

# Faith at Home for families

## Summer Holiday Series - Activity 4



Hello again from St Mary's Church!

This is our Summer Holiday Series looking at the book of Psalms in the Old Testament.

We're reading the Psalms because they are really good at telling us what God is

like! This is important if you're still deciding if you are going to follow him or not. It's ok to be not sure – it's also great that you're here and thinking about God and trying to work it out. God is with you in your wondering too!

We'll be adding more to our holiday bunting this week from our Psalm to remind us of God's love for us.

I wonder, have you been anywhere on your holidays or when you've been out and about and seen bunting? I have bunting in my kitchen, so I don't have to go very far to be reminded of God's love!



## Psalm 29 – God in the Thunderstorm!

You can read Psalm 29 in a Bible you have at home, or look it up on the internet, or read it at the end of this activity sheet.



**Shhhhh!**

I wonder if you have ever been told to 'be quiet', I know I have!

Have you been told to 'be quiet' when you were chatting in the library, or singing when your mum was on the phone? I remember being told to 'be quiet' often as a child!

When I was young and learning about God in the Bible stories of Jesus, it seemed to me that God was gentle and quiet. But I didn't always feel like being gentle and quiet: sometimes I wanted to cry and shout! Especially when I thought something was unfair, or wrong, and I was angry or upset. Have you ever felt like that? I thought I couldn't cry out and shout to God because I thought he was only gentle and quiet.

- In Psalm 29 we get to know God a bit more and he is really loud!
- So loud, that his voice is heard over the noise of the sea and he sounds like thunder in a thunderstorm.
- He is also powerful.
- The Psalm says that God's voice shakes the trees and the leaves fall off!



When I read this I knew God could cope with me being loud and upset – I can still pray to him when I feel like being loud, because God can be loud too!

It's also good to know that when our life feels stormy, God is good at calming us down and helping us feel safe.

*I wonder if you will be loud with God this week – if you are, he can cope, and he will still love you, because he always loves you.*

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

Here's a prayer you can say loudly or quietly!

Dear God,

Thank you that you hear my prayers  
when I am loud.

Thank you that you hear my prayers  
when I am quiet.

When I pray, please help me to listen to what you are saying to me.

Please help me to remember that I am loved.

Amen.



## Bunting week 4 – Psalm 29

For your bunting flag this week, choose something that reminds you that God can be loud just like us!

- You can draw a picture of a thunderstorm, or something else that is noisy – like a trumpet, or drums.
- Maybe there's a word from the Psalm that you like best – you can write that on one of your flags.
- Or you can draw a picture of something God is doing in the Psalm, like shaking the trees!
- Or you can do all of those ideas so that your bunting gets longer and longer!

## Other 'God in the Thunderstorm' Activities

### MAKE A STORM IN A BOTTLE

**Please ask a grown-up to help you with this activity**

You will need:

- a clean plastic pop bottle with a lid
- water
- matches...*that's why you need help from a grown-up!*
- Here is a link to the instructions – have fun!

<https://i.pinimg.com/originals/1d/3b/ca/1d3bca3464537e29ba933582216533e3.jpg>

### PLAY 'QUIET BE STILL'

This is a good game to play outdoors with friends.

- Someone is the caller
- Everyone else runs around being loud until the caller shouts, 'Quiet, be still!'
- Then everyone freezes and is very still
- If you move, you're out!
- Keep playing until there's only one person left, then they can be the caller and everyone can join in again

## Psalm 29 - God in the Thunderstorm!

Praise the Lord, you angels

Praise the Lord's glory and power.

Praise the Lord for the glory of his name.

Worship the Lord because he is holy.

The voice of the Lord is heard over the sea.

The glorious God thunders.

The Lord thunders over the great ocean.

The voice of the Lord is powerful.

The voice of the Lord is majestic.

The voice of the Lord breaks the trees.

The voice of the Lord makes the lightening flash.

The voice of the Lord shakes the desert.

The voice of the Lord shakes the oak trees and the leaves fall off.

In his Temple everyone shouts, "Glory to God!"

The Lord controls the flood,

The Lord will rule as King for ever.

The Lord gives strength to his people.

The Lord blesses his people with peace.