

“Psalm 34”
[Psalm 34:9-14](#)
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By Rebecca Enney

Haman was nervously standing in the kitchen before church. He was pretty sure that his mother had not heard him teasing his sister Polly.

“Did you scrub this morning?” his mother asked as she sniffed around Haman. “You have a bit of a smell.”

“Oh yes Mama!” assured Haman. But he hadn’t scrubbed at all.



“Why are you standing funny? Your shoes look too large. Are they YOUR shoes or your fathers?” asked his mother.

“Oh, they are MY shoes Mama.” Haman fibbed. He couldn’t find his shoes in his room so these actually ARE his father’s!

“Where’s your hat?” his mother quizzed him.

“I, um, decided . . . not to wear it.” Haman was hemming and hawing. Actually, Haman was telling lies, a very bad habit he falls into sometimes.

And so it was, that when Haman arrived at Sunday School he was feeling guilty about his answers to his mother.

And as if that guilt was not enough, today, The SCS Teacher was teaching this cup tapping rhyme about not telling lies and about communion.



God said if you want to be wise
never ever – tell lies

If you speak untruth - you guys,
then you must apologize.

These are words that our Savior said;
To forgiveness you are led.

Come and eat of the wine and bread.
In this way you will be fed.

(spoken) Watch your tongue and keep your lips from telling lies!

(spoken) Use your tongue and lips to eat what makes you wise!

Bread from heaven Christ gives to us all
Christ is speaking! Hear his call!



Later that morning, as Haman sat down with his family after having gone forward to receive Communion, the meal of Christ, Haman thought about his bad habit of telling lies and of his bad habit of teasing his sister. Haman reached for his mother's hand and looked up and whispered "I'm sorry Mama. I'll do better, I promise!"

THE END