiteboards-sorry-bin.html>

Sorry boards

You will need whiteboards (or laminated white paper), whiteboard markers, wet wipes

Write or draw on the whiteboard what you are sorry for. Ask God to forgive you. Wipe the board with a wet wipe to show that God has forgiven you and wiped the sin away. (You could also use slate and chalk.)

<http://flamecreativekids.blogspot.com/2012/01/sorry-whiteboards-sorry-bin.html>

Sorry stones

You will need some heavy-ish stones, a basket, a cross

Place the stones in a basket. Say something like, 'When we do wrong things, it can feel as though we are weighed down. Take a stone from the basket. As you weigh it in your hand, think of what is weighing you. When you are ready, place the stone by the cross.'

When everyone has placed their stone by the cross, use the words at TIME TO SAY SORRY.

WORSHIP AT HOME RESOURCES AND IDEAS

Ideas for Bible passages

<https://lectionary.library.vanderbilt.edu/lections.php?year=A&season=Lent> will give you the Bible readings (alongside artwork) for each week.

Or use one of these:

Psalm 23 – The Lord is my shepherd

Psalm 46:1-7 – God is our strength and refuge

Psalm 100 – Make a joyful noise to the Lord

Matthew 5:1-12 – The Beatitudes

Matthew 6:5-14 – The Lord's Prayer

Mark 1:16-20 – Jesus calls the first disciples

Mark 6:30-44 – Jesus feeds the 5000

Luke 2:41-52 – Jesus in the Temple

Luke 15:1-7 – The Lost Sheep

John 15:12-17 – A new commandment

John 20:19-23 – Jesus is alive

Galatians 5:22-26 – The fruit of the Spirit

Philippians 4:4-9 – Living the way of Jesus

[LecDeck](#) will give you a Bible passage, some questions and a challenge for each week of the year.