



His love endures for ever.

Psalm 100

Welcome to 'Together, Apart', free intergenerational resources to help us be church together while we cannot meet.

All the sections explore the same Bible passage in a range of creative ways. Choose whichever parts work best for you, and remember that 'All Age' does not mean 'only for the kiddies'!

You can find lots more free resources like this at www.reflectionary.org

Here is what you will find in each resource pack:



A Word in Your Ear

A Bible passage that we can all learn from together, whatever our age.



Food for Thought

Aimed at adults and teens, some thoughts and questions on the passage.



Inner Space

A blank space for you to record your thoughts, whether that is worries, dreams or a shopping list.



Looking Closer

A creative and interactive look at the Bible passage. Great for older children and anyone who likes a creative approach.



I Wonder...

An imaginative style of Bible study, perfect for younger children and those who like to immerse themselves in the Bible world.



Take a Break

A chill-out zone, with meditative colouring for adults and children, and links to audio recordings of the passage so that you can listen while resting your eyes.



Creation Station

A craft for children (or young-at-heart adults!)



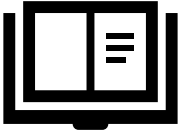
All Together Now

Suggestions for activities throughout the week that link with the Bible passage.



High 5

Suggestions for spending time with God.



A Word in Your Ear

Take your time reading this extract from our Bible passage. Ask God to help you hear. You can decorate the space around the words if you like.

Psalm 100

A psalm. For giving grateful praise.

Shout for joy to the Lord, all the earth.

Worship the Lord with gladness;
come before him with joyful songs.

Know that the Lord is God.

It is he who made us, and we are his;
we are his people, the sheep of his pasture.

Enter his gates with thanksgiving
and his courts with praise;
give thanks to him and praise his name.

For the Lord is good and his love endures
for ever;

his faithfulness continues through all
generations.

(NIV)



Food for Thought

You may have sung a song or hymn based on this psalm, and no wonder, the words are very uplifting. Of course, we may not feel like shouting for joy all the time, especially in these strange and worrying times, but perhaps it may be helpful to shift our focus onto the big picture – who God is and how he loves us.

The people who first sang this song, probably in the time of Solomon's temple, were people just like us. They had worries and distractions, sorrows and fears the same as we do now. We do not have to pretend that life's troubles don't exist (God know they do), but this psalm invites us to raise our eyes from the mud to the skies, and to remember that *the Lord is good and his love endures for ever; his faithfulness continues through all generations*. Walk with those first singers, through God's gates and into his courts. Leave your burdens at the gate posts for the moment, if you can, and lift your voice to sing God's praise.

Q: Which verses speak most deeply to you? What other words would you have written?

The song is constructed neatly in four sections. The first section calls us to do three things: to shout God's praise, to worship/serve him, and to come to him. (v1-2) Why should we do this? The second section answers with three reasons: because the Lord is God; because he made us and we are his; because we are his people, the sheep of his pasture. (v3)

Q: Have a look at the rest of the psalm. Can you find the same structure repeated in verses 4 and 5? Why do you think the psalmist chose these qualities of God as reasons that we should come and worship? What other reasons could you give?

The word at the start of verse 2 is sometimes translated 'worship' and sometimes 'serve'. These might seem like rather different words in English. We often think of worship as singing, the part of a Sunday meeting that is led by the worship band, or it could be the whole meeting, as in 'morning worship'. Conversely, 'serving' is what we do when we leave the worship to make the coffee for afterwards, or to teach Sunday school, or perhaps putting the books away, stacking the chairs, or cutting the grass outside on a Thursday afternoon.

The Hebrew word is עָבַד (*avad*), which means to work for someone, to make yourself their servant. Perhaps this is a different way to think about worship and serving.

Q: How does the idea of work and worship change what it means to serve God? What parts of your life are really worship in disguise?

There is a pair of 'bookends' for this psalm, 'all the earth' and 'all generations'. They tell us that this psalm is not just for those Old Testament people worshipping God at the temple, but for all people everywhere on earth and for all time, even for us, now.

Q: How could you join in the song of worship in your daily life? What does it mean for you to worship God in the busyness of work and family?



Inner Space

What's going round your head? Here is a space for you to put your thoughts on paper. You can write, draw ... whatever you like. What will you put here?

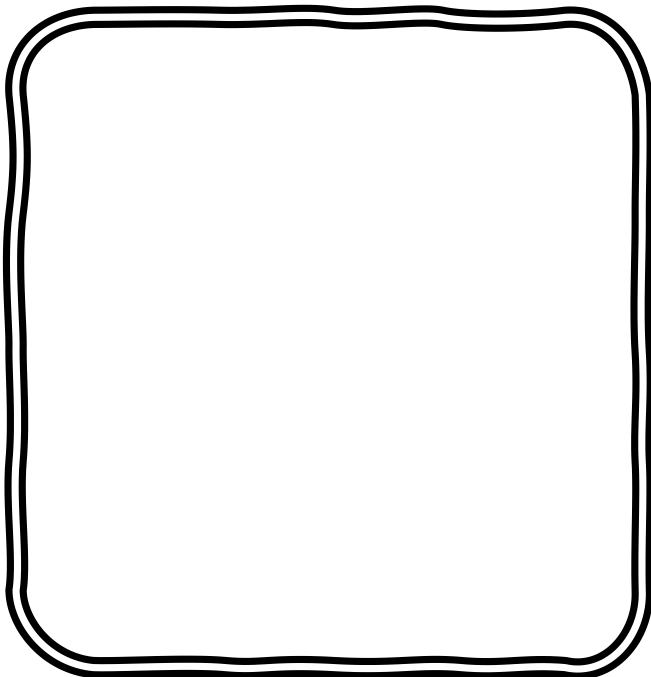
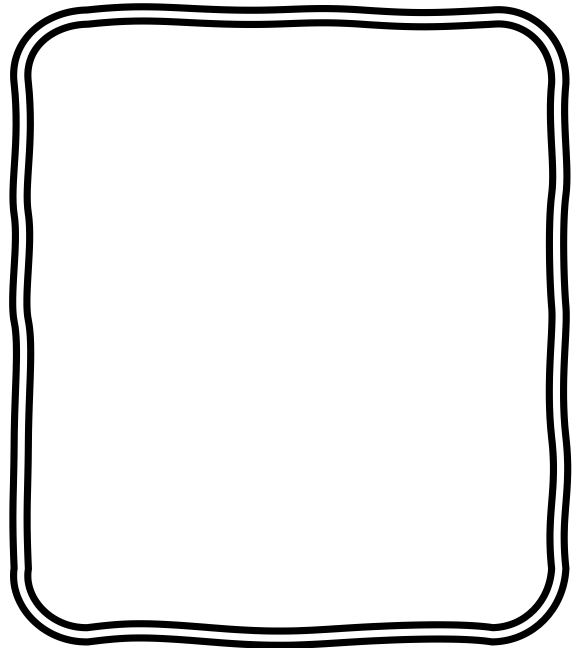


Looking Closer

There are some great pictures in this psalm. It was written as a song to sing when people came together to worship, and it helped them to think about what was important in life.

When we meet together as a church (sometimes in a building, sometimes online), our minds can be busy with all sorts of things. "I can't find my shoes." "Will we be finished in time to go to football?" "What's for dinner?" We are just like them!

Imagine you are one of the Old Testament people walking to the temple. What are you thinking about as you go to worship?



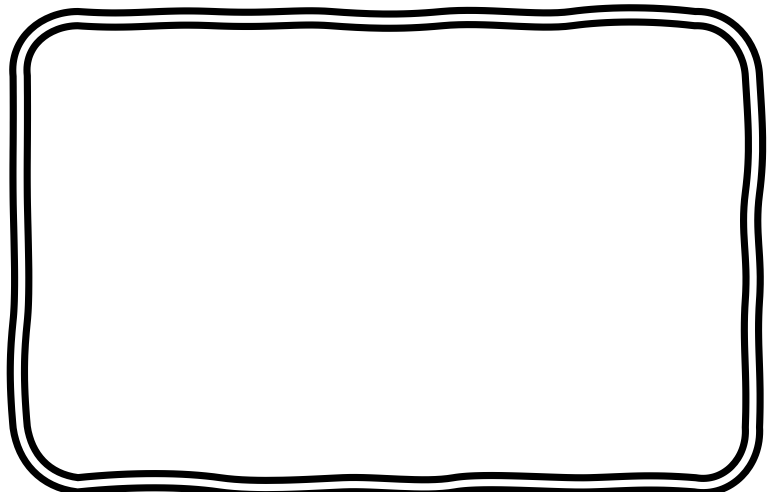
I love the picture of us being God's sheep. You'll find it quite a lot in the Bible. King David wrote another famous psalm about God being our shepherd (Psalm 23) and Jesus said he is our shepherd, too. (John 10)

But it's not like being a shepherd in England. Here, we put a load of sheep in a grassy field, and let them get on with munching. The land where the Bible was written is much drier, and there's really not much grass. So the sheep have to stay close to their shepherd, and he guides them to safe places with good grass to eat.

What would it be like being a sheep with God as your shepherd?

Another great picture in this psalm is God's house. Find the part where it talks about going through the gates to God's house, and into the court (that's like a patio). How brilliant to be invited to God's house! I wonder if he's having a barbeque?

Jesus talked about God having a house with many rooms, so that there is a place for each of us. What do you think God's house is like?





I Wonder...

Read or listen to the passage a few times and let it sit in your mind.

Which words, phrases or ideas do you notice? Does anything stand out for you? Hold that in your heart and listen to what God might be saying.

I wonder what you have discovered today.

I wonder what will change because of this.



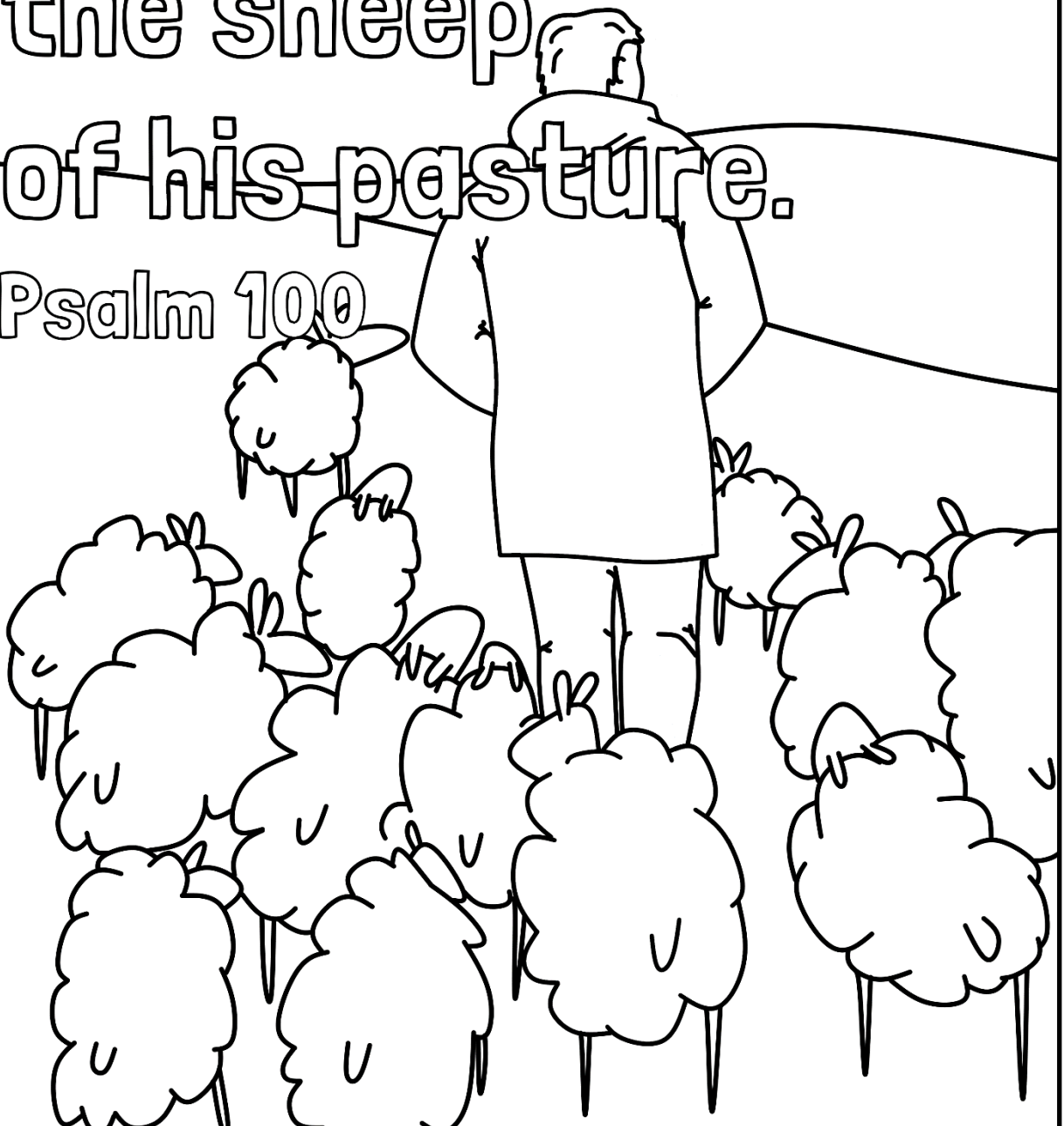
Take a Break

Put on some music, or listen to the passage being read out while you simply sit and be. You can colour the picture below, or fill it with zentangles, or you can just spend the time breathing.

Psalm 100 on Bible Gateway audio [ESV](#) – [Message](#) – [NIV \(Dramatised\)](#) – [NIV \(Suchet\)](#)

We are his people,
the sheep
of his pasture.

Psalm 100





Creation Station – Galaxy Labyrinth

We can use a labyrinth to help us think about how God leads us as shepherd, and how big God's love is – bigger than galaxies!

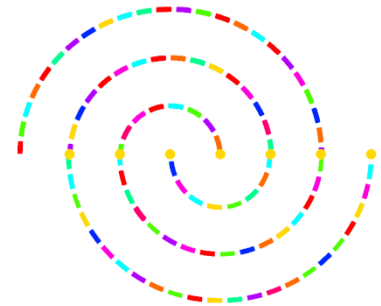
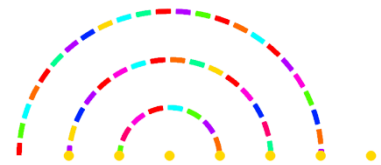


You will need:

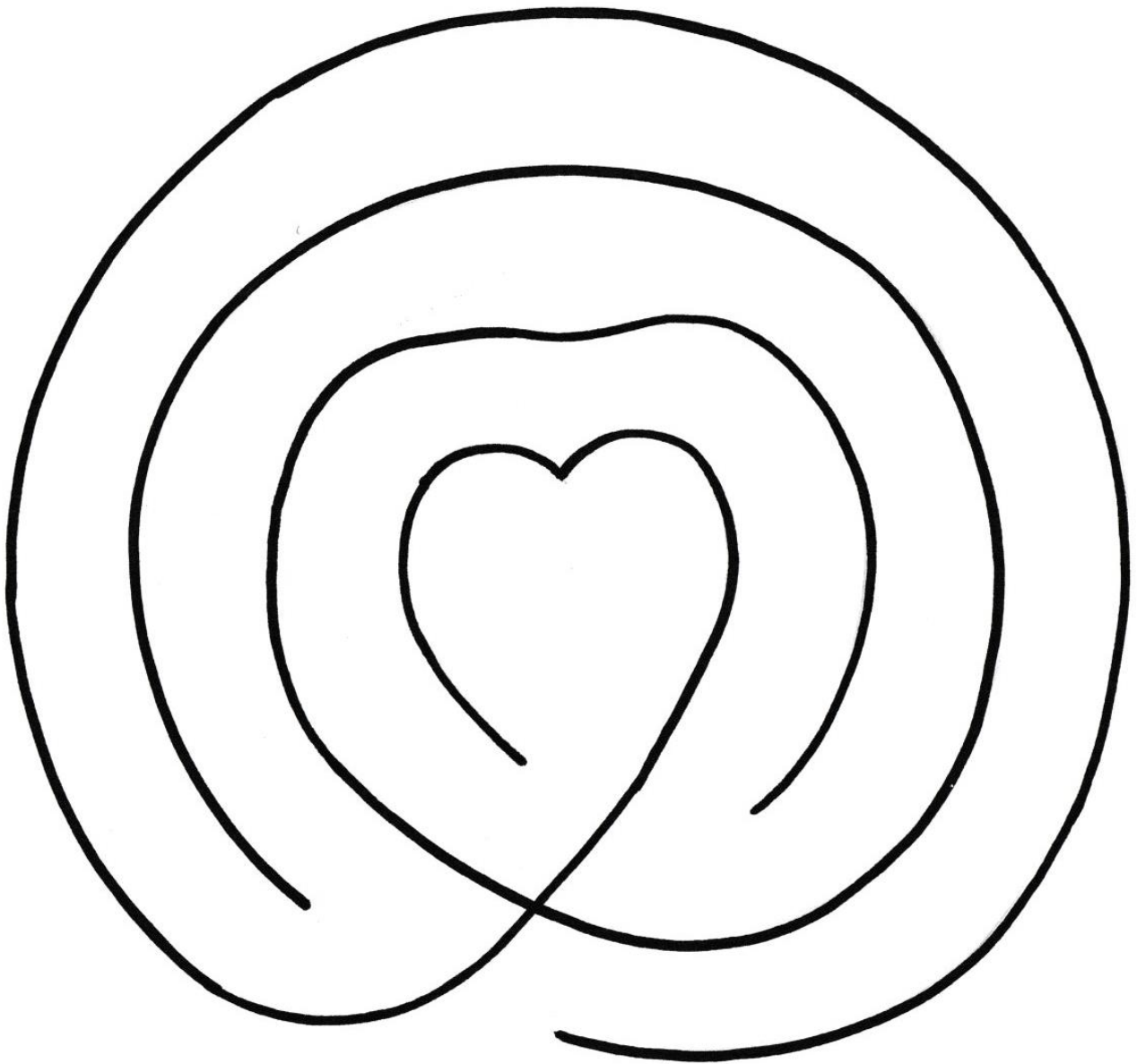
- Either: paper and pens to draw a labyrinth
- OR: printout of next page and colouring things
- OR: tray and sand/compost
- OR: Lego, buttons, beads, pasta etc for a table labyrinth
- OR: clothes, books, shoes, string etc for a floor labyrinth
- OR: chalk, leaves, rice, sticks or stones etc to make one outside

What to do:

1. Choose which style of labyrinth you want to make. There is a printable one for colouring on the next page, or you can draw this simple galaxy labyrinth. It has a way in and a way out, so that several people can walk through it at the same time. A labyrinth is not the same as a maze. It is not a puzzle to solve, but a long, winding path that leads you to the centre.
2. To draw a galaxy labyrinth, make a series of dots along the middle of your paper (table, floor). Leave one dot spare in the middle, and join the dots either side with a half circle. Keep joining dots with ever-bigger half circles. Now draw the bottom of the labyrinth in the same way, but shift sideways by one spot so that the half circles do not match up. This will give you two interlaced spirals.
3. For colouring, print out the next page and fill the spaces with colours or patterns. You can decorate the lines too.
4. You can make a labyrinth by drawing it in sand, or by laying it out on a table or floor using the suggested materials above. Google 'labyrinth' for different designs.
5. There are lots of ways to walk a labyrinth. Use your finger or a small object to walk through a table-sized one. You can pause at the centre. You can move slowly, mentally placing your worries and cares along the path as you go.
6. You can pray as you walk, perhaps adding items along the path to represent your prayers, or recite the verse at the top of the next page. Some people take their shoes off to remind themselves that to walk with God is to step on holy ground.



The Lord is good and his love endures for ever.





All Together Now

The Lord is good and his love endures for ever.

Here are some ideas for activities you could try during the week.

- Let's get an idea of how long 'forever' is. Get a ball of yarn. Tie a knot at the end for Now, then measure back 1cm for every year old you are and tie a knot for when you were born. You can add other people in your family too. How long ago were your parents and grandparents born? Measure back from the Now knot 1cm for every year and make knots for them. Think of some important events in history. Measure back from the Now knot and add them to your time-string. When you have finished, think of all the string there is before your knots – that's how long God has loved you, and there's a whole other ball of yarn in the future as well – Awesome!
- Make a banner with string and paper. Think of what you want to say, for example, the verse above. Stick sheets of newspaper or magazine paper together and cut out large heart shapes, one for each letter or word. Add a layer of diluted white paint so that the print shows through a bit. Make holes at the top of the hearts and use a marker pen to write on the letters. String the hearts together for a fab banner!
- Act out the psalm. Find some gates you can go through to a 'court' (which might be your back yard). One person can read aloud the psalm and the rest of you follow the actions: Shout for joy, Worship the Lord, Come before him with joyful songs, Enter his gates, Give thanks and Praise his name.
- Make a cardboard temple with a cereal box and use toy figures for the people coming to the temple to worship God. Cut out little paper speech bubbles with parts of the psalm and stick them on your figures.

What else can you think of?

My ideas:

Which will you do this week?



High 5

Spend five minutes talking and listening with God. Here is one way:

Translate this psalm into your own words. How would you say this?
When you have it in your own words, read it out to God as a prayer.

Shout for joy to the Lord, all the earth.

Worship the Lord with gladness;

come before him with joyful songs.

Know that the Lord is God.

It is he who made us, and we are his;

we are his people, the sheep of his pasture.

Enter his gates with thanksgiving

and his courts with praise;

give thanks to him and praise his name.

For the Lord is good and his love endures for ever;

his faithfulness continues through all generations.

Amen.