

Bible context

The Book of Psalms was written between 1400 and 450 BC. King David wrote over half the 150 Psalms.

It is meant to be a timeless book with Psalms that speak into all situations and eras. Psalms are poems that are meant to be put to music.

We don't know who wrote Psalm 93, perhaps it was written for the new temple, or as a song about Creation, or perhaps it was written after the Israelites escaped through the waters of Egypt. It doesn't matter in a way, because this Psalm talks to us today, it reminds us of who God was and still is.

Psalm 93 – The Living Bible

God is King! He is robed in majesty and strength. The world is his throne.

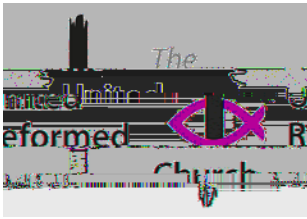
O Lord, you have reigned from prehistoric times, from the everlasting past.

The mighty oceans thunder your praise.

You are mightier than all the breakers pounding on the seashores of the world!

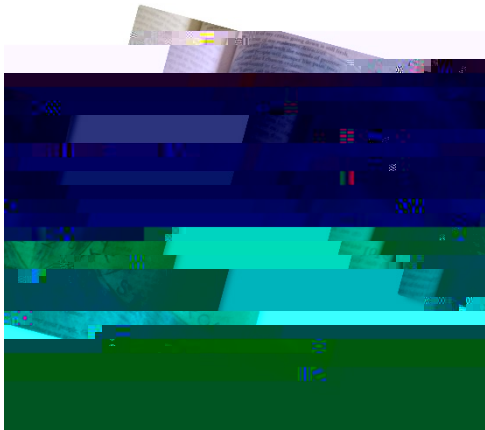
Your royal decrees cannot be changed. Holiness is forever the keynote of your reign.

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Ideas for exploring Psalm 93

Read the Psalm from different versions of the Bible or Storybooks. (A small collection can be found on Activity Sheet 1a and 1b)



Draw, paint or sketch your response to the Psalm

Bring the Psalm to life on the page, with a bit of Bible Journaling

Use music and dance to give your own interpretation of the Psalm

Write your own Psalms

Don't forget to share your creations with others on the YouTube channel or URC Pinterest/Facebook pages by sending them to lorraine.webb@urc.org.uk

*Reflective story – find this story told for you on our YouTube channel.
<https://youtu.be/E0aZ9kIGaqM>*

Can you create your own version of the pictures?

The Bible is one book, made from many books, a little like a library.

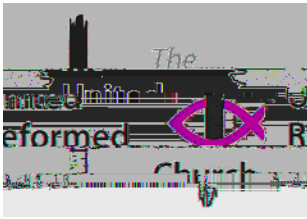
Together it tells the story of God and God's people.

Just like a library there are different types of books, History, Stories, Law, Letters, Poetry and more.

Psalms is one of these books, found right in the middle of the Bible, it is a beautiful book full of sacred poems and prayers; written and sung by God's people. There are 150 poems, written by different people over 1000 years. David, the shepherd boy who became king wrote over half of the Psalms.

Psalms were written for different reasons, some for important occasions like the coronation of a king, for pilgrim festivals or for when disasters took over the country. They are honest ways to speak to God, whatever feelings we have we can find them in the Psalms.

We don't know who wrote Psalm 93, perhaps it was written for the new temple, or as a song about Creation, or perhaps it was written after the Israelites escaped through the waters of Egypt. It doesn't matter in a way, because this Psalm talks to us today, it reminds us of who God was and still is.



This Psalm offers us comfort for today and tomorrow.

Listen

God is King.

A Royal and Strong king.

The whole world is God's throne

God rules over everything

God rules, since the beginning of time

When God created the world, he set it in its place

The world cannot be shaken, or moved

The world is God's creation and stands strong throughout all time

God is eternal, God has no beginning, or middle or end

The mighty seas and oceans roll and thunder

The waves lift higher and higher crying out in Praise, wild and roaring

The sea storms, rising up in giant waves before crashing down

It is overwhelming

But, God is Stronger than the waves he created

God is more powerful than the wildest seas

God is bigger than the highest waves

God is king over the creation

God rules over sea and land and sky

God holds the world in the palm of his hand and always has

God's word is final

God's words are beauty and Holy

God is king and his rule never ends

A Royal and Strong king.

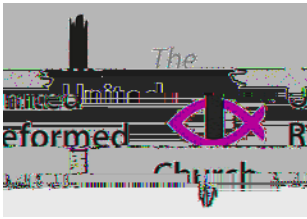
The whole world is God's throne

God rules over everything

God rules, since the beginning of time

Today, yesterday and forever

Amen

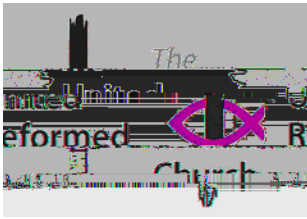


Pray Together

Wave Prayers

*The Sea storms, rising up in giant waves
before crashing down
It is overwhelming
But God is stronger than the waves he created
God is more powerful than the wildest seas
God is bigger than the highest waves
God is King over the creation
God rules over the sea and land and sky
God holds the world in the palm of his hand
and always has.*

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Pray Together

God Rules Over All – Prayer Crowns

You will Need:

Some card – any large cereal box flattened out or packaging card will do. I would not use very thick card as trying to stick that together would be tricky.

Coloured paper or plain paper you can colour yourself.

Scissors, colouring pens, glue, Sellotape, a length of string or wool.

These crowns can be made into a window decoration or for you to wear.

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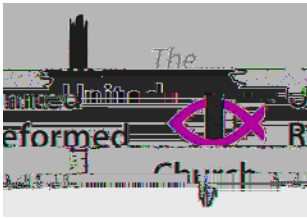
Think about the places where you are that God rules over and draw simple images.

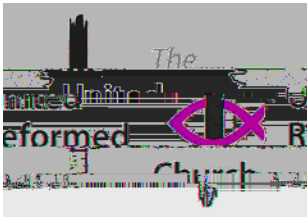
You might think about people: your family, pets and friends you are missing right now.

You can think about places such as Church, school, your home, shops, doctors, the park, places where God is with you.

You might like to think of the world, the sunshine, rain, night and day – God is there too.

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TO DO TOGETHER...

Musical Station

You will need:

A stick (this could be a sweeping brush handle)

Tin cans, balloons, dry pasta or rice

Milk bottles

Plastic takeaway tub

Glass jars

Old bunch of keys

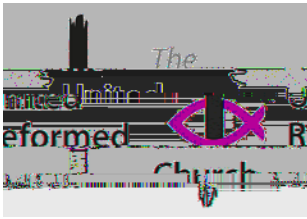
Old spoon

Pringle tub

What you do:

1. *Tin can drum - Take an empty tin can. Make it safe by covering the edge of the open end using some tape (gaffa tape or Sellotape). Cut the top off a balloon and stretch it over the open top of the tin can. Secure it with some tape.*
2. *Tin can rattle - As above, but fill the tin with pasta or rice first. Attach some string to it, seal it with some tape to make it secure and add it to hang from your stick.*
3. *Jingly Keys - Put a bunch of keys onto a string, they can jingle on their own or inside a tin to make a different sound.*
4. *Tingy spoon - Attach some string to an old spoon. This can be 'ting'ed, or you could use it to scrape along the ridges of your tin can drum like a scraper if it is a ridged can.*
5. *Takeaway harp - Take an old takeaway tub and put some elastic bands on it to make a harp. Decorate it and tie some string to hang on your stick.*
6. *Milk bottle noisemaker - Cut a hole into an old milk bottle and decorate it, hang it on your stick using string.*
7. *Pringle shaker - Put some rice in a pringle tub and seal the lid, decorate it by covering it with some kitchen paper and drawing designs on it. Attach some string to it and hang it from your stick.*
8. *Glass chimes – wash out some old jars and decorate them, attach the string to them and fill them with water at different levels (you can add some food colouring to the water to make them beautiful). Do supervise how hard these are hit!*

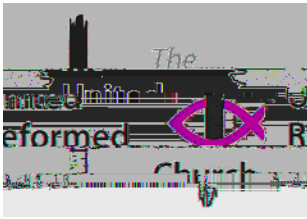




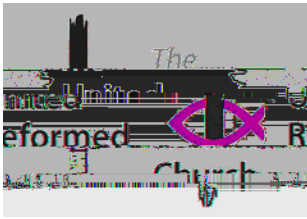
*Our Walking the Way Challenge
this time is...*

At Home:

Outside:



Adventurers Go!



Act vity Sheet 2

Making Crown Biscuits

*You will need: 125g butter or margarine
55g caster sugar
180g plain flour – sieved*

What to do:

Heat the oven to 190°C/375°F/gas mark 5.

Cream together the butter and caster sugar until smooth then gradually stir in the flour to form a smooth paste.

Wrap the shortbread in cling film and leave to rest in the fridge for 30 minutes.

Roll out the shortbread to 1cm thickness on a work surface lightly dusted with flour.

Using a crown shaped cutter (or cut around a crown shaped template) cut out the shortbread crowns and place on a baking tray.

Bake for 15 to 20 minutes until pale-golden.

Remove from