



1st Sunday of Lent

Psalm 91

Response: Be with me, O Lord, in my distress.

He who dwells in the shelter of the Most High will abide in the shadow of the Almighty. I will say to the Lord, "My refuge and my fortress, my God, in whom I trust."

"No evil shall be allowed to befall you, no plague come near your tent. For he will command his angels concerning you to guard you in all your ways."

Some things to think about...

In this psalm, we see that even when we feel scared, we find safety in God. Find the words "shelter", "refuge" and "fortress" in the passage. Share what things you have at home that make you feel safe and secure. Do you have a favourite toy, blanket or piece of furniture? Or is there a place in your local area that feels welcoming?

Activity

The SVP offers a safe space for people in need at our community support projects (CSPs). If you were to design a welcoming space in one of our CSPs, what would it look like? Using the "Design a Welcoming Space" activity on the Mini Vinnies website, have a go at designing a room with some home comforts that would make people feel welcomed and relaxed.

If you want to find out more about our CSPs, go to our website: <https://svp.org.uk/>

Teacher's Notes

This week's Psalm speaks about the Lord being our refuge and protector. The notion of being safe and protected is one that many children associate with their home and those who care for them. With your Mini Vinnies, focus on the theme of "shelter" and think about those who may not have somewhere to call home or a place in which they feel safe. Together, you could write a prayer for these people.

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