



Vine Dining Snacks

Day 2

Bible Point: God hears you.

Bible Story: David escapes Saul and writes psalms to God.
(1 Samuel 23:1-14; Psalm 86)

Bible Verse: "I love the Lord because he hears my voice and my prayer for mercy."
(Psalm 116:1)

Consider This:

- ◆ Saul, jealous of David's popularity, kept David and his men on the run. But David repeatedly resisted opportunities to harm Saul, in spite of the danger he faced daily. Not only did David have to flee from Saul (his own king), but he also chose to fight the Philistines (his people's enemy) at the same time!
- ◆ Abiathar the priest brought the ephod to allow David to speak with and listen to God. A chestpiece attached to the ephod contained the Urim and Thummim (Exodus 28:30), small metal or stone objects. Priests used these to ask God "yes" or "no" questions, to seek his guidance and will.
- ◆ David posed no small threat to King Saul, since David's army numbered around 600 men!
- ◆ After David escaped Saul in Keilah, the Ziphites located David and planned to deliver him to Saul. During this time, David wrote Psalm 54, in which he cries out, "Listen to my prayer, O God. Pay attention to my plea."
- ◆ Scholars are unsure exactly how long David ran from Saul. However, some historians estimate it to be around seven years! During that time, David had countless reasons to call out to God in desperation, triumph, sorrow, and loneliness.
- ◆ Since some psalms don't list an author, it's unclear how many David wrote. However, Bible scholars believe the shepherd-king wrote at least 73 (and possibly more) of the 150 songs in this book!

Why It Matters...

Kids can tell you *exactly* what it's like to be ignored or unheard. They know what it feels like to talk to a busy parent or teacher who responds with a distracted "Mm-hmm." They've been that hand, waving in the air, that didn't get called on to share an answer. And even when someone *is* tuned in, kids may not have the words to express what they're feeling. What a gift to discover that God hears every whispered worry or spoken celebration. The God who treasures us is eagerly awaiting conversation with us! Today help kids realize that not only does God hear our voices...but God also hears our *hearts*!



Today's Snack

Treasure Mix

Day 2

Supplies: Rice Chex Cereal (or other plain snack); Skittles or Dried Fruit (or other candy treat); Popcorn (or other salty snack.)

1. Each person should eat a piece of square cereal (or other plain snack). Call out words to describe the flavor.
2. Say: **God listens to us when we talk with him. The plain flavor of this cereal reminds us God hears and cares about our prayers about simple, everyday things, such as hopes to make a sports team or wanting to make new friends.**
3. Next, everyone can eat a piece of popcorn, then call out descriptions of the flavor.
4. Say: **This salty snack reminds us of salty tears we may cry when we feel sad or afraid. Our prayers can seem bigger or more important when we're facing something sad or scary.**
5. Now everyone can take a piece of candy from the bag to taste and call out descriptions of the flavor.
6. Say: **The sweet candy reminds us we can pray to talk with God when *life* is sweet—when things are good and our hearts feel like celebrating!** Invite everyone to tell about something they're looking forward to that they'd like to celebrate with God.
7. Say: **No matter what you pray about, God hears you! (You are treasured!) Psalm 116:1 says, "I love the Lord because he hears my voice and my prayer for mercy." God listens for your voice and cares about every prayer you pray.**

