

Dear Families

I hope you have enjoyed the warmer summer weather this week. Here is the Roots for this week if you would like to use them.

Best Wishes

Val

Let's talk about grief and loss - 2 Samuel 1:1,17-27

After Saul and his son, Jonathan, died, David sang a lamentation for them, including these words: 'Saul and Jonathan, beloved and lovely! In life and in death they were not divided; they were swifter than eagles, they were stronger than lions'. David also sang that Jonathan's love for him was greater than that of women. It ends 'How the mighty have fallen, and weapons of war perished!'.

As we hear and reflect on David's story, we explore our own feelings about grief and loss, letting go and moving on, in a prayerful and reflective act of worship.

Emoji emotions

You will need: pens and paper.

Sometimes it can be tricky to put into words how we feel, and it can be easier to use images.

- With paper and pens children can create an emoji to show how they feel, recognising that feelings can sometimes be complicated, so it may need more than one emoji.
- God is with us no matter how we feel.

A gathering prayer for children

Loving Lord,
we gather in your name
bringing our sadnesses as well as our joys,
our fears as well as our hopes,
and seeking the power of your peace
to comfort and strengthen us. **Amen.**

Bible Reading - 2 Samuel 1:1,17-27

King Saul continued to be in charge of the army, even though Samuel had already anointed David to be the next king. Saul was often very jealous of David, because he knew that God supported David and gave him success. Saul had a son called Jonathan. Even though King Saul didn't like David, Jonathan and David were best friends. When Saul got very angry, Jonathan helped David escape from the palace to safety.

The Israelites were at war with the Amalekites and the Philistines. Saul and Jonathan went out to fight the Philistines and David attacked the Amalekites.

When David returned, he heard that both Saul and Jonathan had been killed in battle. David had great respect for Saul as the first king and he had deep love for his friend. He cried over both their deaths and wrote a poem about his grief called a lamentation, that went like this: How the mighty have fallen! Don't tell the news where the Philistine women can hear it, or they will be glad that such powerful warriors are dead. Jonathan had his bow and arrows and Saul had his sword and they were swifter than eagles, stronger than lions. Daughters of Israel, weep over Saul because he made sure that you had beautiful clothes and jewellery of gold. How the mighty have fallen! And I

am so sad for you, Jonathan. I loved you very much. You were a wonderful friend and you were my best friend. How the mighty have fallen!

Stop and share

David and Jonathan were friends and Jonathan tried to make peace between his father and David. Saul was jealous of David and threw a spear to try to kill him, so David had to escape.

Amalekites and Philistines were old enemies of the Israelites.

David tried to remain loyal to Saul as he knew that Saul was God's anointed king.

Talk together and talk to God

Discuss the theme, then bring your thoughts together in prayer

- Can you think of a time when you were really sad about something? How did you feel?
- What are the things David says he will miss about Saul and Jonathan?
- David wrote a lament, a song, to help with his sadness. What helps you when you are feeling sad?

Feelings box

Time to think about what we need when we are sad

You will need: Feelings box sheets, pens.

- If, like David, we are experiencing loss, we have lots of different emotions and it's important to have things to support our feelings.
- Provide everyone with a Feelings box sheet. Think about things that could be included in a Feelings box to help us when we are sad. These might include bubbles, Squishies, Poppits, fidget toys, mindfulness colouring sheets, LED tealights, small holding rainbows, hot chocolate sachets, apples, seeds to plant, notebook and pens.
- Think about what you would put in a Feelings box for themselves and then to draw these on their sheet.

Share the Word for Young Children

David was very sad.

David's best friend and King Saul had been killed.

He was so sad that he wrote a poem.

Saul and Jonathan, you were great soldiers and were stronger than lions.

Saul, you were a great leader and looked after your people.

Jonathan, you were my best friend and I loved you.

You were a wonderful friend.

I am so very sad