



# SING TO THE LORD CHILDREN'S VOICE SERIES

## SONGS UNPACKED

**To support your group in learning about the themes and teaching that underpin this year's Sing to the Lord songs, we have produced the following material. Each song has six weeks' worth of content which might correspond with how long it takes your group to learn the song; or if that is too much, then the extra material can be used at a later point when you are re-rehearsing it ready to sing out. The material includes a Bible verse, prayer, activity and an application for you to communicate to your group.**



### **BIBLE READING**

Scripture is a key element in the life of a disciple. Each week there is a Bible verse which will enable the children to help make the connection with what they are singing and God's word.



### **PRAYER**

Prayer connects us to the Lord and enables us to have a deeper relationship with him. The suggested prayers can be used as part of the rehearsal and are linked to the Bible verse for that week.



### **ACTIVITY**

Sometimes we need to experience something to understand it better. Each week there is a short activity to help the children explore the theme of the song in an interactive and engaging way.



### **APPLICATION**

This section provides you as the leader with some thoughts to share with the children as to how the activity links to the Bible verse and prayer.

## WEEK 1

<b>BIBLE READING</b>	<b>PRAYER</b>	<b>ACTIVITY</b>	<b>APPLICATION</b>
<p><b>1 Peter 5:7 (NIV)</b> Cast all your anxiety on him because he cares for you.</p>	<p>Dear Lord, Thank you that you are always there to listen to us when we talk about our worries. May we always remember that we are able to give our worries to you and that you will help us to be strong. Amen.</p>	<p><b>Paper Bag:</b> You will need medium-sized paper bags. Give each child a paper bag. Ask them to hold the top of the bag with one hand leaving enough of a hole to blow into the bag. Ask the children to blow into the bag, and as they blow into the bag to think of all their worries (as if they are blowing them into the bag). Then, holding the bag tight, they can burst the bag.</p>	<p>As the children blow up the paper bags, ask them to imagine they are filling their bag with their worries. As they hold the bag and burst it with a bang, explain that this is what it is like when we give our worries to Jesus. When we keep them to ourselves they can build up inside of us, but by giving them to Jesus we no longer have to hold on to them and they can burst and disappear.</p>

## WEEK 2

<b>BIBLE READING</b>	<b>PRAYER</b>	<b>ACTIVITY</b>	<b>APPLICATION</b>
<p><b>Isaiah 41:10 (NIV)</b> So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.</p>	<p>Dear Lord, Sometimes it is hard to be a disciple and be like you all the time. Please help us when we are angry and feel hurt. Help us to remember that these feelings are not wrong, but when we think like that all the time we really need to turn to you. Help us to remember what you would say and do. Thank you that you are always with us. Amen.</p>	<p><b>Tin Foil Balls:</b> Cut tin foil into squares. It doesn't matter about the size of the squares, although it will determine the size of the ball, so the bigger the better. Give each child a piece of tin foil and ask them to make it into a ball, and as they do so to think of all the things that make them angry or worried. Then ask the children to throw their ball and see how far it goes.</p>	<p>As the children roll the tin foil into a ball and think of all the things that make them angry, encourage them to think that all their anger is now wrapped up in the ball and is now not a part of them. As they throw the ball as far away from them as possible, suggest that this is the same as talking to Jesus about what makes them angry, as he will help to take that anger away.</p>

## WEEK 3

<b>BIBLE READING</b>	<b>PRAYER</b>	<b>ACTIVITY</b>	<b>APPLICATION</b>
<p><b>Psalms 147:3 (NIV)</b> He heals the broken-hearted and binds up their wounds.</p>	<p>Dear Lord, Thank you that we are able to relax in your presence. Thank you that we have a church and have grownups that we can talk to and who understand us. Help us remember that your love helps us when we feel sad. Thank you, for you are good. Amen.</p>	<p><b>Calming Exercise :</b> Ask the children to sit up in their chair. Then, if possible, they should put their feet on the floor and rest their hands on their knees. Ask them to close their eyes and think about their breathing. They can take a big breath in and a big breath out, then screw up their face and let it relax slowly. Now they can push their shoulders up to their ears and let them fall down slowly. Now they should just sit with their eyes shut, being quiet for one minute.</p>	<p>This is an exercise that will help the children calm down any time they feel scared, angry or afraid. It also helps them to relax if they are nervous. Remind them that they can do things in the Lord's strength and with the support of the church family around them.</p>

WEEK 4

<b>BIBLE READING</b>	<b>PRAYER</b>	<b>ACTIVITY</b>	<b>APPLICATION</b>
<p><b>1 Corinthians 10:13 (MSG)</b> No test or temptation that comes your way is beyond the course of what others have had to face. All you need to remember is that God will never let you down; he'll never let you be pushed past your limit; he'll always be there to help you come through it.</p>	<p>Dear Lord, Thank you that we are able to talk to you about anything and everything, any time of the day. Thank you that you are always there for us. Thank you that no matter how small our prayer may be, you hear it. Amen.</p>	<p><b>Paper Aeroplanes:</b> Give each child a piece of A4 paper. Ask them to make a paper plane; some may need help. When everyone has made their planes and they are happy with them, ask them to stand in a row and throw their planes to see how far they go.</p>	<p>Our paper aeroplanes are like prayers. When we take time to focus on our prayer, just as we focused on making the paper plane, our prayers fly to Jesus just like your plane which (hopefully!) flew across the room. Thankfully our prayers fly much better than paper planes, and Jesus always listens and receives all of our prayers.</p>

WEEK 5

<b>BIBLE READING</b>	<b>PRAYER</b>	<b>ACTIVITY</b>	<b>APPLICATION</b>
<p><b>Joshua 1:9 (NIV)</b> (The Lord said) 'Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.'</p>	<p>Dear Lord, Help us when we feel scared to know that we are not alone, that you are always with us. Thank you for our church and for people who care for us and are there for us to talk to. Help us to be strong and full of courage. Amen.</p>	<p><b>Snuff out fear:</b> Have a candle on a table at a safe distance from the children. Light the candle, and ask the children to focus on the flame. Explain the lesson, then blow out the candle.</p>	<p>Our fears are like this flame, as when we always think about them they take over – just as if I was to drop this flame on the table the fire would spread. But God can get rid of our fears as quick as this (blow out the candle).</p>

WEEK 6

<b>BIBLE READING</b>	<b>PRAYER</b>	<b>ACTIVITY</b>	<b>APPLICATION</b>
<p><b>Hebrews 13:6 (MSG)</b> Since God assured us, 'I'll never let you down, never walk off and leave you,' we can boldly quote, 'God is there, ready to help; I'm fearless no matter what. Who or what can get to me?'</p>	<p>Dear Lord, You are an amazing God and your strength goes on for ever. May we never forget that you are stronger than anything that may worry us. When we stay connected to you and lean on you, you will support us. Thank you for your love. Amen.</p>	<p><b>Plastic bag of sand:</b> Half fill a sealable plastic bag with dry sand. Pass it round among the children, asking them to look at how many grains of sand are in the bag. Could you count them?</p>	<p>When you are worried, upset, or feel lonely, you need to remember that just as God knows how many individual grains of sand are in the bag, so he knows everything about every one of us. His knowledge of and love for all of us never ends.</p>



## WEEK 1

<b>BIBLE READING</b>	<b>PRAYER</b>	<b>ACTIVITY</b>	<b>APPLICATION</b>
<p><b>1 John 5:14 (NIV)</b> This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us.</p>	<p>Dear Lord, Thank you that you are a loving God and that you are always here for me and that I can talk to you. Thank you that no matter what I say I know you understand me and know my heart. Amen.</p>	<p><b>Prayer journal:</b> Give each child a small note book. Explain to them that this is their prayer journal. Sometimes we only pray when we feel worried or would like things to change, or we only pray when we are at church. Encourage them by saying that prayer is a daily conversation with the Lord, and that sometimes to help us build a good prayer life it helps to write or draw in a journal.</p>	<p>At the start of this focus on a new song it is a great opportunity to equip the children with different ways to pray to help them explore prayer. You could encourage them to bring their prayer journals to practice so that they can write their prayers or questions, or draw in it.</p>

## WEEK 2

<b>BIBLE READING</b>	<b>PRAYER</b>	<b>ACTIVITY</b>	<b>APPLICATION</b>
<p><b>1 Chronicles 16:11 (NIV)</b> Look to the Lord and his strength; seek his face always.</p>	<p>Dear Lord, Thank you that you care for us. Thank you for your strength that is there to support us every day. May we take time this week to talk to you every day, knowing that when we talk to you, you listen to every word we say. Amen.</p>	<p><b>Favourite place:</b> Ask the children to close their eyes. Ask them to think of their favourite place to be and picture it in their mind. For the next few minutes stay in that place in your mind and talk to God.</p>	<p>Sometimes we find it hard to pray and sometimes there is so much happening around us that we feel we can't pray. By thinking of our favourite place it can help us to block out everything else that is happening around us and help us connect with God in our thoughts.</p>

## WEEK 3

<b>BIBLE READING</b>	<b>PRAYER</b>	<b>ACTIVITY</b>	<b>APPLICATION</b>
<p><b>Ephesians 6:18 (NIV)</b> And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people.</p>	<p>Dear Lord, Thank you for creation, and thank you that you made us all different. Thank you for our family and friends. Lord, we pray for all the different people we know – family, friends, teachers. We pray for our church, and we ask that you bless our church family. Amen.</p>	<p><b>Prayer partners:</b> Ask the children to get into pairs. If they have brought their prayer journals ask them to turn to the back of the note book. Ask the children to ask each other two questions: 1. One thing that happened last week that you would like me to pray about 2. One thing that is going to take place next week that you would like me to pray about. Write them in the back of your journal.</p>	<p>When we pray every day, we not only pray for ourselves but for others too. We can pray for family, friends, church, school and anything else that is on our minds. It is also good to ask people what they would like you to pray for them. Don't forget that God listens to all of our prayers.</p>



## WEEK 4

<b>BIBLE READING</b>	<b>PRAYER</b>	<b>ACTIVITY</b>	<b>APPLICATION</b>
<p><b>Jeremiah 29:12 (NIV)</b> Then you will call on me and come and pray to me, and I will listen to you.</p>	<p>Dear Lord, Thank you for your mighty power and presence in our lives. When we come to pray to you, we know that you listen and know the prayers of our hearts. May we also take time to rest in your presence, to listen to you and what you have to say to us. Thank you for your unfailing love. Amen.</p>	<p><b>Sounds like...:</b> Search for about five or six sound effects – things like a key turning in a lock, a rain storm, a glass being filled with water etc. Play each of the sounds and ask the children what they think it is. Sometimes when we just hear something without seeing it, it can sound totally different.</p>	<p>A hard lesson to learn as an adult is how to spend time with the Lord in silence listening to what he has to say to us. While we explore the subject of prayer it is good to explore how important it is to listen to God. Listening to God's voice takes practice, as he will talk to us in many different ways. Sometimes when we listen it is still hard to know what the Lord is saying to us – but that's all right.</p>

## WEEK 5

<b>BIBLE READING</b>	<b>PRAYER</b>	<b>ACTIVITY</b>	<b>APPLICATION</b>
<p><b>Mark 11:24 (NIV)</b> Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours.</p>	<p>Dear Lord, Thank you that you are always there. We are thankful that we can talk to you about anything, anywhere, at any time. You care about the smaller details of our lives, and every part of our lives is important to you. We know that we are special to you and we thank you for your amazing love for us. Amen.</p>	<p><b>Popcorn prayer:</b> Explain that we are going to say a 'popcorn prayer'. Start with one child and ask them to say 'Dear God'. Then move from child to child with each one saying a word or two to add to the sentence – eg thank you... for our... family... help us... etc. Continue until every child has said a word or two, and finish with the last child saying 'Amen'.</p>	<p>Prayer is not only about having time on your own in silent reflection. To pray out loud together takes a little time to get used to. Therefore the more we share our prayers out loud with each other the more used to it we are and the more confident we become. When we say our prayers out loud we bless each other as we listen to what each other has to say.</p>

## WEEK 6





<b>BIBLE READING</b>	<b>PRAYER</b>	<b>ACTIVITY</b>	<b>APPLICATION</b>
<p><b>Psalms 17:6 (NIV)</b> I call on you, my God, for you will answer me; turn your ear to me and hear my prayer.</p>	<p>Dear Lord, Thank you because you are always here for me. May I always take time to talk to you, for you will listen. You are interested in me, in my thoughts and feelings. You delight in me and who I am. Thank you for all the good things you give us. Amen.</p>	<p><b>Prayer preference:</b> Ask the children to get into pairs and remind them about how we have spent time in recent weeks learning about prayer and how the Lord is 'Always Here For Me'. We have looked at different ways to pray, so spend some time talking to each other and finding out which was your favourite way to pray – for example, journaling, asking each other, listening to what God has to say, praying out loud, or praying in your mind.</p>	<p>It's good to spend time in prayer. It is also good to spend time talking about prayer – how to pray and what we are finding out for ourselves and for others when we explore prayer and the different ways to do it. The more we talk about it the more natural it becomes and the more it becomes a daily routine in our lives.</p>

# BLESS HIS NAME





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## WEEK 1

 BIBLE READING	 PRAYER	 ACTIVITY	 APPLICATION
<p><b>Psalms 104:1 (NRSV)</b> Bless the Lord, O my soul. O Lord my God, you are very great. You are clothed with honour and majesty.</p>	<p>Dear Lord, You are a mighty God and love us very much. We will always sing your praises, for you are good. Lord, thank you for the many blessings that you give us. Help us always to be thankful. Amen.</p>	<p><b>Blessing jar:</b> Show the children an empty jam jar and tell them that this is their 'blessing jar'. Ask the children to get into pairs and give each one three pieces of paper. Together they have to think of three blessings for the jar. For example, they are blessed to have food in their tummies, a good night's sleep, warm clothes when it's cold, a brother or sister etc.</p>	<p>To thank the Lord for all that he has blessed us with on a daily basis is an awesome thing to do, and spending some time filling our jar is a great way to start!</p>

## WEEK 2

 BIBLE READING	 PRAYER	 ACTIVITY	 APPLICATION
<p><b>Psalms 34:1 (NRSV)</b> I will bless the Lord at all times; his praise shall continually be in my mouth.</p>	<p>Dear Lord, Thank you for all of the blessings that you give us. We want to praise your name and thank you. Lord, help us to be a blessing to others, to do a kind deed or say a kind word. Help us to bless people, for you bless us. Amen.</p>	<p><b>Blessings:</b> Ask the children to get into pairs and together think of three things that they could do next week that would bless someone. For example, help set the table, wash the dishes, be kind, make their bed, make sure no one is lonely at school, being polite to everyone etc.</p>	<p>Sometimes we have to change the way we act and the things we do in order to think of others or to put others before ourselves so that we can help them. Encourage the children to put into practice this week some of the ideas that they have come up with.</p>

## WEEK 3

 BIBLE READING	 PRAYER	 ACTIVITY	 APPLICATION
<p><b>Psalms 63:4 (NRSV)</b> So I will bless you as long as I live; I will lift up my hands and call on your name.</p>	<p>Dear Lord, We are grateful for our church and our church family. Thank you for those in our church who help us worship and praise your name. We love to worship you and bless your holy name. Amen.</p>	<p><b>Being blessed:</b> Ask the children to get into pairs and together think of the time this week that someone has blessed them. What did the person do for them? Who was it? How did it make them feel? For example, Mum cooked my dinner; a friend played with me; my sister was kind to me.</p>	<p>Not only can we be a blessing to people, but many people can also be a blessing to us. It is good to remember all the people in our lives who bless us every day and all the different things that they do for us, and to remember to thank them for being the blessing that they are to us.</p>







# BLESS HIS NAME





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## WEEK 4

 <b>BIBLE READING</b>	 <b>PRAYER</b>	 <b>ACTIVITY</b>	 <b>APPLICATION</b>
<p><b>2 Corinthians 9:8 (NIV)</b> And God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work.</p>	<p>Dear Lord, We thank you because you care for us and love us. We thank you for the sunshine and rain that help the food grow. We thank you for our homes that keep us safe and warm, and for our families who love us and care for us. Amen.</p>	<p><b>More blessings:</b> Show the children the blessing jar from earlier on in this series. Ask the group if anyone has any more blessings they want to add. Encourage them to write them down and place them in the jar.</p>	<p>It is good to see that the Lord's blessings do not stop! We can easily be reminded of this by seeing how full the jar is getting!</p>

## WEEK 5

 <b>BIBLE READING</b>	 <b>PRAYER</b>	 <b>ACTIVITY</b>	 <b>APPLICATION</b>
<p><b>Psalms 113:2 (NRSV)</b> Blessed be the name of the Lord from this time on and for evermore.</p>	<p>Dear Lord, Please be close to those people who may find it difficult to praise your name because they feel sad. Help them to know that you are near and that they have so many blessings that come from you. Amen.</p>	<p><b>Cheer up challenge:</b> Ask the children to get into pairs and think of how they would cheer up someone who was sad or worried. What things could they do or say to help?</p>	<p>Sometimes it is hard to praise the Lord when we feel sad or worried. So it is really good to encourage each other when we are down to think about the things that we can thank God for, since reminding ourselves of these things might help to ease other sadness and worry in our lives.</p>

## WEEK 6

 <b>BIBLE READING</b>	 <b>PRAYER</b>	 <b>ACTIVITY</b>	 <b>APPLICATION</b>
<p><b>Romans 5:6 (NLT)</b> When we were utterly helpless, Christ came at just the right time and died for us sinners.</p>	<p>Dear Lord, We thank you for Jesus, and that he loved us so much that he died to take our sin away. Thank you that you love us even though we don't always get things right. Amen.</p>	<p><b>Abundant blessings:</b> Open up the blessing jar and read out some of the things that have been placed in there over the past few weeks. Remind the children that it is always good to remember all of God's blessings to us.</p>	<p>Share with the group that this jar is going to be permanently available so that anyone can add any blessings to it whenever they want. Encourage them to have their own jar at home too.</p>



## WEEK 1

<b>BIBLE READING</b>	<b>PRAYER</b>	<b>ACTIVITY</b>	<b>APPLICATION</b>
<p><b>Psalm 103:1-2 (NLT)</b> Let all that I am praise the Lord; with my whole heart, I will praise his holy name. Let all that I am praise the Lord; may I never forget the good things he does for me.</p>	<p>Dear Lord, Thank you that you listen to us even if we whisper. Thank you that you hear the words of our heart and the words that we are thinking. We praise your holy name, for you are good and do good things. Help us to remember we can praise your name in our hearts too. Amen.</p>	<p><b>Chinese Whispers:</b> Ask the children to stand in a circle. Suggest they are going to play Chinese Whispers and the first person is to say something that is nice. Depending on time play this game twice.</p>	<p>Sometimes it is not about shouting and telling everyone, all the time. Sometimes it is about sitting quietly whispering our praise to God. Sometimes it is good just to sit with a friend and quietly chat about all the good things God has done and can do, knowing that he knows our hearts.</p>

## WEEK 2

<b>BIBLE READING</b>	<b>PRAYER</b>	<b>ACTIVITY</b>	<b>APPLICATION</b>
<p><b>Psalm 34:1-3 (GNT)</b> I will always thank the Lord; I will never stop praising him. I will praise him for what he has done; may all who are oppressed listen and be glad! Proclaim with me the Lord's greatness; let us praise his name together!</p>	<p>Dear Lord, Thank you for all the great things you have done. Thank you for sending your Son Jesus to help us get close to you. Thank you for sending the Holy Spirit to guide and help us live the right way, the way that you have planned for us. Help us to tell others how good you are. Amen.</p>	<p><b>Shout His Praise:</b> Ask the children to stand in a circle and take it in turns to step in the circle and shout out something good about God or something to praise him for.</p>	<p>At times it can be very hard to speak out for Jesus and tell others about him. It's good to practise. We don't get the chance to shout the Lord's praises enough. Giving the children a safe space to shout praise to the Lord will help them to find it can be easy to talk about Jesus and all that he has done.</p>

## WEEK 3

<b>BIBLE READING</b>	<b>PRAYER</b>	<b>ACTIVITY</b>	<b>APPLICATION</b>
<p><b>1 Chronicles 16:34 (ESV)</b> Oh give thanks to the Lord, for he is good; for his steadfast love endures for ever!</p>	<p>Dear Lord, Help us not to forget that you are always with us, even when we find it hard to talk to our friends about you. Also, in the times we are tired and grumpy and forget to praise your name we know that you still love us. We are so glad that you are strong and caring and love us no matter what. Amen.</p>	<p><b>Sound Off:</b> Ask the children to stand up straight. Explain that you are going to shout a 'sound off' as they do in the army and they repeat what you say. Jesus Christ is our good friend! (Repeat) And his love will never end! (Repeat) He is with us all the time! (Repeat) So we lift our praises high! (Repeat) Sound off! (Repeat) Sound off! (Repeat) 1-2-3-4! (Together) 1-2-3-4!</p>	<p>There are times when we find it hard to tell people about Jesus, so we need to encourage each other. By shouting out this marching 'sound off' as they do in the military, we can help to encourage each other as we all proclaim the Lord's praise together. It is all right if sometimes we find it difficult, but always remember that you can talk about it and support each other.</p>





## WEEK 4

<b>BIBLE READING</b>	<b>PRAYER</b>	<b>ACTIVITY</b>	<b>APPLICATION</b>
<p><b>Isaiah 12:5 (ESV)</b> Sing praises to the Lord, for he has done gloriously; let this be made known in all the earth.</p>	<p>Dear Lord, Thank you for all you have done for us. Thank you for our church. Thank you for the friends we have at church and the grownups that help support and care for us. We are so pleased that together we can praise your name. Together we can sing your praises. Help us to tell people at church about you and what you mean to us. Amen.</p>	<p><b>Floating hula hoop:</b> Ask the children to stand in a circle, hands forward and parallel to the group. Ask the children to make a fist and extend only their index finger. Gently place the hula hoop on their extended fingers, making sure everyone is included. The goal is for the children to lower the hula hoop to the ground without dropping it or losing contact with it. It can be challenging, and depending on the time you allow they may not achieve the task.</p>	<p>So when we find it difficult to talk to others about Jesus, it is important to remember we all do, but to keep on trying and not to give up. Sometimes it takes time to build up our confidence or know what to say and how. Sometimes it is easier to do it together with other Christian friends so you are not the only one. Even though sometimes it is really hard and perhaps we were not able to do it, never give up!</p>

## WEEK 5

<b>BIBLE READING</b>	<b>PRAYER</b>	<b>ACTIVITY</b>	<b>APPLICATION</b>
<p><b>1 Thessalonians 3:9 (NIV)</b> How can we thank God enough for you in return for all the joy we have in the presence of our God because of you?</p>	<p>Dear Lord, Sometimes we just want to thank you, sometimes we don't thank you enough. Thank you for making us and that we are all different. Thank you for your love and care towards us. Thank you for all the things that you provide for us. Thank you for the world you made. We want to praise your name for ever. Amen.</p>	<p><b>Give Thanks:</b> Ask the children to stand in a circle and take it in turns to say something that they want to thank God for.</p>	<p>No matter how much we tell others about Jesus or how little we speak about him to others, God never leaves us and is always there for us. There is nothing that can take away the joy that the Lord gives. So we can always thank him for his presence in our lives and for this deep joy.</p>

## WEEK 6

<b>BIBLE READING</b>	<b>PRAYER</b>	<b>ACTIVITY</b>	<b>APPLICATION</b>
<p><b>Psalms 106: 1 (ESV)</b> Praise the Lord! Oh give thanks to the Lord, for his steadfast love endures for ever..</p>	<p>Dear Lord, Thank you that you talk to us. We have so many decisions and choices to make in our lives as we grow. We are glad we made the decision to love you and try to live life the way you want us to. Lord, we pray for anyone young or old who hasn't decided to love and follow you. We know you love them and we pray that they will listen to your voice and come to know how much you love them. Amen.</p>	<p><b>Decisions:</b> Suggest to the children that you are going to ask them some questions and they are to think for a moment and then decide which one they would rather. They have not to talk or ask anyone else. Ask the children the questions, give them a moment to think and then ask them to shout out which one they have chosen.</p> <ul style="list-style-type: none"> <li>• Would you rather be a bird or a bat?</li> <li>• Would you rather explore space or the ocean?</li> <li>• Would you rather go without TV or junk food for the rest of your life?</li> <li>• Would you rather be able to breathe underwater or fly in the air?</li> </ul>	<p>As we grow and know Jesus better, there will always be decisions that we have to make. Some will be small decisions, such as what socks to wear today, and some will be big decisions, such as what friends to have, when to speak out when something is wrong, or when to tell people about Jesus. Sometimes it is helpful to talk to a grownup if you find it hard to make decisions that are important to you.</p>

# EVERY BODY SING

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## WEEK 1

<b>BIBLE READING</b>	<b>PRAYER</b>	<b>ACTIVITY</b>	<b>APPLICATION</b>
<p><b>Psalm 126:2-3 (NIV)</b> Our mouths were filled with laughter, our tongues with songs of joy. Then it was said among the nations, 'The Lord has done great things for them.' The Lord had done great things for us, and we are filled with joy.</p>	<p>Dear Lord, Thank you for who you are. Let us never forget to praise your name. You love and care for us, and because of this we are filled with happiness. Lord, may we be so full of happiness that we need to tell other people of all that you have done. Help us to share the joy that you give. Amen</p>	<p><b>Tongue Twisters:</b> Can you can a can as a canner can can a can? Denise sees the fleece, Denise see the fleas At least Denise could sneeze and feed and freeze the fleas.</p>	<p>We must never forget to praise God. Even when sometimes we may not think we have the right words to say, or the words we say don't seem to make much sense. The Lord knows us and knows our hearts and understands what we want to say.</p>

## WEEK 2

<b>BIBLE READING</b>	<b>PRAYER</b>	<b>ACTIVITY</b>	<b>APPLICATION</b>
<p><b>Job 8:21 (NLT)</b> He will once again fill your mouth with laughter and your lips with shouts of joy.</p>	<p>Dear Lord, Thank you for your presence. Thank you, for you have done so many amazing things for us. Thank you for the gift of laughter so that with our friends we can laugh and smile, knowing all the good things you have given us. Amen.</p>	<p><b>Don't Crack:</b> Ask the children to get into pairs, facing each other. One child is to keep a straight face and the other child is to try and make them smile/laugh without touching them. One of the best ways is just to say 'Don't crack', or 'Are you cracking?'</p>	<p>Smiling is so contagious and is so easy to do. How many times do you smile in a day? How many times have you smiled at someone and said good morning or good afternoon? It could really brighten someone's day and be just what they needed to see a friendly face.</p>

## WEEK 3

<b>BIBLE READING</b>	<b>PRAYER</b>	<b>ACTIVITY</b>	<b>APPLICATION</b>
<p><b>Psalm 66:1-2 (NLT)</b> Shout joyful praises to God, all the earth! Sing about the glory of his name! Tell the world how glorious he is.</p>	<p>Dear Lord, Thank you for our friends. Thank you that we are able to meet together to praise your wonderful name, by singing together. Thank you for the people who have taken the time to write the words and music that we sing. Help us to support each other when we are together. We pray that those who listen will be blessed. Amen.</p>	<p><b>Knock Knock Jokes:</b> Knock! Knock! Who's there? Ya. Ya Who? I'm excited to see you too! Knock! Knock! Who's there? Nana. Nana who? Nana your business who's there! Knock! Knock! Who's there? H. H. Who? Bless you!</p>	<p>This activity is simply to enjoy a good laugh, and make others laugh. Sometimes life is full of so many things even for young children that we do not take time to relax in each other's company and laugh, especially at church. Church can be so busy and quite a serious place at times with everything done at a set time in a set way. Help the children relax and laugh.</p>

# EVERY BODY SING





VISIT [SALVATIONARMY.ORG.UK/STTL](http://SALVATIONARMY.ORG.UK/STTL) FOR SUGGESTED ACTIONS



## WEEK 4

 <b>BIBLE READING</b>	 <b>PRAYER</b>	 <b>ACTIVITY</b>	 <b>APPLICATION</b>
<p><b>Psalm 98:4 (NLT)</b> Shout to the Lord, all the earth; break out in praise and sing for joy!</p>	<p>Dear Lord, Thank you that we can think of so many things that make us happy. Things that you have given us: the sunshine; the rain for puddles; trees and grass for our parks. Thank you for all creation, water and food. You are a great God and so good. Amen.</p>	<p><b>Pet Names:</b> Ask the children to think of the funniest animal to have as a pet and then give it a funny name. Eg an elephant called Tiny. Share their pets and names.</p>	<p>We can enjoy the simple things that are around us – what we see walking or travelling home from school or church. There are so many things around us which we can be grateful for and make us happy, so we have something to smile about.</p>





## WEEK 5

 <b>BIBLE READING</b>	 <b>PRAYER</b>	 <b>ACTIVITY</b>	 <b>APPLICATION</b>
<p><b>Psalm 47:1 (NLT)</b> Come, everyone! Clap your hands! Shout to God with joyful praise!</p>	<p>Dear Lord, Thank you for your goodness. Help me always to remember to show how happy I am that you are my friend and that you care for us. Help us to share the joy that you give with our friends and family. Amen.</p>	<p><b>Clap a rhythm:</b> Suggest that you are going to clap a rhythm and ask the children to repeat the rhythm. Each time you can make the rhythm more complicated. Or ask if any of the children have a rhythm that they would like to try for others to copy.</p>	<p>We can show joy in so many ways. When we are pleased about something or thought something was good, or someone has done well, we clap to show our appreciation. Clapping is an action that brings joy and lifts the atmosphere. We clap when we worship, a sign of joy to the Lord.</p>




## WEEK 6

 <b>BIBLE READING</b>	 <b>PRAYER</b>	 <b>ACTIVITY</b>	 <b>APPLICATION</b>
<p><b>Psalm 66:1-2 (NLT)</b> What should I do, then? I will pray with my spirit, but I will pray also with my mind; I will sing with my spirit, but I will sing also with my mind.</p>	<p>Dear Lord, Thank you for creating me. Thank you that we can praise you in so many ways – by singing and speaking, by our actions and what we do. Thank you that we can also praise you with our minds by how and what we think and with our hearts by how we feel. Helps us to remember the joy you place within us. Amen.</p>	<p><b>Popping Candy:</b> <i>Please check with the parents that their child is able to have Popping Candy</i> Suggest to the children that you are going to do an experiment. Give each child some Popping Candy in their hand and together put it in their mouth on their tongue and let it dissolve.</p>	<p>Feeling joy inside is just as important as feeling joy on the outside. This is an experiment to help the children focus on their senses and feel the Popping Candy tickle their tongue.</p>





## WEEK 1

 <b>BIBLE READING</b>	 <b>PRAYER</b>	 <b>ACTIVITY</b>	 <b>APPLICATION</b>
<p><b>Ephesians 2:10 (NIV)</b> For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.</p>	<p>Dear Lord, Thank you that you made me just the way I am. Thank you that whatever age I am, you have a job for me to do. Help me stay close to you so I know what you want me to do. Help me remember that I do not need to do it in my own strength, but that you are with me guiding me and helping me. Amen.</p>	<p><b>Mindful Posing:</b> Suggest to the children that you are going to do a different body pose that should help them feel strong and brave. Ask them to find a space and to try posing as Superman or Wonder Woman. They can do this however they want, but if they are struggling for ideas then suggest standing with their feet just wider than their hips, fists clenched, and arms reached out, stretching out their body as long as possible.</p>	<p>Help the children understand that they are created by God, and no matter what age they are they can do something for Jesus. Helping the children to consider this, the activity is a fun way to teach them how to stand like someone of power. It aims at helping them to realise that they are important to the Church and to God, and even if the job they have is small compared to some grownups or others, it is still important.</p>

## WEEK 2

 <b>BIBLE READING</b>	 <b>PRAYER</b>	 <b>ACTIVITY</b>	 <b>APPLICATION</b>
<p><b>Galatians 5:25 (NIV)</b> Since we live by the Spirit, let us keep in step with the Spirit.</p>	<p>Dear Lord, Thank you, for you are kind and good and your love is everlasting. Help us, Lord, to make the right decisions and choices in our life in what we say, what we do and what friends to have. Help us to decide when it is the right time to speak up for you and tell people about you, and when is the right time to show it through our actions and what we do. Amen.</p>	<p><b>Spidery Sense:</b> On the same theme as last week, ask the children to turn on their ‘spidery senses’, the super-focused senses of smell, sight, hearing, taste and touch – a bit like what Spider-Man uses to know what’s happening to the world around him. It helps them to be aware of what is happening around them.</p>	<p>When we are following Jesus, sometimes we think that we need to do the big jobs or the jobs that are really difficult. Teaching the children about their senses helps them think to look around them. It’s the little things that matter, too, when we follow Jesus. It can be as simple as keeping our room tidy, being nice to our siblings, asking if someone needs any help or finding out what jobs need doing.</p>

## WEEK 3

 <b>BIBLE READING</b>	 <b>PRAYER</b>	 <b>ACTIVITY</b>	 <b>APPLICATION</b>
<p><b>Deuteronomy 31:8 (NIV)</b> The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged.</p>	<p>Dear Lord, Help me when I do not understand the words I am reading in the Bible. Help me to speak to grownups in the church if I don’t understand it or feel upset or afraid about anything. I want to do my best for you and I am grateful that there are people in my church who are there to help me do this through their support. Amen.</p>	<p><b>Mindful Jar:</b> Prepare beforehand a clear jam jar (or similar) filled almost to the top with water, with a big spoonful of glitter glue or glue and dry glitter added. Put the lid on the jar and shake it to make the glitter swirl.</p>	<p>Imagine that the glitter is like your thoughts when you’re stressed, mad or upset. See how they whirl around and make it really hard to see clearly? That’s why it’s easy to make silly decisions when you’re upset, because you’re not thinking and seeing things clearly. Don’t worry – it happens to all of us – yep, grownups too!</p>

## WEEK 4

<b>BIBLE READING</b>	<b>PRAYER</b>	<b>ACTIVITY</b>	<b>APPLICATION</b>
<p><b>2 Thessalonians 3:5 (NIV)</b> May the Lord direct your hearts into God's love and Christ's perseverance.</p>	<p>Dear Lord, I praise you for you are good. We can read in the Bible about how to follow you and what you want us to do, and we can also understand what way to follow you when you speak to our hearts when we pray. Thank you that you never leave us and prayer connects us to you. Amen.</p>	<p><b>Heartbeat:</b> Ask the children to jump up and down on the spot for one minute. Then have them sit down and put a hand over their heart. Ask them to close their eyes and pay attention to their heartbeat and perhaps their breathing as well.</p>	<p>It is said that our heart and head are connected, and for many of us if we are truly passionate about something in our hearts then we will use our heads to think of ways to make that passion a reality. The Lord also wants us to follow him with both our hearts and our minds, so it is important that we think of ways to honour him through doing this.</p>



## WEEK 5

<b>BIBLE READING</b>	<b>PRAYER</b>	<b>ACTIVITY</b>	<b>APPLICATION</b>
<p><b>Ephesians 5: 1 (NIV)</b> Follow God's example, therefore, as dearly loved children.</p>	<p>Dear Lord, Help us to be a good example of a disciple, someone who follows you – to our friends, family and the people in our church. Help us to show by what we do and say that we love you. Help us be like a mirror and show your ways and love to others. Amen.</p>	<p><b>Mirror, Mirror</b> Ask the children to get into pairs. One child will do movements or actions and the other will be the mirror and do exactly the same. Allow enough time for each child to have a turn of being the mirror.</p>	<p>How hard is it to be good all the time, especially when people are watching? The Lord knows that we are not perfect, but knows we want to try our best when we follow him. This is the same for grownups too. We don't always get it right but we do want to try our hardest to be a good example.</p>


## WEEK 6

<b>BIBLE READING</b>	<b>PRAYER</b>	<b>ACTIVITY</b>	<b>APPLICATION</b>
<p><b>Deuteronomy 13:4 (NIV)</b> It is the Lord your God you must follow, and him you must revere. Keep his commands and obey him; serve him and hold fast to him.</p>	<p>Dear Lord, Help us always to remember that you know that there will be times when we find it hard to follow you and understand what that means. Help us never to give up, to keep trying, for you are with us. You love us and understand, you only want the best for us. You are cheering us on all the time. Help us to follow you every day. Amen.</p>	<p><b>Balloons Up:</b> Give each child a blown-up balloon. (It may be useful to have these ready in black bin bags, then the children can put them back in the bin bags after the activity and take one home at the end of the time together.) Ask the children to count how many times they are able to keep the balloon up in the air without it falling on the ground. Give a set time for this activity, and at the end share their totals.</p>	<p>Following Jesus is hard at times and there will be moments when we have to concentrate very hard to listen to the Lord and keep trying our best to follow him. When we are trying to keep the balloon up, everybody finds it different – sometimes it's easy and sometimes it's hard. But we must never give up trying.</p>





## WEEK 1

 <b>BIBLE READING</b>	 <b>PRAYER</b>	 <b>ACTIVITY</b>	 <b>APPLICATION</b>
<p><b>Romans 8:28 (NLT)</b></p> <p>And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them.</p>	<p>Dear Lord, Thank you, for you never leave us. Thank you for your love. Help us to care for others by doing good and nice things for them. Help us always to rely on you to help us be the best we can be. Amen.</p>	<p><b>Favourite things:</b></p> <p>Ask the children to go into pairs and give them a few minutes to talk to each other. They are to find out something that they both like. It could be food, or an activity. When they have discovered what their shared like is, they can share it with the group.</p>	<p>It's good to share and get to know more about each other, including what we like. Taking the time to talk and be interested in each other is important. It is also important to take time to talk to God and understand how much he cares for us and is interested in us.</p>

## WEEK 2

 <b>BIBLE READING</b>	 <b>PRAYER</b>	 <b>ACTIVITY</b>	 <b>APPLICATION</b>
<p><b>1 Peter 5:7 (NRSV)</b></p> <p>Cast all your anxiety on him, because he cares for you.</p>	<p>Dear Lord, Thank you, for you are always with us, even when we feel worried or afraid. Help us to remember that you always care for us and are there for us. Thank you for the people that are in our lives who we can talk to, who love us and care for us too. Amen.</p>	<p><b>Big fear:</b></p> <p>Very similar to last time, ask the children to get into pairs. This time ask the children to find out if there is something that they are both maybe scared about, eg the dark or spiders. Once the children have come up with something, ask them to feed back to the rest of the group.</p>	<p>It's good to know that you are not alone. As we have just found out, some of us are scared of the same things. It's good to share and have friends there for us. God is always there for us and we can give him all of our worries for he cares for us.</p>





## WEEK 3

 <b>BIBLE READING</b>	 <b>PRAYER</b>	 <b>ACTIVITY</b>	 <b>APPLICATION</b>
<p><b>Jeremiah 29:11 (MSG)</b></p> <p>This is God's word... 'I know what I'm doing. I have it all planned out – plans to take care of you, not abandon you, plans to give you the future you hope for.'</p>	<p>Dear Lord, It is great to know that you know us so well and that you have some great plans for our lives when we follow you. We pray that we will stay close to you and listen to you. Thank you for your goodness to us and your grace. Amen.</p>	<p><b>Feeling loved:</b></p> <p>Ask the children to stand in a circle and to think of something that someone does for them that makes them feel cared for. If they have thought of something, they might want to say it out loud and share it with the group. When you think it is suitable read Jeremiah 29:11 (MSG). Now ask the children how that Bible verse makes them feel.</p>	<p>It is great to feel cared for and to care for others. The Lord cares so much for us that no matter what we do his goodness and care for us will never end.</p>













## WEEK 4

 <b>BIBLE READING</b>	 <b>PRAYER</b>	 <b>ACTIVITY</b>	 <b>APPLICATION</b>
<p><b>Psalm 55:22 (NIV)</b> Cast your cares on the Lord and he will sustain you; he will never let the righteous be shaken.</p>	<p>Dear Lord, You are a strong and loving God. When we feel weak or find things hard, please help us always to remember that. Thank you for our church family who are there for us too. Amen.</p>	<p><b>A balancing act:</b> Ask the children to find a space, and when they have, ask them to lift up one leg and see how long they can balance on the other leg. Now change over legs. Who found it easy and who found it hard? Was it easier on a certain side?</p>	<p>No matter what you do or what you are feeling or thinking, the Lord will keep you up. He will always be there to help you. You can be strong through him. Nothing can shake you when you trust in him.</p>

## WEEK 5

 <b>BIBLE READING</b>	 <b>PRAYER</b>	 <b>ACTIVITY</b>	 <b>APPLICATION</b>
<p><b>Lamentations 3:22 (NASB)</b> The Lord's loving kindnesses indeed ever cease, for his compassions never fail.</p>	<p>Dear Lord, Thank you for your kindness. We have so many things to be grateful for. Help us to treat people the same way we would like to be treated ourselves – to show your kindness to others, to be kind in what we say, do and think. Amen.</p>	<p><b>Show the love:</b> Ask the children to think of one easy thing that they can do for someone that shows kindness to them.  For example, it could be to always remember our manners, like saying please or thank you, or doing something kind in return, like opening a door for people, etc.</p>	<p>Sometimes being kind can be easy to do. It's easy to stop and think and treat people how you would like to be treated yourself. A little bit of kindness can make a big difference.</p>





## WEEK 6

 <b>BIBLE READING</b>	 <b>PRAYER</b>	 <b>ACTIVITY</b>	 <b>APPLICATION</b>
<p><b>Psalm 116:5 (NASB)</b> Gracious is the Lord, and righteous; Yes, our God is compassionate.</p>	<p>Dear Lord, Thank you, for you love us no matter what. We could never do or say anything that would stop you from loving us. When we find it hard to be kind to people who are not kind to us, help us to turn to you for support. Thank you for your love and guidance. Amen.</p>	<p><b>Kind of hard:</b> Ask the children if they found it easy being kind to others. How did they find it? Were they able to be kind to others all week? Explain to them that grownups also find it hard to be kind all the time so they should not worry about it too much. But with God's help we can try our best.</p>	<p>We have a gracious God, and unlike us he is always kind and compassionate. He is always the same and we can count on him. His mercy and grace lasts for ever.</p>





# TRUST IN THE LORD







## WEEK 1

 <b>BIBLE READING</b>	 <b>PRAYER</b>	 <b>ACTIVITY</b>	 <b>APPLICATION</b>
<p><b>Psalm 9:10 (NLT)</b> Those who know your name trust in you, for you, O Lord, do not abandon those who search for you.</p>	<p>Dear Lord, Thank you for being such a loving God. It is great to know that you will never leave us. Lord, help us to stay connected to you, getting to know you better every day. Help us to learn to trust you in everything, every day. Amen.</p>	<p><b>The Bat and Moth:</b> Ask the children to stand in a circle. One child has to come into the middle to wear a blindfold and be the 'bat'. Another child has to wear a blindfold and be the 'moth'. The 'bat' has to say 'bat' and as soon as the 'moth' hears it they have to say 'moth'. The 'bat' has to try and locate the 'moth' through the sound of their voice alone, while the 'moth' has to avoid the 'bat'.</p>	<p>Sometimes it is so hard to trust in something that we are unable to see. Faith and what we believe requires a lot of trust. We trust in God for we know the promises found in Scripture and what we feel in our hearts. This activity helps the children to trust using their senses.</p>

## WEEK 2

 <b>BIBLE READING</b>	 <b>PRAYER</b>	 <b>ACTIVITY</b>	 <b>APPLICATION</b>
<p><b>Romans 15:13 (NLT)</b> I pray that God, the source of hope, will fill you completely with joy and peace because you trust in him. Then you will overflow with confident hope through the power of the Holy Spirit.</p>	<p>Dear Lord, Thank you for always being there for me. I know when I trust in you I am filled with joy and peace, and because you are with me I need not worry. Lord help me to remember that I do many things with the support of my friends and church because you are with us. You have given us the Holy Spirit to help us. Amen.</p>	<p><b>Draw a twin:</b> Ask the children to get into groups of three or four (or pairs depending on the size of the group). Hand out a pen and paper to one member of each team and ask them to draw something without showing the other team members or partner. Once they are finished, they have to hide it and give instructions to their team or partner to do the same drawing, without giving any clues. For example, if they are drawing a face, they can say things like 'Draw a big circle', then 'Draw two more circles' and so on. Once finished, they can compare the drawings.</p>	<p>Trusting in the Lord and following him isn't always easy. Sometimes we may get it wrong, for we do not stay connected to the Lord. Sometimes we think we know what we are to do and how to do it, without exploring what the Lord wants us to do and trusting in him.</p>

## WEEK 3

 <b>BIBLE READING</b>	 <b>PRAYER</b>	 <b>ACTIVITY</b>	 <b>APPLICATION</b>
<p><b>Psalm 56:3 (NLT)</b> But when I am afraid, I will put my trust in you.</p>	<p>Dear Lord, Thank you that you have given us a church where people care for us and love us. Thank you that you are always with us even when we are worried, upset or afraid. Lord, help us remember when we feel afraid that we can put our trust in you. Thank you for always being there for us. Amen.</p>	<p><b>Trust Fall:</b> In suitably sized pairs, ask the children to stand in front of each other. One person turns so that both are facing the same way. When ready, the person standing in front of the other partner makes their body stiff, giving a signal that they are going to fall back, and they fall towards the partner. The partner has to catch them gently to prevent them hitting the ground. Ask the children to change places and do the activity again.</p>	<p>We can trust in the Lord, but we also need to put our trust in others too. The Lord did not expect us to do his work on our own. Having the support of others and having a community of people who care and know us is a key element of being a disciple. That is what church brings.</p>

# TRUST IN THE LORD



## WEEK 4

<b>BIBLE READING</b>	<b>PRAYER</b>	<b>ACTIVITY</b>	<b>APPLICATION</b>
<p><b>Psalm 143:8 (NLT)</b> Let me hear of your unfailing love each morning, for I am trusting you. Show me where to walk, for I give myself to you.</p>	<p>Dear Lord, You know me, you know when I wake up and when I go to bed, you know all I do. Thank you that I can trust you every day. Lord, help me understand that no matter my age, you have a job for me to do, and with your help and guidance I can do your work and trust you. Amen.</p>	<p><b>Trust Walk:</b> Ask the children to divide into pairs. Give each pair a blindfold. With one child blindfolded holding the hand or arm of the partner who isn't blindfolded, ask the children to lead them around the room making sure they don't bump into anything. Ask the children to change places and do the activity again.</p>	<p>When we stay connected to the Lord through prayer and listen to him, we remember that he can talk to us in many different ways. We are able to follow him better, keep to the plan he has for us and the way he wants us to go. The Lord is always with us guiding us.</p>

## WEEK 5

<b>BIBLE READING</b>	<b>PRAYER</b>	<b>ACTIVITY</b>	<b>APPLICATION</b>
<p><b>Psalm 37:5-6 (GNT)</b> Give yourself to the Lord; trust in him, and he will help you; he will make your righteousness shine like the noonday sun.</p>	<p>Dear Lord, Thank you that you made us all different, but by working together and trusting in you, we can help people see you. Lord, may they see you through our words and actions. Thank you for your goodness towards us and your faithfulness. May we always stay close to you. Amen.</p>	<p><b>The Zipper:</b> Line up the children in two parallel lines, arms extended towards the opposite line. Choose one child to walk, jog or run through the path between the two lines. The runner should ask 'Zipper ready?' with the group responding, 'Ready!'. When the runner feels ready, they can announce that they're ready to walk, jog or run. As they move through the line, each member of the group will drop their arms just before the runner gets there. the faster the runner goes, the more confidence and trust they have in the group.</p>	<p>Trusting in the Lord doesn't mean that nothing bad will ever happen to us or that everything will always be good, and nothing will go wrong. Trusting the Lord means that when things do become difficult he will help us get through it. He will give us the strength we need.</p>

## WEEK 6

<b>BIBLE READING</b>	<b>PRAYER</b>	<b>ACTIVITY</b>	<b>APPLICATION</b>
<p><b>Proverbs 16:3 (NLT)</b> Commit your actions to the Lord, and your plans will succeed.</p>	<p>Dear Lord, Thank you that we see your love all around us in creation and in the world and the people you made. Lord, help me to be the person that you want me to be, remembering that my actions also show people what I am like as a person. Help me always to treat people as I would like to be treated myself. Amen.</p>	<p><b>Up:</b> Ask the children to sit in a circle on chairs. Tell them that they are now on a different planet where they cannot speak out loud but only communicate through actions. Explain that there always has to be four people standing up in the circle at one time, but those standing up are only allowed to stand in the circle for 10 seconds then they have to sit down.</p>	<p>Trust also comes from the way we act towards people. If you say something but then do something completely different, people learn not to trust you. Trusting in the Lord helps us to act, say and do what we should as a disciple. Always remember how you would feel if someone didn't do what they said they would do; you would find it hard to trust them. So how do people feel if you do the same?</p>