

Ideas for Helping Children Understand Psalm 139

1. Play "hide & seek". Talk about the fact that we are like the ones hiding – our sin separates us from God. Just as Adam & Eve hid from God after they sinned, we try to hide from God. But God is the ultimate Seeker. Just as He knew where Adam & Eve were and called out to them, He seeks us, to redeem us and restore us. (Gen 3:8-9) There is nowhere that we can go to hide from God. He is pursuing us, seeking us, to bring us to Himself.
2. Hide certain objects in a room. Then bring children to the room with the lights turned out and see how many they can find in the dark. Then use a flashlight to "search out" the objects. Talk about the fact that God is light, and the light reveals everything. The light makes darkness disappear.

Another lesson from the above is the fact that though God knows everything about us - even our most sinful thoughts and actions – still He seeks us out because He loves us and wants to show His love to us. We can invite Him to search out our hearts and lives, and ask Him to help us to be the people He created us to be.