

Psalm 1

These resources are designed to help you explore the Bible as a family together at home while we can't go to church. Be as creative as you want to be and enjoy spending time with each other and with God.

Prepare yourself...

Lord God,
Thank you for time we can spend together and with you.
Help us to want to live your way.
Thank you for your Word that teaches us what is right.
Help us to love your Word and to live as you command.
Be with us today as we spend time with each other and with you.
Amen.



Question...



What is your favourite song of all time?

Read the Bible...

Today's verses are found in **Psalm 1**. You can read them in a Bible or find them [here](#). The link there shows 3 different translations of the Bible, which may help your understanding of the Psalm. Here's a video of today's passage: <https://www.youtube.com/watch?v=xmhpaxKbjXw>
Here's another version you may want to read together:

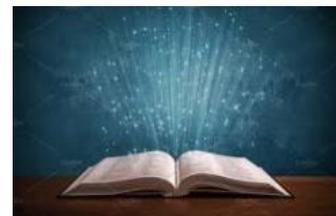
You want to be happy?
And make God glad?
Stop going with the crowd
Say 'no' to what's bad.

Strong like a tree
Rooted by water
At the right time
You'll know what you ought t'

God'll keep you
Safe and sound
If you follow him
You're on sure ground!

Read God's book
Day and night
Follow what it says
It'll teach you right

Not like a straw
Blown by the wind
If you've no roots
You might be binned!



Talk together...



- The Psalms is a book filled with songs, poems and prayers written by God's people in worship or response to God. Psalm 1 points out that there are two types of people – those who love God and those who don't. What does the Psalm say about those who love God? (look at verse 3)
- How can you tell if a tree is healthy? What does a tree need to grow well?
- How can you tell if a Christian is healthy? What does a Christian need to grow well?
- What differences can you see between those who follow God and those who don't? (the difference between the 'trees' and the 'chaff'.
- What do you think this Psalm is trying to teach us?
- Is it always easy following God? Why/why not? What might/does help?

Play together...

What tree are you?

Here's a link to a quiz that tells you '[what kind of tree you are!](#)' Complete the quiz for each member of your family, are you all different or are some the same?

(There are lots of other quizzes like this online, just Google "what tree am I quiz" if you want to try another one!)

Opposites

One person says a word and another has to come up with its opposite. Eg opposite of happy, up, left, sweet, over etc.

True or False

Take a look at the fruit tree sheet [here](#). Which of them grow on trees and which don't?

Pray together...

Write your own Psalm as a prayer to God. You can do this individually or together as a family. Here's some help to get you started.

Lord you are _____, _____ and _____.

You made the _____.

You helped me _____.

I know you love me because _____.

Remember it doesn't have to be perfect. Psalm writing is about being honest with God, acknowledging how you feel and who God is.

Do together...

Fruit kebabs: Cut up a variety of fruit into bite sized pieces. Allow each person to create their own kebab on skewers putting on one piece of fruit at a time. Eat and enjoy!

Tree collage: Go for a walk round some trees. Collect leaves or bits of twig or blossom that you find on the ground nearby. Create a collage picture either on the ground, or at home on paper, of a tree using the materials you've gathered.

Praise together...



[Rooted and fruitful](#) (you can find the lyrics in the comments section!)

[Blessed](#) by Hillsong Kids

[Your word O Lord](#)

