

In my quiet times

Leader's guide

Members of the Music and Creative Arts team, Stephanie Lamplough and Nicholas King have penned this simple song which reminds us of some of the ways and places where we can see God and know that he sees and is looking out for us too. You will note there is an optional part for B flat cornet or concert pitch instrument on page 32.

I know he's watching over me

Warm-up

With its repeated phrases and strong imagery, perhaps this song creates an opportunity to learn and use sign language to emphasise the lyrics. This will not only allow you to engage with those who may rely on this method of communication, but will also help your group to remember those places we can find God.

Bible verse

'You are all around me – in front of me and behind me. I feel your hand on my shoulder.'

Psalm 139:5, ERV

Prayer

Dear God,
As we meet together today, we know that you are with us, watching over everything we sing. Thank you for keeping me safe through your love and comfort. Please be with everyone who feels alone and remind them that you are always there. Amen.

Activity

Wink murder

Everyone stands in a circle and the leader picks one person to be the detective. Have everyone close their eyes, while the leader silently picks a 'murderer'. Then the detective stands in the middle of the circle and tries to watch everyone. If the murderer winks at anyone, that person sits down and is out of the game. It is the detective's job to work out who the murderer is by catching the murderer winking.

The detective had to work hard in that game to watch everyone and work out who the murderer is. God watches over us with the same amount of detail and care – not to catch us out but to protect us.

Thought

When people go bird watching, it can take a long time before they see anything interesting. It can mean a lot of waiting quietly and patiently. However, they know that it will be worth it when they catch a glimpse of the birds.

Psalm 139 tells us that God watches our every move and knows our every thought. He is always watching over us, caring for us, protecting us, and loving us. Sometimes it can feel like we are completely alone and we can't sense God. But he is still there watching, in the busy, noisy times and in the quiet times. When we start to look for God, we can see that he is always there, watching over us.

Personal challenge

Life is often very busy, and we can spend our time always rushing from one place to another. This week, set yourself a goal of spending some quiet time with God. It might be just a few moments of quiet, on your walk to school or before you go to bed. In that time, list three things that you have seen so far that day that might have reminded you of God. It might be something good that happened in the day, or something beautiful that you have seen. Thank God for always watching over you and making his presence known.

Group challenge

How often do you stop and take time to admire God's creation?
This week, have everyone take a photo of something beautiful that they see. This could be one of the examples in the song or something different. Put them all together in a presentation that can be projected when you sing this song as part of worship.

