

# Holy-days



**Thursday**

**Prayer Leader:**

This week we are thinking ahead to the summer holidays and planning how we can make our holidays truly 'holy days'.

Yesterday we learned that sharing with others can make us happy. In today's verses, we will learn to ask for help when we need it:

**Reader:**

*'I asked the Lord for help, and  
He answered me.  
He saved me from all that I feared.  
Those who go to Him for help are happy.  
They are never disgraced.  
This poor man called, and the Lord heard Him.  
The Lord saved Him from all His troubles.'*

Psalm 34: 4 - 6



## **Prayer Leader:**

Just like you ask your Mum, Dad or teacher to help you, we can ask God to help us too.

David writes that *'those who go to [God] for help are happy'* and then writes about how He personally went to God for help and was saved from His troubles! God is our loving Father who longs to help us – we just have to ask. Your activity for this week, or to add to your 'holy days' list, is:

To draw/write a list of anything you need help with.

Let's finish in prayer together:

**All:**

**Dear God,**

**Thank you that with you,**

**every day can be a 'holy day'.**

**Give me the courage to ask for help when I need it.**

**Amen**

