

Trees in Fall

By Christy Olson

Explore Psalm 1 and use it to discover new information about the trees during the autumn season. How do trees in your neighborhood change? How does Psalm 1 help us change?

For

Young Family

Season

Fall

Needed

Bible, "Looking for Change List" worksheet, coloring materials, ice water for each person



Prepare in Advance

- Print a copy of "Looking for Change List" worksheet for each person
- Mark Psalm 1 in your Bible
- Arrange to take a walk where there are trees to view.

Activity Plan

1. Say this prayer aloud to begin.

God, thank you for the songs called Psalms in the Bible. They help us learn about change. Bless the trees as they also change this time of year. Amen.

2. Sing a song everyone knows such as "Jesus Loves Me" or "I've Got the Joy Down in My Heart". Sing the song a second time while marching around the room.
3. Open your Bible to Psalm 1 (or see text on the next page). Explain that the Psalms are song words from ancient times. Some psalms are attributed to King David, while the origin of many is unknown. Read Psalm 1 slowly. Ask everyone to listen to what is said about the tree. Talk about these questions.
 - Have you ever walked a path? Where?
 - I wonder why trees grow by streams?
 - Name a fruit tree that grows in your area. What season is the fruit ripe?
4. Take a walk where there are trees. Bring along coloring materials and worksheet, and each person chooses a tree to explore. It can be the same tree or a different tree. First, draw what the tree looks like now. Next draw what it might have looked like three months ago.
5. Return home and pass out ice water to symbolize the trees in Psalm 1 were by a stream. Discuss what changes each person saw using these questions.
 - Name two changes from your tree.
 - Why do you think these changes happened?
 - Are the changes for the good of the tree? Why or why not?
 - I wonder what changes are happening in your life?

6. Remind everyone that psalms are songs. Read Psalm 1 again. Sing, "If You Are Happy and You Know It". Tune/regular words found at: www.youtube.com/watch?v=va5Bvm5yTfI

7. Extra Challenge: Can you make up a new song with the same tune and new words? Here is an example.

Sing a song of change in the fall. (Clap, clap)
Sing a song of change in the fall. (Clap, clap)
The psalms tell us how to be better everyday.
Sing a song of change in the fall. (Clap, clap)

8. Write your new song/psalm words below. Go back to <http://www.vibrantfaithathome.org> and post them to share with others.









Psalm 1

Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers; but his delight is in the law of the Lord, and on his law he meditates day and night.

He is like a tree planted by streams of water that yields its fruit in its season, and its leaf does not wither. In all that he does, he prospers. The wicked are not so, but are like chaff that the wind drives away.

Therefore the wicked will not stand in the judgment, nor sinners in the congregation of the righteous; for the Lord knows the way of the righteous, but the way of the wicked will perish.



Looking for Change List

Leaves



Now



Then

Branches

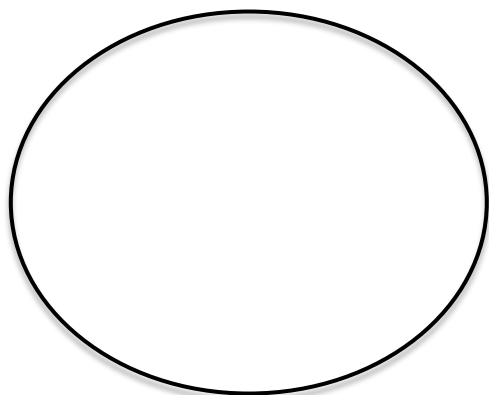


Now

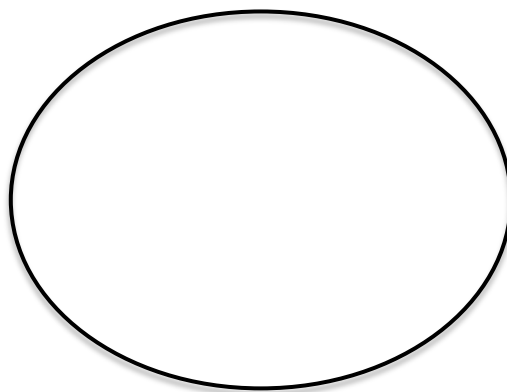


Then

Around the Tree Base



Now



Then

