

Hello, everyone.

This week we'll focus on Psalm 51:1,2,10. I've linked it with the Lord's Prayer (Luke 11:1-4) which talks about God forgiving our sins/debts/trespasses (the things that turn us away from God). Psalm 51 says when we turn back to God and say sorry, and God forgives us, it feels like being washed clean and given a fresh start. Saying sorry (confession) and knowing God loves and forgives us (absolution) are important parts of following Jesus. The attached sheet is a reflective colouring sheet based on Psalm 51.

If you would like a structure, head to the bottom of this email.

<https://www.youtube.com/watch?v=5lNr-nOEmyE> Try learning the Lord's Prayer in British Sign Language. Notice how the signs for 'forgive us our sins' looks like washing or cleaning something.

Or you could learn to sing the Lord's Prayer using one of these links:

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

<https://www.worshipworkshop.org.uk/songs-and-hymns/hymns/our-father,-who-is-in-heaven/>

This link helps you to encourage the children to paint their written or drawn prayers onto the chalkboard with water. This is particularly good for sorry prayers as the water will dry up and the sorry prayer will fade away as a sign of how God forgives us when we are sorry

<http://flamecreativekids.blogspot.com/2014/11/chalkboard-painting-prayers.html>

Or scroll down this site to find bubble prayers for saying sorry.

<http://flamecreativekids.blogspot.com/2017/05/the-lords-prayer-simple-and-easy-prayer.html>

This is a great once-a-week podcast for families. Maybe you could listen together in the car, or at bedtime.

https://hopeandjoybedtimebiblemeditationsforchildren.buzzsprout.com/1493536?fbclid=IwAR2D7XRGnLuGr-jvVRdopQbK-l3_61pkoKnGhMpg_C6WcmzHLSLAgZcRFxw

If you'd like a bit more structure, try this.

- Read the Lord's Prayer from the Bible or a Bible Story Book. (It's in Matthew 6 and Luke 11.)
- Jesus says we should ask God to forgive us when things get in the way of living God's way. Colour the Psalm 51 sheet as you wonder about what gets in the way of following God. (This is on the final page of this document)
- Use one of the prayer activities as a way of saying sorry.
- Finish by saying the Lord's Prayer together again - maybe trying part of it in British Sign Language.

On Tuesday it's a year since the first lockdown. Use the attached colouring sheets as a way of praying and remembering.

Next week it's Palm Sunday and we'll think about Jesus arriving in Jerusalem. Until then, have a good week.



