Welcome to Virtual Sunday School for 10 May

**Reading**

* Read Psalm 46 in your Bible (or on the sheet below)
* Watch the video of me reading the story and giving you some things to think about. You can find it here: [www.hooleparishchurch.com/video](http://www.hooleparishchurch.com/video)

God is always with us, and always has been with His people. How do you know that God is with you? How does it help you?

**Activity**

There are lots of pictures in Psalm 46, for example, the mountains, the river, God’s Holy Place. There are big, noisy, scary places and quiet places where God is and where God can speak to His people.

On a piece of paper, draw some of this Psalm. You can choose what you draw – choose the bit that you notice most when you read it.

**Prayer**

Pray this prayer with your family:

Thank you that you are always with me, God. Thank you that it doesn’t matter how old I am, or how I am feeling.

As we think about VE Day this weekend, thank you that you were with those people then, when they were frightened, and that you are still with us now in these frightening times we live in, when we can’t see our family and friends whenever we want to.

Please help us to remember to pray to you and to remember that you are always with us.

Amen.

**Songs**

We have sung this song a lot at church, but it reminds us that God is much bigger than anything we can face but also still loves each of us very, very much.

<https://www.youtube.com/watch?v=8bsEgggn344>

# **Psalm 46**

# *New Century Version (NCV)*

1God is our protection and our strength.  
    He always helps in times of trouble.  
**2**So we will not be afraid even if the earth shakes,  
    or the mountains fall into the sea,  
**3**even if the oceans roar and foam,  
    or the mountains shake at the raging sea.

**4**There is a river that brings joy to the city of God,  
    the holy place where God Most High lives.  
**5**God is in that city, and so it will not be shaken.  
    God will help her at dawn.  
**6**Nations tremble and kingdoms shake.  
    God shouts and the earth crumbles.

**7**The Lord All-Powerful is with us;  
    the God of Jacob is our defender.

**8**Come and see what the Lord has done,  
    the amazing things he has done on the earth.  
**9**He stops wars everywhere on the earth.  
    He breaks all bows and spears  
    and burns up the chariots with fire.  
**10**God says, “Be still and know that I am God.  
    I will be praised in all the nations;  
    I will be praised throughout the earth.”

**11**The Lord All-Powerful is with us;  
    the God of Jacob is our defender.