

Dear parents,

With a declared state of emergency and the media frenzy surrounding COVID-19, it is possible that your kids are experiencing some fear and anxiety. At the very least, they may be questioning why school is cancelled when there is no snow or why the lines at the grocery store are so long. Pastor Derek recorded a message based on Psalm 116 that is available for you to reflect on during this unique time. Here is an object lesson to explain how Jesus can give us peace when everything around us seems out of control. PLEASE NOTE: Psalm 116:3, which states "The cords of death entangled me, the anguish of the grave came upon me;" , may be more fear inducing for some kids, we will focus on Psalm 116:1-2 and connect it to Psalm 28 which begins with a similar "call" (before God answers).

Blessings,
Tanya Legro
Director of Chapel Kids

Materials Needed:

- Bible
- Latex balloons
- Candle
- Matches or Lighter
- Optional: Sharpie

Prep:

- Fill 2-3 balloons with air and tie them
- Fill 1 balloon with water and tie it
- Optional: draw smiley faces on the balloons

Read Psalm 28:1-2 (if you have older kids, read Psalm 28:1-5):

¹ To you I call, O LORD my Rock; do not turn a deaf ear to me.

For if you remain silent, I will be like those who have gone down to the pit.

² Hear my cry for mercy as I call to you for help,
as I lift up my hands toward your Most Holy Place.

³ Do not drag me away with the wicked, with those who do evil,
who speak cordially with their neighbors but harbor malice in their hearts.

⁴ Repay them for their deeds and for their evil work;
repay them for what their hands have done and bring back upon them what they deserve.

⁵ Since they show no regard for the works of the LORD and what his hands have done,
he will tear them down and never build them up again.

Explain:

David was having a really tough time. Things were not going well for him, so he cried out to God for help. David knew that he couldn't change things, but he knew Who could: God!

Light the candle. Explain:

This candle represents things that are going on around us that are hard. Things that you may not understand. Things that make you feel anxious or afraid. Ask for examples. If you read Psalm 28:3-5, talk about things that may be confusing such as why some kids can do something wrong but they never seem to get in trouble.

Hold one of the air-filled balloons. Explain:

Sometimes life seems to be going pretty well and you are feeling happy, but then something “hard” happens (use an example from above).

Slowly lower the balloon over the flame (the balloon will eventually pop and the candle will blow out). Explain:

When things get hard, it’s like our happy feelings just burst.

Re-light the candle and hold another air-filled balloon.

Use different examples of “hard” things (if your kids are fearful about the Corona Virus, be sure to use this as an example).

Repeat as many times as you have balloons, examples and interest.

Read Psalm 28:6-7:

⁶ Praise be to the LORD, for he has heard my cry for mercy.

⁷ The LORD is my strength and my shield; my heart trusts in him, and I am helped.
My heart leaps for joy and I will give thanks to him in song.

Explain:

In these verses, David praises God for answering his prayer and helping him. He says he trusted God with his whole heart for God is his strength and shield.

Hold the water-filled balloon. Explain:

When we believe that Jesus died for our sins and God raised Him from the dead so we can have eternal life, we often use the expression that “we ask Jesus into our hearts”. The water in this balloon is like when we trust in Jesus and ask him to come into our hearts. Jesus not only saves us from our sins, He is also with us wherever we go – helping us when things get hard.

Slowly lower the balloon over the flame (the balloon will not pop). Explain:

Review the examples used with the air-filled balloons. We can cry out to God during these hard times and trust him to be our strength and shield.

Read Romans 15:13 (emphasize that we are *filled* with joy and peace as we *trust* in him):

¹³ May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.

Optional: Read Psalm 116:1-2 (feel free to talk about what you learned from these verses through Pastor Derek’s sermon):

¹ I love the LORD, for he heard my voice; he heard my cry for mercy.

² Because he turned his ear to me, I will call on him as long as I live.