

What can you choose when...

David's tribe was fighting the Philistines. The Philistines offered a challenge and the Hebrew people were all afraid. David believed that God would protect him.

Watch the video of David and Goliath

Sometimes we are faced with someone who tries to bully or hurt us.

What might it feel like to be bullied?

hurt	embarrassed	sad
rejected	angry?	alone
scared	confused	small

Have you ever felt like this?

What can you choose to do if you are bullied?

run away	fight	tell someone
find a friend	tell them to stop	
pray	what else?	

David didn't know whether or not he would win, but he believed that God was with him. God doesn't put a magic bubble around us to stop us from ever being hurt, but God can help us feel strong inside. We don't have to feel alone. And God gives us friends, family and teachers to support and help us. David wrote a Psalm that says:

You, LORD, are the light that keeps me safe.

I am not afraid of anyone.

You protect me, and I have no fears.

Psalm 27

Make something from the clay to express how you feel about this.

What can you choose when...

Alex's friend Marty is upset with him and Alex decides to go and say "sorry".

Watch the video.

How do you feel when you and your friends disagree or fight?

hurt	ashamed	sad
rejected	angry	alone
scared	confused	small

Have you ever felt like this?

What can you choose to do when you and your friends aren't getting along well?

ignore them	stop being friends
say "sorry"	ask for help
invite them over	listen to them

Is there ever a time when you need to stop being friends with someone?

King David wrote a Psalm that says:

You have looked deep into my heart, Lord,
and you know all about me.

You notice everything I do and everywhere I go.
Before I even speak a word, you know what I will say,
Don't let me follow evil ways,
but lead me in the way that time has proven true.

Psalm 139

Use the Lego to make a story of friends who need to say sorry to each other.

What can you choose when...

King David made a terrible choice.
He fell in love with a woman named Bathsheba.
But Bathsheba was already married to a soldier named Uriah.
So David ordered for Uriah to be sent to the front of the battle.
Uriah was killed in battle, and David married Bathsheba.
Bathsheba was not allowed to refuse the king.
The prophet Nathan knew about all this, so he told David a story.

Watch the video of David and Nathan

How might David have felt afterwards?

ashamed	sad	alone
guilty	scared	small
rejected	confused	lost

David wrote a Psalm after this event. Here is a modern version.

You are kind, God. Please have pity on me.
You are always merciful. Please wipe away my wrongs.
You are the one I have wronged.
I have disobeyed you.
It is right and fair for you to correct and punish me.
Wash me clean of my sin and guilt.
Create pure thoughts in me and make me faithful again.
Only you can save me!

Psalm 51

Is there something for which you feel that you need to say 'sorry' to God?
If so, write or draw on the card.

We believe that God forgives us. When we say 'sorry' to God, we also need to remember that God always forgives us and invites us to live in the light of God's love.

Say to each other "You are forgiven. Thanks be to God."