

# Acts of Worship

## **Virtue: TRUST**

*I place my trust in God and others can place their trust in me*

### Gathering together

Focal point:

Green cloth, candle, crucifix, Bible open at reading

Items or pictures of expensive things, .e.g iPhone, car, large house, food etc

### Introduction

Discuss the items on the focal point. What can the children tell you about them? E.g. they are expensive, people strive to get them. Are these things really important? In today's reading from the Gospel of Matthew, Jesus explains what is really important to us, and how we can trust God to provide for what we need.

### Word:

#### **Matthew 6:25-34**

Don't Worry

"So I tell you, don't worry about the food you need to live. And don't worry about the clothes you need for your body. Life is more important than food. And the body is more important than clothes. Look at the birds in the air. They don't plant or harvest or store food in barns. But your heavenly Father feeds the birds. And you know that you are worth much more than the birds. You cannot add any time to your life by worrying about it.

"And why do you worry about clothes? Look at the flowers in the field. See how they grow. They don't work or make clothes for themselves. But I tell you that even Solomon with his riches was not dressed as beautifully as one of these flowers. God clothes the grass in the field like that. The grass is living today, but tomorrow it is thrown into the fire to be burned. So you can be even more sure that God will clothe you. Don't have so little faith! Don't worry and say, 'What will we eat?' or 'What will we drink?' or 'What will we wear?' All the people who don't know God keep trying to get these things. And your Father in heaven knows that you need them. The thing you should want most is God's kingdom and doing what God wants. Then all these other things you need will be given to you. So don't worry about tomorrow. Each day has enough trouble of its own. Tomorrow will have its own worries.

*The Gospel of the Lord*

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### Response to/reflection on the Word

What message is Jesus giving us in this reading? He is telling us not to worry about things, that they are not important. He is explaining that God is always with us, caring for us and loving us, so we do not need to worry.

It doesn't mean that bad things will never happen, but that the whole of God's creation is good and he can give us strength and help, if we ask Him, especially when we find life difficult.

When we face things that are difficult, or we are worried, like moving on to a new school or new class, or moving house, or perhaps someone we love is ill, we can feel a bit unsure. At these times we can think about the people we trust and turn to them for help. More importantly, we believe that we can trust God and turn to him for help, love and support.

Play reflective music: Refer back to the signs of success for this virtue and remind the children of the statements:

*'I know I am not alone*

*I try not to worry about things before they happen'*

Ask the children to reflect on today's Bible reading... Is there anything in your life that you are unsure of? That worries you? Take a moment to talk to God and place your worry in his hands.

*Heavenly Father,*

*Help me to remember that You will always be with me,*

*That you will never leaving my side.*

*That You love and care for me with a perfect, never ending love.*

*I trust You. Amen.*

### Going forth

Give each class a large smooth stone. Tell the children that they can place it on their worship table or in their worship box. If they are worried about something, they can hold the stone, rub their thumb across the smooth surface and as they pray to God, let their worry go.

### Ideas for music:

Do not be afraid

Be not afraid

Father I place into your hands

Come bring your burdens

How great is our God

Our God is a great big God

Sing it in the valleys

Eagles Wings

## Acts of Worship

Fischy Music: God beside, Written on the palm of God's hand, Bring it all to me, Holding onto the rock

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#### Gathering together

Focal point:

Green cloth, candle, crucifix, Bible open at Psalm 23

If possible, display Hannah Dunnet's painting and interpretation of the Psalm (below)

Perhaps have a toy sheep if you have one.

#### Word:

Psalm 23

The Lord is my shepherd.

I have everything I need.

He gives me rest in green pastures.

He leads me to calm water.

He gives me new strength.

For the good of his name,

he leads me on paths that are right.

Even if I walk

through a very dark valley,

I will not be afraid

because you are with me.

Your rod and your shepherd's staff comfort me.

#### Response to/reflection on the Word

This Psalm describes God like a shepherd, always looking after us, His sheep. He guides us, takes care of us, and protects us. Can you think of a time when you felt unsafe? How did that feel? Can you think of a time when you did feel safe? Who was with you? What helped you feel safe? Who helps keep you safe? These people show us God's love and protection.

This Psalm reminds us that God is always with us, guiding and protecting us. We know we can always trust Him to be with us. If you ever feel sad or alone, or worried, remember that God gives us everything we need, gives us strength, guides our path and comforts us.

#### Going forth

This week, let us remember that God is with us. Remember to take time to thank Him.

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### Ideas for music:

The Lord's my shepherd

Do not be afraid

Be not afraid

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### Introduction:

What does it mean to be trustworthy? Collect answers from the children. The dictionary says to be trustworthy means someone who is able to be relied upon. Someone who is honest, dependable, ethical, virtuous and makes the right choices. Last week, we thought about how much we can put our trust in God to love us, guide us and protect us. This week, we are going to be reflecting upon how trustworthy WE are.

Tell the story of 'The boy who cried wolf'. (There are several Youtube videos if preferred)

What is this story trying to teach us? Part of being trustworthy is telling the truth. Trust is built gradually and is earned. If we lie and do not tell the truth, trust is broken. Let us hear what God thinks about us being trustworthy.

### Word:

"The Lord delights in people who are trustworthy." (Proverbs 12:22)

### Response to/reflection on the Word

Have you ever lied to someone? Why did you do this? How did it make you feel?

How does it feel if you know that someone you trusted lied to you?

God always tells us the truth. We know we can always depend upon Him. He always keeps his promises (you may link this back to the Lenten promises the children made – did they keep them?) This means that we can trust Him. Can people say the same about us? Do we tell the truth? Do we keep our promises? Can people depend upon us?

### Going forth

This week, we are going to try really hard to always tell the truth. We will try to be honest and reliable so that other people can put their trust in us.

### Ideas for music:

Do not be afraid

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