

Lend a Hand

Think of someone who needs a special prayer today.

Trace your hand on the cloth.

Then write or draw a prayer in your handprint.

Before leaving, place your hand in someone else's print,
and pray for that person's need also.

Mourning to Joy

Place one piece of candy in your mouth, but don't chew it.

Think about a time you have been a "sour" friend – someone who wasn't trustworthy, kind, loving, loyal, etc.

As the candy dissolves in your mouth, ask God to forgive you for being a "sour" friend.

Try to imagine how that person felt. God tells us we need to ask other's for forgiveness when we make mistakes. What do you need to do to find forgiveness from this friend, if you haven't already?

Thank God for turning your sour behavior into sweetness.

Mikvah

During Jesus' life on earth He would have practiced Mikvah regularly.

Mikvah is a Jewish tradition of purifying & cleansing oneself of anything that might make one unholy or unclean according to Jewish Law.

Traditionally Mikvah can only be accomplished by using Living Water – water that is alive & moving.

On a regular basis, Jews would splash living water on their **heads** and ask God for forgiveness from the sins of *thoughts*.

Then Jews would splash water on their **heart** and ask for God's forgiveness from the sins of the *heart*.

Next one would splash water on one's **hands** and ask for God's forgiveness from the sins committed by *hands*.

And finally forgiveness would be sought for the sins of one's *feet*.

Take a moment and think about anything you need
to confess to God.

Think about all the ways your *mind* sins.
And your *heart*.
And how your *hands* sin.
And finally your *feet*.

Slowly pour Living Water over each hand 3 times and
ask for God's forgiveness.

Jesus is The Living Water.
Let your hands and your heart be washed in Jesus'
cleansing forgiveness and refreshing love.

Psalm 51

Read Psalm 51.

David wrote this Psalm after Nathan helped him see how much he had sinned.

David writes,
“Create in me a clean heart, O God,
and put a new and right spirit within me.”

David is asking God to create in him something completely new just like God created the world completely new. That's a big request that required a miracle from God. David wasn't afraid to ask for that miracle because he knew his heart was broken & messed up.

Take the Play-Doh & make a new heart.

As you form the clay, ask God for a big miracle.

Maybe you need a new heart that is right with God.
Maybe someone is sick or sad or hurting.

Ask God to make that situation new again.
Be bold just like David was bold in asking God for a miracle.

PRAYING FOR OTHERS

David didn't get invited to the party.

When the prophet Samuel showed up in Bethlehem planning to anoint the next king of Israel, the one chosen by God, David was left out...he was left taking care of the sheep.

David's dad and brothers didn't invite him.

Even the prophet Samuel thought that David's brothers looked like King material.

God had to tell Samuel not to judge people by their outward appearance.

Look at the pictures of the people.
What kinds of things do you assume about these people when you look at them?

Why do you assume these things?

Why do we judge others without knowing them?

Think about the people in your life – at school, sports or neighbors – whom you have made assumptions.

Write down on a sticky note their names.

PLACE YOUR STICKY NOTE ON THE BIG HEART OF GOD.

Pray for these people.
Ask God to show you their hearts
and His heart for them.

ASK GOD TO FORGIVE YOU FOR
LOOKING AT THE OUTSIDE
RATHER THAN THE INSIDE.

On a small heart, write down
this person's name and remember to
pray for this person all week.

PRAYING FOR YOURSELF & THE HEART OF GOD

God saw David's heart.

The Bible says that David was a man after God's own heart.

God looks not at the outward appearance
but He looks at your heart
and sees your thoughts, intentions, motivations, passions, dreams.

What's in your heart today?
Is your heart sad? Happy? Scared? Jealous? Angry? Broken &
hurting? Joyful? Thankful?

Talk to God about all of this.
Write those things on a heart and add your name.

Think about God's heart...
What is the heart of God like?
What emotions, feelings or thoughts are in God's heart when He
thinks about you?

Turn your heart over and write those things on it.

Give your heart to Jesus...
stick your heart on the cross.

Thank Jesus for cleaning up your heart and
forgiving and healing you.

Take home a foam heart.

Carry the foam heart in your pocket to remind
you of God's heart towards you and to remind you to seek God with
all your heart!

LOOKING AT THE GIANTS IN YOUR LIFE

What Giants are in your land? In your life?

What Giant is yelling at you across the
Valley, defying your faith in God?

What Giants scare you and make you shake in
your boots like the army of King Saul?

*School, parents, bullies, peer pressure, fear,
depression, comparison, anger, lying, unforgiveness, abuse, failure—
what are your giants?*

These giants keep you from experiencing all
that God has for you!

God is bigger than all your giants...

God will help you defeat all your giants...

God has already and is already preparing
you for the fight.

You may look little or feel small and helpless but

all you need is what God will provide.

David only needed one of his five stones!
As David did, take out a few stones from the pool of water.

Look at the stones and think about, consider, and
pray about the giants in your life.

Hold each stone and put the name of a giant on it in your mind...

Drop the stones back into the pool...
give them to the Living Water of Jesus.

Take home a stone to remind you that God will
provide what you need to conquer the giants in your life.

GOD longs to defeat your giants.

WHOSE ARMOR ARE YOU WEARING?

Saul offered David his own armor to wear into battle with Goliath. It was a nice offer, and David even tried it on...but it was way too big.

David was a young man and he knew it wasn't yet his time to wear the armor of the king.

God had prepared David to fight while he was a shepherd. David saw that wearing Saul's armor would get in his way... And even get in the way of what God wanted. David knew himself, he trusted God, and he was brave enough to stand up to King Saul and say, "NO THANKS!"

Whose armor are YOU wearing?

Whose clothes are you wearing that might not be right for you? Are you pretending to be someone you're not just to be like everyone else? Are you hiding behind something that hides who you really are maybe because you don't like who you really are?

Are you trying to be like or please others?

Who is the real you?

Look in the mirror. Imagine God on your side.

You are chosen by the King of Kings...
To slay giants, to fight great battles, to build a nation,
To be a son or daughter of the King of Kings.

How does it feel to have God on your side?
How does it feel to be a child of the King?
How does it feel to be chosen?

Picture Jesus standing beside you in the mirror
with His hands on your shoulders.

He is proud of you...He wants you to win.

He wants you to be who you really are...
not wear someone else's armor!

How has God prepared you for battle as David
was prepared with the lion and the bear?

Ask God to show you how He has protected you in
battles in your life and your journey.

Take a mask...write on the front the things that people
see and the things you "put on" that aren't who you really are.

On the back of the mask write who you really are, whom God has
created you to be, who you are on the inside.

DAVID THE SONGWRITER

David was a musician and songwriter...
Most of the Psalms in the Bible David wrote.

David was hired to play music for King Saul.

The music David played soothed the evil spirits in King Saul and made
him feel better.

What music soothes your soul?
What music do you want to play for *the* KING?
Do you have favorite songs that brings you closer to God or closer to
your real self?

What song does this for you?
What song does the King want to sing for you?

Read the Psalms provided...

Write a psalm, song, poem or letter of praise to God.

David was totally honest with God in his songs...
He didn't hold back...he showed God just where he was
emotionally...if he was happy, sad, scared, joyous, angry.

Let God see the real you when you talk with Him.

Thank God that He wants to hear about everything in your life, in
your heart and in your mind.

God isn't scared of your doubts or your fears.

God loves you and wants to hear from you...

Take time to listen to God.

HONORING YOUR ENEMIES AND PRAYING FOR THOSE WHO PERSECUTE YOU

God had placed Saul on the throne.

David honored Saul as God's chosen one,
even when Saul was out to murder him.

Saul was so jealous of David and his popularity,
he couldn't see straight.
He spent much time and energy trying to kill David.

David had the opportunity to kill Saul but did not because Saul was
chosen by God. David honored his enemy.

Who is jealous of you? Pray for them.

Who are you jealous of?
Pray for yourself and them.

Do you have any enemies? Pray for them.
Pray for our world...it is full of jealousy,
anger, and revenge.

Pray for peace.

Pray for healing and reconciliation.

Pray for God's great love to be seen.

Pray for missionaries and others to continue to
spread God's love above the hate.

Jesus said ...love your enemies
and pray for those who persecute you.

BATHSHEBA

David was a man after God's own heart, but he was a person, a human being with sins and shortcomings.

David wanted Bathsheba for himself.
Because he was king he could get what he wanted.

This led to adultery, murder, and the death
of an innocent child.

It also led to pain and suffering later in David's life.
He had chosen to get what he wanted rather than
obey God and God's laws.

Sin is rebellion. David's actions were doing the exact opposite of what
God wanted.

Take some time with Jesus.
Tell him about your own rebellion.
Your own sin.

Write down your junk and shred it in the shredder

Wash your hands in the water...
Jesus wants to cleanse you.

Though your sins be as scarlet,
they will be as white as wool.

If we confess our sins and change our ways,
God is faithful and just to forgive us.

Thank Him for His great forgiveness.

DAVID AS THE DELIVERY BOY

David's father asked him to deliver bread and cheese
to his brothers and the army of Israel.

He was to bring back news from his brothers
to his father. If David had blown off his dad and said something like,
"No dad! I don't feel like it!" David would have missed seeing Goliath.

He would have missed the opportunity
God had prepared for him.

What opportunities has God prepared for YOU?

How is God using you as a "delivery boy" to bring you closer to God
and to do His mighty miracles?

Thank Jesus that He's there in the small & great aspects of our life...
Be reminded that God uses everything and everyone!

Taste the cheese crackers.

Be reminded that God uses everyone.
Be obedient and it will lead you to the great
things God has for you on the journey!