



*.....the wise men brought gifts for Jesus.....
....they gave the very best that they could give.*



Think about a ‘gift’ you might offer to others– or to God – maybe your time or your love.



Talk together about what it might mean to give your ‘best’ to others in 2025 – your class, your family, or to God.



Take a piece of paper and on it draw or write something that you can give to others – or to God – this year. Place it inside the ‘gift’ box.





***David said: 'My whole being, praise the Lord!
Do not forget all his goodness.'***



I wonder what you might consider to be 'goodnesses' in your own life?



Take a piece of paper and on it draw or write your idea. Place it inside the 'gift' box.



If things feel hard this week, pick an idea out of the box and talk together about how it might help you to think about that good thing. Repeat as often as needed!

Week 2: Sing a song!



'Songs from the heart'

Spring 2025 ©



David wrote about lots of big thoughts in his psalms. Psalm 23 explored David's big idea about God being like a shepherd.



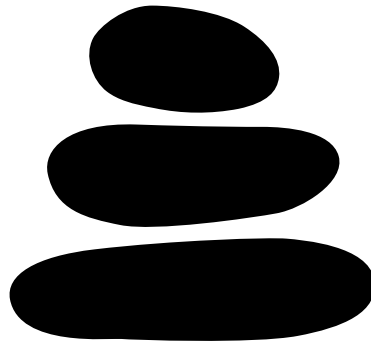
I wonder what your big thoughts about life might be?



Talk together about the things you have wondered about – and maybe share some ideas about the possible answers!



Write or draw your big thought onto the paper and perhaps make a big classroom display which you can add to over time.



David asked God to help bring justice against Goliath. He wrote in Psalm 28: 'Hear the sound of my prayer, when I cry out to you for help.'



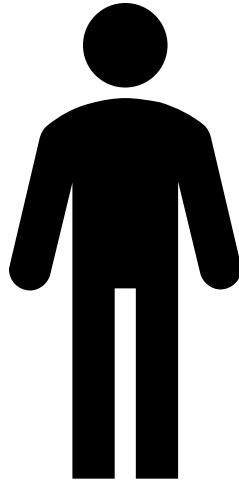
I wonder if you see things that are unfair in the world?



Talk together about what these things are and how we might try to make things fair.



Take a pebble from the bowl and hold it in your hand. Think about any actions that you could take. Then place the pebble back in the bowl. You might like to pray as you do.



David found hope and comfort in knowing that God would care for him. This thought lifted his heart in hard times.



I wonder who you turn to when you need help, or what lifts your heart?

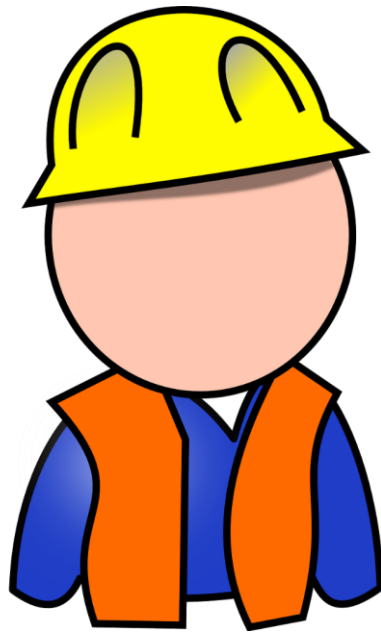


Talk together about your ideas.



**Take an outline of a person and draw or write your ideas.
Or go outside and take some photos of things in nature that lift your heart.**





*David's kindness to Mephibosheth **stood out**.
David was showing people what he believed God was
like, kind and full of love (Psalm 103:8)*



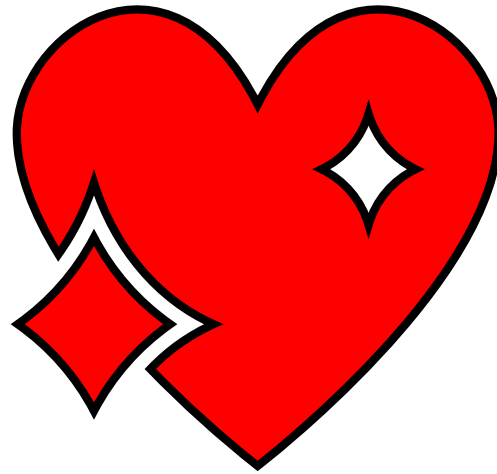
**I wonder how your kindness
might **stand out** this week, and
who might need it most?**



Talk together about your ideas.



**Write the names of some people
you have thought of inside your
paper high vis jacket. You might
want to pray for these people
you have named.**



In Psalm 27, David wrote about his heart's desire: to love and serve God, and be with him always



I wonder what your 'heart's desire' is today – for yourself, your family, our school or our world?



Talk together about your ideas.



Take a piece of heart-shaped paper and draw or write your thoughts. As you put it into the special box, you might want to turn your thoughts into a prayer, like David did.



After his bad choices, David wrote: 'Wash away all my guilt and make me clean again.'



Are there choices you regret, or things you are sorry about?

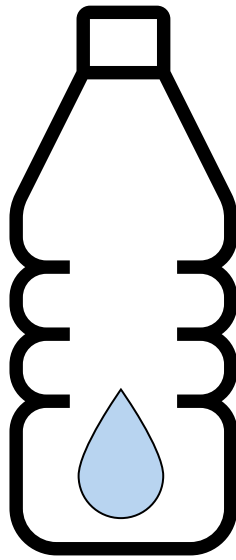


Use a whiteboard marker to write or draw these things if you would like to, then use the duster to rub them out as a symbol that you are wanting to put things right.



If you need to say 'sorry' to anyone, don't forget to do this too!





After Jonathan died, David was very sad. He wrote in Psalm 56: 'You have stored my tears in your bottle and counted each of them.' He believed his tears mattered to God.



Are there things that make you sad? Or do you know someone who is sad?

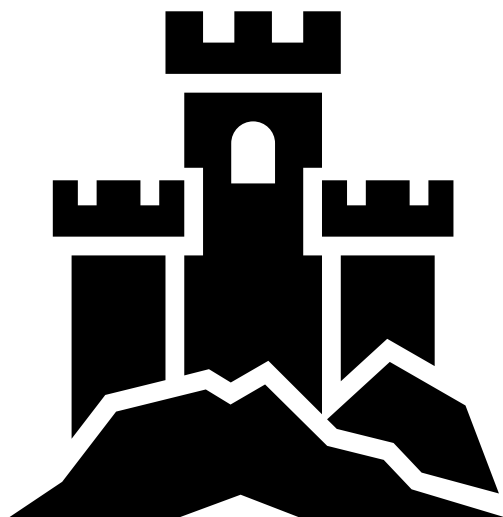


You might want to talk to someone you trust about how you feel.



Take a 'tear' and hold it in your hand. Then pop it into the bottle as a way of bringing your sadness to God or letting it go.

Week 9: You've counted my tears



***David wrote these words: 'You are my hiding place.
You protect me from my troubles.'***



Go outdoors this week – and find some things that are really well hidden. (Or play hide and seek at playtimes!)



**How were the things you found being kept safe?
Where do you feel most safe and protected?**



You might want to talk to someone you trust about how you feel.



David wrote these words: 'At the works of your hands I sing for joy!'



Which things in the world around you make you say 'Wow!' or want to praise God?

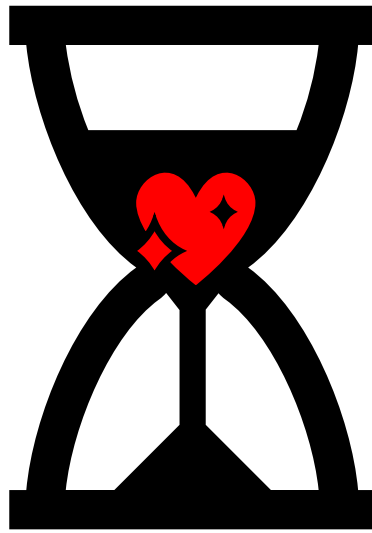


Talk together about your thoughts and select some great ideas to use in your writing frame.



Write down your 'psalm' and then use it in your class reflection times or whole school collective worship.

Week 11: Praise!!!



David wrote these words: 'Wait for the Lord; be strong and take heart and wait for the Lord.'
[Psalm 27: 14]



What are you waiting for at this time? Maybe there are deep longings in your heart.....or disappointments that you carry, like the disciples....



Talk together about any words from David's songs that might help you as you wait.



Turn the sand timer over and watch the grains trickling through as you think or pray.