

taste *and* see

Nine sessions from Psalms



**Primary
School**



Lunchtime Group Resource

taste *and* see

Nine sessions from Psalms



The Crusader Union is a Bible-based, interdenominational Christian youth organisation, whose vision is to proclaim the Gospel of Jesus Christ to students in the Independent Schools of Australia, to nurture Christians and to encourage church membership.

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WELCOME

This resource has been specifically written with school groups in mind but can be adapted depending on your needs. It is based on the group running for approximately 30 minutes each meeting.

WHAT'S INSIDE?

- **9** sets of leader's notes for regular meetings. The leader's notes provide an aim, fun activity, guidelines for an interactive talk as well as prayer, memory verse and song ideas.
- **2** colour advertising posters designed to grab the attention of students and help increase awareness of your group. There is space for you to fill in your group name and where you meet. We encourage schools to use the 'CRU School Groups' logo when promoting their group so as to link students with the work that God is doing in other schools.

BEFORE YOU START

- Please note that all pages in this resource can be photocopied but Crusaders request each school purchase at least one original.
- Whilst this resource is aimed at easing the load for the group leader, it is vital that time is spent adapting it to the specific needs of your group. Time also needs to be spent on working through the Bible passage and talk before the group meets.
- It would be very easy to spend too much time on the fun activity each week. Remember that looking at the Bible and praying together are the most important parts of the meeting and divide time accordingly.
- All suggested songs are linked to the theme of the talk and are used with permission. The intention of including a wide variety of songs from different CDs is so that you have options if your group enjoys singing - please do not feel it necessary to buy every CD listed. The CDs listed are available in Christian bookstores and most include sheet music.
- Several meetings involve volunteer students eating confectionary and other food. Please take care to ensure that this food is suitable for students in your group, particularly considering allergies.

We pray that this resource will be a great help as you join in God's work of bringing students to Himself and growing them to be like His Son.

*"We proclaim Him, admonishing and teaching everyone with all wisdom,
so that we may present everyone perfect in Christ.
To this end I labour, struggling with all His energy which so powerfully works in me."
Colossians 1:28–29*

taste *and* see

Week	Title	Passage	Main Idea
1	Taste And See	Psalm 34	Taste God for yourself and you will see that He is good.
2	Which Way Works?	Psalm 1	God's way of living truly is the best life.
3	So Good	Psalm 13	God is good all the time, even when we cannot feel it.
4	Cut Free!	Psalm 32	God is good in forgiving us when we say sorry.
5	Master Of The Universe	Psalm 148	God is good in creating the world and keeping it going.
6	Inside Out		An opportunity to share your own thoughts and feelings about God.
7	Seek And Find	Psalm 63	God wants us to seek Him more than anything else in life.
8	Praise Mayonnaise	Psalm 145	God wants us to praise Him every day in response to His goodness.
9	Praise Party!		An opportunity to celebrate and thank God together.

AIM

To urge students to taste God for themselves and see that He is good.

FOCUS VERSE

Psalm 34:8

PREPARATION

- ❑ Bring a piece of carrot, a piece of raw pasta, a stock cube, a lollipop and 2 cups of water.
- ❑ Photocopy and cut out enough copies of Psalm 34:8 (page 22) for one per student. Staple each to a lollipop.

FUN ACTIVITY

Taste Test – line up 4 volunteers who are willing to participate in a taste test (be sure to check they are not allergic to any of the foods involved). One at a time, take the 4 students through the following steps. With their eyes closed, ask them to taste the item, guess the type of food they are eating and give it a score out of 10 for its taste. Then move on to the next student. Give students the 4 items in the following order: *carrot, raw pasta, stock cube, lollipop*. By the time you get to the last student, they will be expecting to eat something horrible and instead will receive a pleasant surprise. The student who eats the stock cube will need a cup of water to drink afterwards.

TALK

Hold up a lollipop and ask students who would like one. When they all volunteer, pretend to hand out imaginary lollipops to every person. Get students to carefully open their imaginary lollipop, place it in their mouth and soak in the taste. As they do this, eat the real lollipop yourself, making the most of how good it tastes. Based on their groans, point out that it is when we taste something for ourselves that we know how good it is.

Discuss with students the best thing they have ever tasted. Then read out Psalm 34:8a. Point out that David did not just think God is average (like a piece of pasta) but that He is good (like a lollipop)! Ask students to share some of the reasons why they know God is good. Emphasise that we can see how good God is to us even more than David could because we know God has sent Jesus to die for us.

Highlight that David does not want us just to listen to what he says about God – he wants us to “Taste and see that the Lord is good”. Ask students what they think David means. Explain that David is telling us that we need to experience God for ourselves to know what He is like. Point out that just as it is not the same when someone else tells you what a lollipop tastes like, it is not the same to just listen to what other people say about God.

Discuss with students some of the ways in which we can taste God for ourselves:

- *we can actively listen to Him through the Bible*
- *we can talk to Him about everything through prayer*



- *we can choose to trust He will always do what is best for us*
- *we can ask Him to forgive us through Jesus and help us live His way*

David says if we truly taste God for ourselves we will find out that He is good!

Take a moment to let students think about whether they are tasting God for themselves or only listening to what other people say about God. Suggest that sadly some people hear about God but never taste and see for themselves what He is like. Illustrate this by sniffing your lollipop and then pretending to throw it away. Encourage students instead to taste God for themselves and see how good He is. Illustrate this by putting the whole lollipop in your mouth.

Finish by challenging students to invite a friend to your CRU group so that they can also taste and see how good God is. Give students a lollipop with Psalm 34:8 attached – encourage them not to eat it but to use it to invite a friend to the group.

PRAYER IDEA

Give students time to silently think of a friend who they can invite to come to your CRU group next week. Then pray aloud from the front that more people at your school would taste and see how good God is.

SONG IDEA

- *10,9,8... God is Great* ('10,9,8...God is Great' album, Colin Buchanan) – this is a lively song. Getting students to do actions for each number would work well.
- *Forever And Ever* ('Praise Crazy' album, Johnny Burns) – get students to join in the echo during the verses and then try to sing the whole chorus in one breath.

FINISH

Tell students that next week is a 'Bring a Friend' week. You may want to have a prize for whoever brings the most friends.