



- Well, it is so good to have all our children and young people in the service today, and especially all those connected with Girls Brigade and Boys Brigade.
- I know that at GB and BB you get to have a lot of fun whilst also learning about God, so I wanted to do a quick game with you just now.
- There will have had a lot of things to do to get here this morning, so if you:



- WOKE UP TO AN ALARM CLOCK, STAND UP
- GOT WOKEN UP BY YOUR PARENTS



- IF YOU PUT ON A UNIFORM THIS MORNING



- MADE YOUR BED THIS MORNING



- HAD TIME FOR BREAKFAST THIS MORNING
- IF YOU DIDN'T HAVE TIME FOR BREAKFAST



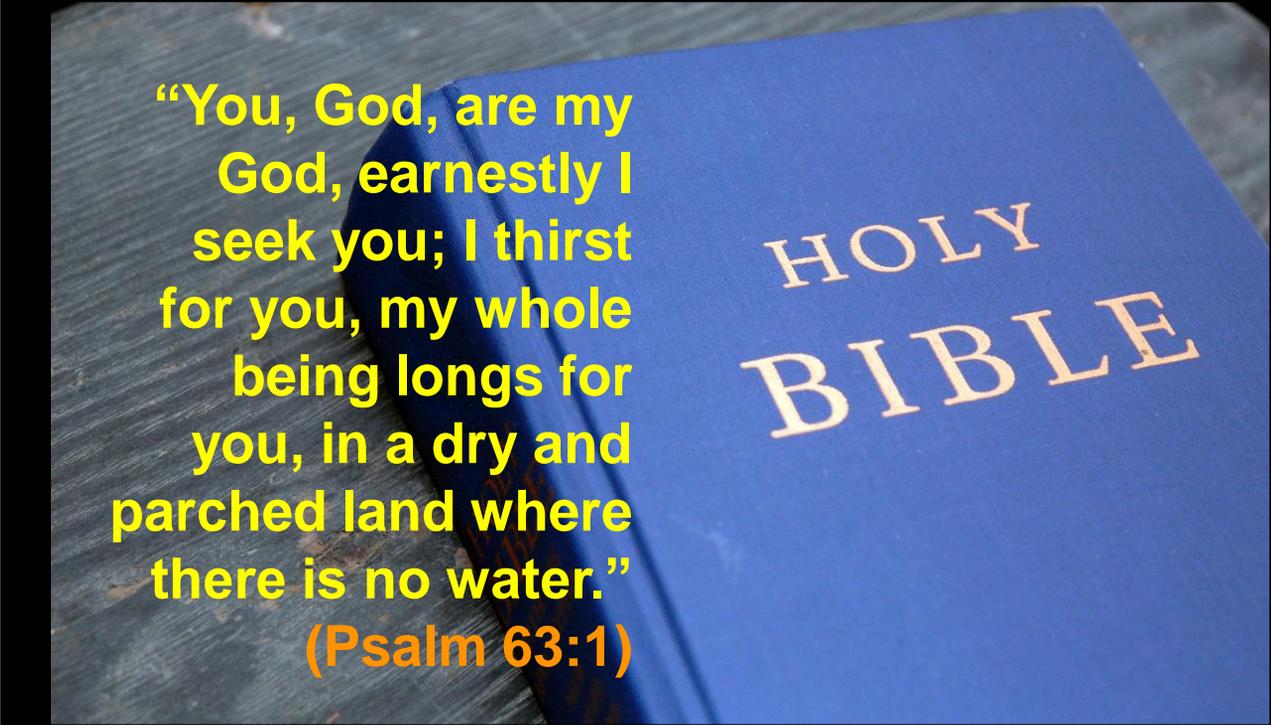
- IF YOU BRUSHED YOUR TEETH



- OK – everyone can sit down again.
- All of the things that we have just stood up for are good and important. Each morning we should make our beds and brush our teeth, but there are some things that we cannot live without.



- One of the things that we cannot live without is water. Our bodies need water every day.
- What might happen if we do not have enough water each day? (GET WEAK, GRUMPY, ILL, DIE)
- Now, if you are thirsty, will food get rid of your need for water? (NO)
- When you are hungry, you need food, and when you are thirsty, you need a drink.



**“You, God, are my
God, earnestly I
seek you; I thirst
for you, my whole
being longs for
you, in a dry and
parched land where
there is no water.”
(Psalm 63:1)**

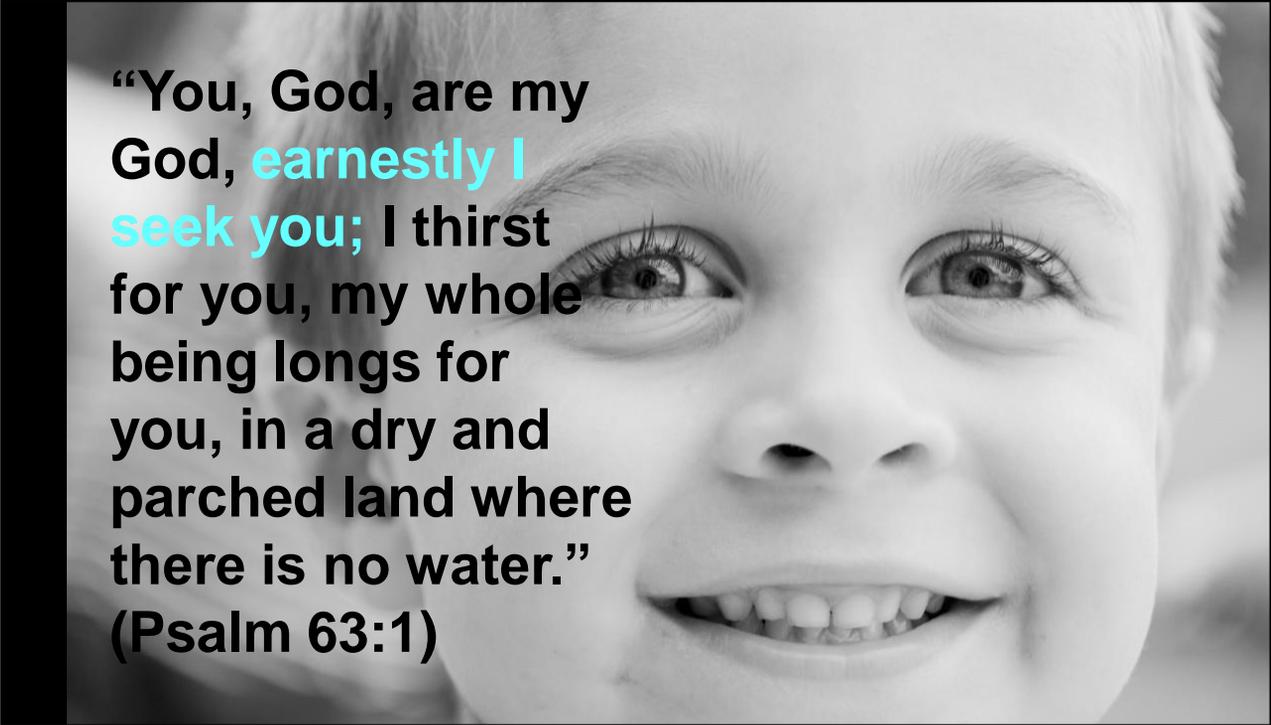
- We read these words a few minutes ago, from a poem that was written about God:
- What does the poet say we thirst for? (GOD)
- Just like our bodies need food and water, we also need God every day, because our souls need Him, that bit of us on the inside.
- We thirst for God and when our souls are not refreshed by God then our souls, that inside bit of us, get dry and ill, just like when we don't have water.



And when that happens, we might not treat other people very well,

We might get angry more easily, or more worried or lonely or afraid or easily hurt.
(DO POSES)

We might also forget God – it's easier to forget God when our souls are not being refreshed by Him, and we can begin to forget that we do need God.



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- But when our souls are refreshed by God we get to know God better, we can have more joy and contentment and strength.
- So, the poet reminds us that we need God, but the poet also told us in the same verse how to be refreshed by God. What does the poet earnestly do? (SEEKS GOD)
- And to seek God, means to know God and spend time with God. How could we do that? (CHURCH, BB/GB, READ BIBLE, TALK WITH PARENTS ABOUT GOD, ASK QUESTIONS, LEARN MORE, SING SONGS, PRAYER)



- These are things that we need to do as much as we can – it's not enough just to go along to BB or GB once a week, or even to come to church once a week.
- Just like we need water every day, we need God every day, in fact, we really need God throughout the day, and He promises to be there and to help us, if we will seek Him.
- I hope you've all had a really great year in Girls Brigade and Boys Brigade, I hope you've had fun and learnt new skills and made new friends. It has been a real honour this morning and this week to see the awards you've achieved.



- But I also hope you've learnt a little more about what it means to seek God, to seek Jesus, because we all need God, and we can never advance Christ's kingdom if we do not seek God first.
- So, we hope to see you back after the session break, but remember to seek God during the break too – maybe come with your family to the Easter Fun Day, or come to church, or read your Bible – but keeping seeking God and if you do then He promises to be found by you and to give you life in all its fullness.



- We are going to have a prayer now and for this, you'll need the straw that you were given when you came in this morning. (*Megan comes up to lectern whilst everyone is looking for their straw.*)
- During this prayer, which Megan Kerr is going to lead us through, we will say these words together (*on screen*):

MEGAN: God, you
are our God...

ALL: ...we seek and
thirst for you!

THEN DRINK

- There are four times when we will do this together in our prayer, but let's have a quick practice first. (*Scott to lead*)
- So, it's over to Megan, let us pray.