OT10.5 Psalms—Part 5 Praising God

Scripture: Psalm 107-150

Lesson Goal:
The book of Psalms is a collection of songs and prayers used to praise and worship God. This lesson is about the fifth group of poems which focus on how we are to praise God.

Introduction:
The book of Psalms is found in the middle of the Bible. It is the second book in the Old Testament group of books called Poetry. Let’s say the books of poetry—Job, Psalms, Proverbs, Ecclesiastes, and Song of Songs.

Psalms is the longest book in the Bible and has 150 chapters. It can be divided into five parts or books. These parts are Book 1: Creation-Psalm 1-41; Book 2: God’s Help-Psalm 42-72; Book 3: Temple Songs-Psalm 73-89; Book 4: God’s Plan to Obey-Psalm 90-106; and Book 5: Praising God and His Word-Psalm 107-150.

Attention Getter: “Praise Songs”
What is your favorite praise song? I like “Hallelujah Praise the Lord!” I think it is fun when we divide into two groups. One group stands and sings, “Hal-ley-lu” and then the other group stands and sings “Praise Ye the Lord!” It is fun to see who can sing the loudest! Praise songs are a way in which we can express our thankfulness to God for all that He does for us. We praise God with music but other things in nature praise God as well. The waves of the sea crashing upon the shore are praise songs to God. The stars praise God at night by twinkling, sparkling and shining.

In this lesson we are going to learn about the songs of praise found in Psalms 107 through Psalm 150. This is the fifth book of Psalms. The psalms in this fifth group teach us how we should praise God.

Opening Prayer:
“Dear Father in heaven, You are so good to us! Thank you for creating us and loving us. We praise your Name! You are a loving, forgiving compassionate God who has good plans for our lives. We want our lives to bring Your name all the glory that You deserve. In Jesus’ name we pray. Amen.”

Memory Verse:
The memory verse is Psalm 150:1, 6 “Praise the Lord. Praise God in his sanctuary; praise him in his mighty heavens. Let everything that has breath praise the Lord.”

Lesson Video: https://youtu.be/9-Rj7hxULZM
The first book of Psalms covers chapters 1-41. It speaks about creation and how God meets all of our needs. It is like the book of Genesis. It teaches us about God’s eternal love and care for us and how we should trust him even in the day to day experiences of life.

The second book of Psalms covers chapters 42-72 and talks about God’s Help in times of trouble. It is like the book of Exodus. Many of these songs focus on God’s protection of Israel from their enemies. One of these songs is Psalm 46 and it tells how God is our Refuge and Strength. This song may have been written during the days of Hezekiah when God saved Israel from the Assyrians by sending the death angel to the enemy camp and killing 185,000 men in one night!

The third part of Psalms is Psalms 73-89. It is like the book of Leviticus. These poems tell how Israel celebrated God’s power, sovereignty, and faithfulness to them. Most of these songs were written by
Asaph. He led the temple choir and used many different instruments to praise God. These psalms encourage us to worship God by remembering His sovereignty over all creation.

The fourth part of Psalms is Psalms 90-106. This collection of psalms is similar to the book of Numbers. Numbers tells the story of how nation of Israel was lead by Moses to enter the Promised Land but sinned and was punished by wandering in the wilderness for forty years. God desires that we obey Him. He wants to bless His children and longs to give them the prosperity of the land. When we disobey His word, we miss the blessings and often experience God’s judgment.

In a way the book of Psalms is like our journey through life. We have two different roads that we can take. We can choose to obey God which is the way of eternal life that leads to heaven. Or we can choose to disobey God which is the road that leads to death. When we choose God’s way, we will still face trouble, grief, and failures. But through it all, God is at our side. He guides us, encourages us, comforts us, and cares for us. He gives us blessings and joy in the middle of trouble. God is our refuge and strength.

As God provides for us and gives us victory, we realize that God’s road is the right road. We want to be even more faithful to Him! When we know this, it causes us to praise God for leading us in the right direction. We are grateful to Him for all that He has done for us and for giving us the hope of being in heaven with Him. That is what the fifth Book of Psalms is all about—praising God!

Why should we praise God? First we praise God because He is the creator of all things and He is the author of eternal love. Psalm 136 is an example of a responsive reading. This means that the worship leader would say a phrase, and the congregation would say a phrase after each sentence.

Psalm 136:1-3 says, “Give thanks to the Lord for he is good. His love endures forever. Give thanks to the God of gods. His loves endures forever. Give thanks to the Lord of lords: His love endures forever.” These verses tell us that we are giving thanks and praise to the God that is far above all other gods. He is not an idol made of wood or stone that cannot see or hear! He is the Lord of Lords. These same words are used to describe Jesus Christ as the Supreme One who reigns in heaven as the King of Kings.

Psalm 136 continues in verses 4-6 “to him who alone does great wonders, His love endures forever. Who by his understanding made the heavens, His love endures forever. Who spread out the earth upon the waters, His love endures forever. “Who made the great lights, His love endures forever; the sun to govern the day, His love endures forever; “the moon and stars to govern the night, His love endures forever…. Give thanks to the God of heaven, His loves endures forever.” When we look at the heavens and the earth we are amazed that God should create such a wonderful world!

Psalm 147: 1, 4-5 says, “Praise the Lord! How good it is to sing praises to our God, how pleasant and fitting to praise him!. He determines the number of the stars and calls them each by name. Great is our Lord and mighty in power, his understanding has no limit.” We praise God because He is our Creator. God not only made the heavens and earth but He also made us. In the Garden of Eden God created Adam and Eve. Genesis 1: 27 says that man is made “in the image of God.” God formed man from the dust of the ground and breathed into him the “breath of life.” To be made in the image of God means that we were given a soul that would live forever. In His wisdom God gave us something that none of the animals, birds, or fish had--it was a soul that would never die!

Why did God give man a soul that would live forever? So man could know God and enjoy Him forever. Man could think about God and the world to come. He could talk to God, love God, and obey God. Animals can't love and worship God the way man can! They don't have souls.
When God created the world He made a perfect place for a perfect Man Adam to live eternally. That is why Psalms 136 says, “For His love endures forever.” God cares about His creation and wants to have a relationship with us. So God is not only our Creator He is our Father and He loves us! We praise God because He is Eternal Love.

Unfortunately Adam and Eve chose to disobey God. They sinned when they ate of the forbidden fruit. As a result of their disobedience they were then subject to death or separation from God. Not only them but all mankind would now suffer the consequences of sin, death, disease, and destruction.

So now, when we do things that are wrong, we feel guilty and distant from God. Psalm 130:1 says, “Out of the depths I cry to you, O Lord! O Lord hear my voice, Let your ears be attentive to my cry for mercy.” Dwelling on what we have done that is wrong will only make us full of self-pity. Instead we should cry out to God. He is the only One who can forgive us and cleanse us from sin!

Psalm 130:3-4 says, “If you, O Lord, kept a record of sins; O Lord, who could stand? But with you there is forgiveness; therefore you are feared.” Keeping a record of sin is like holding a grudge. It is like a deep valley between you and another person making it nearly impossible to talk openly.

But God does want us to be separated from Him! He loved us so much that He sent His Son Jesus to be our Savior. Jesus died on the cross to make the payment for our sins. He forgives us our sins and tears down all the barriers! He completely forgives us and provides a way of salvation through Him. We can talk to God about anything. When we pray and ask for forgiveness, we realize that God is not holding anything against us. His lines of communication are completely open. We praise God because He is our Redeemer.

King David wrote several of the psalms in Book 5. He often praised God for delivering him from his enemies. David and his band of mighty men fought many battles against the enemies of Israel. The Moabites, the Edomites and the Philistines despised the Israelites and Israel’s God. David prayed that God would rescue him and give him victory. God answered his prayers! When David thought about all that God had done, he just couldn’t help himself. He would burst out in heartfelt praise to God. When people are in trouble and they see how God helps them, they learn to better understand and appreciate God’s love and kindness. They are grateful for God’s strength in the middle of trials. When we have trouble, we learn to praise God even more!

Psalm 107 says, “Give thanks to the Lord, for he is good; his love endures forever. Let the redeemed of the Lord say this—”They cried out to the Lord in their trouble, and he brought them out of their distress. Let them give thanks to the Lord for his unfailing love and his wonderful deeds for men.” We praise God because He is our Protector!

We should praise God not for just what He has done for us but for Who He is. God is all-seeing, all knowing, all-powerful, and present everywhere. Listen to Psalm 139:1-4. “O Lord, you have searched me and you know me. You know when I sit and when I rise; “you perceive my thoughts from afar. You discern my going out and my lying down; you are familiar with all my ways.  Before a word is on my tongue you know it completely, O Lord.” How amazing is God! He sees everything we do! He even knows when we are sleeping and what we are thinking!

Psalm 139:13-14 “For you created my inmost being; you knit me together in my mother’s womb. I praise you because I am fearfully and wonderfully made; your works are wonderful.” These verses say that even before we were born God knew all about us. He planned and organized every detail. So not only did God make us, he knows us and is with us. His greatest gift is to allow us to know him. God is all-knowing. God is all-seeing. God is all-powerful. And God is everywhere present. We praise God for Who He is!
Another reason to praise God is to give Him thanks for the home and family that He has given us. In Psalm 128: 1-4 the psalmist writes about the good family life that is a reward for following God. “Blessed are all who fear the Lord, who walk in his ways, You will eat the fruit of your labor, blessings and prosperity will be yours. Your wife will be like a fruitful vine within your house; your sons will be like olive shoots around your table. Thus is the man blessed who fears the Lord.”

When all of our family follows God, we will have healthy relationships with one another. There will be love, respect, and sacrifice for one another. God promises all these blessings to those who make the family a priority. Our life will be one of joy and fulfillment. So we praise God because He is our Provider.

When you study God’s Word, the Bible, you begin to learn how wonderful God really is. Only as you get to know God, will you be able to worship Him the way He deserves to be worshipped. Only then will you find the joy that God gives to those who know Him well. We all need to take time regularly to worship God as David did. Look at all the reasons we can praise Him. God is our Creator. God is Love. God is our Redeemer. God is our Protector. God is our Provider.

How awful it is to ignore someone who has been so very kind and loving to you! Have you been ignoring His goodness to you? This week set aside a time to get alone with God. Perhaps you can take a walk. Use your time alone to remember as much as you can of all you have learned about God. Think about what God has done for you and what He is like. Then think about how you can best worship Him. Talk to Him and tell Him how wonderful He is and how much you appreciate all He has done.

Remember let’s praise the Lord!

**Review Questions: “Name that Instrument”**
*Preparation:* Print the template of pictures of various musical instruments below. Cut the pictures apart on the lines. Place the pictures in a bag or basket.

*Say:* “In this lesson David used the harp as an instrument of praise to God. We are going to see if you can name the instruments that can be used to worship God. We will also answer review questions about the lesson.”

*Procedure:* Have children take turns drawing a picture of an instrument out of the bag. Have child attempt to name the instrument and answer one of the following review questions.

1. How many chapters or songs are in the book of Psalms? (Psalms is the longest book in the Bible and has 150 chapters.)
2. How is the book of Psalms divided by theme? (Psalms can be divided into five parts or books. These parts are Book 1: Creation; Book 2: God’s Help; Book 3: Temple Songs; Book 4: God’s Plan to Obey; and Book 5: Praising God and His Word.)
3. What book in the Bible is Part 1 of Psalms like? (Book 1 of Psalms is like the book of Creation because it tells about creation and how God meets all of our needs.)
4. What book in the Bible is Part 2 of Psalms like? (Book 2 of Psalms is like the book of Exodus because it tells how God brought Israel out of Egypt and took them to the Promised Land. It tells us that God is our refuge and strength.)
5. Who wrote most of the Psalms in Part 3: Temple Songs of Psalms? (Asaph wrote most of the Psalms.)
6. What lessons can we learn from these Psalms? (God wants us to honor Him by singing songs of praise that bring glory to Him.)
7. What book in the Bible is the fourth Book of Psalms like? (Psalms Book 4 is similar to the book of Numbers.)

8. What is the theme of Book 4 of Psalms? (God desires that we obey Him. He wants to bless His children. When we disobey His word, we miss the blessings and often experience God’s judgment.)

9. What is the theme of Book 5 of Psalms? (God wants us to praise Him with our whole being.)

10. What are some of the reasons we should praise God? (God is our Creator. God is Love. God is our Redeemer. God is our Protector. God is our Provider.)

11. How is man different from animals when it comes to praising God? (Man is made in the image of God. He has an eternal soul, a mind that can think, and can make the choice to love God. God wants a personal relationship with us and we can have that through praise.)

12. What are some wonderful things that God has done in your life that you can praise Him for? (Food, family, church family, God’s love, God’s forgiveness, eternal life, friends, school, and even the air we breathe.)

13. What is a way that you can show you are thankful for the good things that God has provided for us? (We can say thank you. We can sing His praises. We can tell others about God’s love and forgiveness for us.)

14. What is the memory verse? (The memory verse is Psalm 150:1, 6 “Praise the Lord. Praise God in his sanctuary; praise him in his mighty heavens. Let everything that has breath praise the Lord.”)

Bible Memory Verse Activity: “Five W’s”
Say: “Our memory verse is Psalm 150:1, 6 “Praise the Lord. Praise God in his sanctuary; praise him in his mighty heavens. Let everything that has breath praise the Lord.” Have students locate the verse in scripture and read together aloud several times.

Say: “This is the last Psalm in the Book of Psalms and what a fitting way to end the book. Everyone is encouraged to praise God every day.”

Procedure: Print these words on separate index cards: “who,” “what,” “when,” and “why.” Place index card face down on the floor or table. Each child takes a turn to choose a card and then answers a question below that corresponds to the chosen card. Repeat the verse together as a group after each child answers a question.

Who do we sing praises to? (God)
What can we do to praise Jesus? (sing, pray, tell others how great God is.)
Where is a place we can praise Jesus? (home, school, park)
When can we praise God? (anytime)
Why can we praise God? (He loves us. He sent us His Son Jesus to die for our sins.)
Group Learning Activity: “Appreciate God” (Grades K-5)

Preparation: You will need drawing paper, glue, crayons, colored marking pens, stickers, and other craft supplies. You will also need some simple musical instruments such as a harp, cymbals, or other rhythm or string instruments.

Procedure: Lead the children in a discussion of things that they can appreciate about God. Suggest a few uncommon things that children can be thankful for such as filings in their teeth, and backyards to play in. Be sure to mention some of the things that God has created such as trees that give us shade, water to drink, air to breathe, friends with whom we can play, etc. List these things on the white board or on chart paper in front of the classroom.

Say: “We have listed many things that we appreciate about God. Now as an act of worship to Him, choose some way to express your love for God’s goodness. Try to find a verse from scripture to go along with your choice of praising God.

- Write a praise song or a poem about His greatness.
- Draw a picture of what He’s done for you or that shows His marvelous creation.
- Make a Thank You card and write a love note to Him in it telling God how much you appreciate His greatness, beauty, or thanking Him for the things He has given you and all that He does for you.

Examples:

Picture of sunrise or sunset with the following verse: Psalm 113:3 “From the rising of the sun to the place where it sets, the Lord’s name is to be praised.”

Song of praise with the following verses: Psalm 150: 3-5 “Praise Him with the sounding of the trumpet, praise him with the harp or lyre, praise him with the tambourine, and dancing, praise him with the strings and flue, praise him with the clash of cymbals, praise him with resounding cymbals. Let everything that has breath praise the Lord. Praise the Lord; or Psalm 147:1 “Praise the Lord. How good it is to sing praises to our God, how pleasant and fitting to praise him.”

Poem of praise or the thank you cards with the following verse: Psalm 1004 “Enter into his gates with thanksgiving and his courts with praise; give thanks to him and praise his name.”

After everyone has completed their expression of praise, have students share their song, poem, or picture with the rest of the class.

Conclude with a prayer of thanksgiving and praise to God.
Group Learning Activity: “Praise the Lord” (Grades K-5)

Purpose: Children will express words of worship from a psalm.

Say: “In this lesson we learned that David wrote and sang many songs of worship and praise to God. Today we are going to read another of David’s prayers of worship in Psalm 148. In this psalm David repeats the phrase “praise the Lord” many times. I am going to read this scripture very slowly to you. Every time I point to you, I want all of you to stand, lift your hands high in the air, and shout, “Praise the Lord!” I will read the other parts of the psalm.”

Procedure: Practice pointing to the kids and having them do their part one or two times and then begin. Point to the kids every time you come to the phrase “praise the Lord.” Let them participate in this prayer of praise to God.

Psalm 148

Praise the Lord.
Praise the Lord from the heavens; praise him in the heights above.
Praise him, all his angels; praise him, all his heavenly hosts.
Praise him, sun and moon; praise him, all you shining stars.
Praise him, you highest heavens and you waters above the skies.
Let them praise the name of the Lord, for at his command they were created,
and he established them for ever and ever—he issued a decree that will never pass away.
Praise the Lord from the earth, you great sea creatures and all ocean depths,
lightning and hail, snow and clouds, stormy winds that do his bidding,
you mountains and all hills, fruit trees and all cedars,
wild animals and all cattle, small creatures and flying birds,
kings of the earth and all nations, you princes and all rulers on earth,
youg men and women, old men and children.
Let them praise the name of the Lord, for his name alone is exalted; his splendor is above the earth and the heavens.
And he has raised up for his people a horn, the praise of all his faithful servants, of Israel, the people close to his heart.
Praise the Lord.

Say: “How does this prayer help us to worship God? (It reminds us of how great and powerful God is. He is over all creation both in heaven and on earth.) What are other words and actions that show we worship God? (We read His Word and obey it. We attend worship services regularly. We tell others about God and His salvation for us. We are kind and giving toward others. We give gifts of money to support the work of God.)
Group Learning Activity: “Name That Tune” (Grades 2-5)
Preparation: You will need musical clips of worship songs that the students should know to play a game of “Name that Tune.” Optional: treats for the winners.

Procedure: Have at least one of the following songs (or another praise song) in instrumental version and song version for students to listen to. You can use a variety of songs – from old TV shows, hymns, oldies but goodies, pop music, etc. Make sure to include at the end though the instrumental version of a few popular Christian praise songs like Charlie Hall’s “Song of the Redeemed,” Casting Crown’s “Life Song,” or Chris Tomlin’s “Sing, Sing, Sing.”

Divide the guests up into 2 teams, but if it is a large group 3 teams. Each team will send up one contestant at a time and 1 clue about the song will be read. Contestant will then be asked to say how many seconds they need in order to identify that song. Starting at 15 seconds and counting down. Based on how many players you have and songs you have recorded, you can declare a team winner after one or two rounds.

To determine an individual winner, have the winner of any individual rounds continue to play until you get down to just two players. Then have the two players face off with 3 or 5 Name that Tune challenges. You may even want to give small prizes for those that guess correctly; make it fun!

Here are some favorites: (These are available at Youtube.com)
“God of Wonders”; “Awesome God”; “King of the Jungle” from Great Worship Songs for Kids; “I’ve Got the Joy, Joy, Joy;” “Every Move I Make;” “I’m in the Lord’s Army”; “Rock of Age”; “How Great is Our God;” “Peace Like a River.”

Have students listen to the instrumental version of one of the above Christian songs (or praise song of your choice). Ask which one touched you more, caused you to feel God’s presence, set your focus on Christ – the one with just the music, or the one with the lyrics?

Group Learning Activity: “Praise the Lord” (Grades K-5)
Preparation: You will need a CD or DVD of an upbeat worship song that celebrated God such as “How Majestic is Your Name” or “What a Mighty God we Serve.”

Say: “In this lesson we learned that David and the Israelites showed great joy as they worshipped god. They sang songs, danced, played instruments, gave gifts to God, and ate special food. Today we are going to experience an activity that was something like what the Israelites did to praise God together as a nation.”

Procedure: Divide the class into three groups: the Motion Makers; the Crazy Clappers, and the Cheerleaders. Explain that you’re going to play a song, and each group will come up with a way to celebrate along with the music. The Motion Makers will make up unique actions, the Crazy Clappers will create exciting clapping rhythms, and the Cheerleaders will come up with a list of things they can celebrate such as God’s goodness, power, creation, or love.

Once kids understand their roles, play the song. Then allow about five minutes for groups to come up with their celebration elements. Play the song again, and have the Motion Makers teach their motions, the Crazy Clappers lead their clapping rhythms, and the Cheerleaders shout out their reasons to celebrate.
Say: "Why do we celebrate and praise God? (Because He loves us, hears our prayers, loves us, and has saved us.) What is God like that we can show our praise for Him? (He is good, powerful, and full of kindness. He forgives us.) What are some reasons we have for praising and thanking God? (Answers will vary.) What are some ways that people can worship God? (We can sing songs, pray, read His Word, give money, play instruments, etc.) How can you thank God for today? When is a time you might sing a song to praise God? Close in prayer giving thanks and praise to God.

**Group Learning Activity: “Sing a Song of Praise” (Grades K-2)**
*Purpose:* Children are to experience praising God.

*Preparation:* Secure simple wooden rhythm band instruments for preschool and early childhood children. These might include sticks, xylophones, marimbas, triangles, drums, blowing whistles, shaker eggs, bells, wooden flutes, etc. Packages of these instruments are available on Amazon.

*Procedure:* Sing the following words to the tune of “Happy Birthday”:

Oh, give thanks (tha-nks) to God  
And tell what (wha-t) He does.  
Sing praises and be happy.  
Oh, give thanks (tha-nks) to God

Oh, think what God did,  
What He promised to do.  
He kept us all safe (sa-fe).  
Oh, think what God did.

God made ev’rything there is  
We sing thanks (tha-nks) to Him  
Oh, give thanks (tha-nks) to God (Go-d).  
For He (He-e) is good.

After children can sing the words without too much difficulty, pass out the rhythm band instruments. Demonstrate how to play the instruments on each beat of the words and phrases. Practice playing the instruments on a consistent beat. Sing the above words of praise to the beat of “Happy Birthday.” Combine the singing and instruments to play a song of praise to God.

**Group Learning Activity: “Praise the Lord” Game (Grades K-5)**
*Preparation:* You will need a chart paper and writing pen. You can also use sheets of construction paper to form a hopscotch board. (See diagram.)

*Say:* “What do kids your age do if they are really excited? God loves it when we show Him we love Him with our actions. Today we are going to play a game that will help us use these actions that show excitement to praise the Lord.”

Help the children discover the following actions and as they do, write them on the board: clap, jump, click heals, do high fives, twirl, cheer, skip, leap, etc.

*Procedure:* Have children stand in a circle. Have the first child do something to show excitement. (Use ideas that you have brainstormed and written on the board.) The second child repeats that action and does another action. The third child must repeat the first two actions and does another one. And, so forth.
For example, the first child claps, the second child claps and jumps, the third child claps, jumps, and twirls around and so forth around the circle. The object of the game to help one another remember the sequence of actions and to perform them. This game is a lot of fun as the list becomes longer and more difficult to recall.

Optional: You can also write the action words on sheets of construction paper and lay them out on the floor like a hopscotch game. Have students see if they can do the activity as they "land on the square."

Say: “In the lesson today how did David and the people of Israel celebrate the arrival of the Ark of the Covenant into Jerusalem? They sang, danced, played instruments, and offered sacrifices.) What are some ways that people celebrate and praise God today? (We sing, dance, play instruments, and have dramas. We don’t offer sacrifices because Jesus has already died for our sins and we remember what He did for us.) Why do we want to celebrate and praise God with joy? (We are thankful because He made the world. He made us. He gave us friends. He gives many blessings.) What is something you want to thank God for?”

Close in prayer of thanksgiving for what God has done for us.

Group Learning Activity: “Worshipping God’s Way” (Grades 3-5)

Preparation: Students will need Bibles, pens or pencils, and spiritual journal.

Say: “In Psalm 103:1 David wrote, “Praise the Lord, O my soul; all my inmost being, praise his holy name.” What does it mean to worship God with “all my inmost being.” Satan will try to get you to use your mind, your mouth, your eyes, and your ears, your heart, your hands, and your feet for anything except to honor God. But God gave you your body and mind so you could use them to worship Him. How do you think you can use these different parts of your body to praise God? We are going to look at some scriptures to help us learn about praise.”

Procedure: Help students locate the following verses of scripture. Read verses aloud. Discuss what part of our body we can use to praise God. Highlight the Biblical principles being taught.

Mind—(Philippians 4:8 “Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.) You can use your mind to think about God and His word.

Mouth—(Psalms 146:1-2 “Praise the Lord. Praise the Lord, my soul. I will praise the Lord all my life; I will sing praise to my God as long as I live.”) You can use your mouth to praise Him by telling Him and others how wonderful He is. God wants us to use our mouth to sing praises to Him. What are some wonderful things that God has done in your life that you can praise Him for? (Allow for student response.)

Eyes—(Psalm 136:4-9 “to him who alone does great wonders, His love endures forever. who by his understanding made the heavens, His love endures forever. who spread out the earth upon the waters, His love endures forever. who made the great lights—His love endures forever. the sun to govern the day, His love endures forever. the moon and stars to govern the night; His love endures forever.”) You can use your eyes to notice what He has made.

Ears—(Jeremiah 31:7 “This is what the Lord says: 'Sing joy for joy for Jacob; shout for the foremost of the nations. Make your praises heard and say, "Lord, save your people, the remnant of Israel.") You can use your ears to hear the beautiful sounds of others as they praise the Lord. Our praise to God encourages others to praise Him, too.
Heart—(Psalm 105:1-2 “Give thanks to the Lord, call on his name; make known among the nations what he has done; Sing to him, sing praises to him; tell of all his wonderful acts; Glory in his holy name; let the hearts of those who seek the Lord rejoice.”) You can use your heart to love Him for who He is and all that He has done.

Hands—(Psalm 150: Praise Him with the sounding of the trumpet, praise him with the harp and lyre, praise him with the tambourine and dancing, praise him with the strings and flute, Praise him with the clash of cymbals; praise him with resounding cymbals, Let everything that has breath praise the Lord.”) You can use your hands to play songs of praise on a musical instrument, write poems about His greatness, or draw pictures of what He’s done for you.

Feet—You can use your feet to take you places where you can praise Him publicly. Where are some places you could praise God to others? (Sunday school, family dinner table, school, etc.)

Say: “David urges us to worship and praise God with our whole being—with all that we are!
Have students record the principles they learned in their spiritual journals. Close in prayer.

Group Learning Activity: “Harpsichord for Kids”
Preparation: You will need a harpsichord or lyrical lap harp musical instrument. These are available online from Amazon for a low price. These toy harps have a pleasant soft sound and is well suited for young children. Older school age children can use harpsichords with wire strings but will need some adult supervision. If possible secure some song sheets for the lyrical lap harp

Say: “In this lesson we learned that David was proficient at playing the harp. He used the harp to write songs of praise to God. We are going to learn to play and listen to harp music and see if we can write our own songs of praise to God.”

Procedure: Show the lyric lap harp to students. Let them experiment thumbing the strings to create different sounds. If possible have an adult play a simple melody or praise chorus on the lap harp. Show the song sheets for illustrate the finger chording for a simple song or melody. Allow children to experiment with the harp to create their own “songs.”

Lead the children to write their own praise songs accompanied by the lap harp. Use as much time as you can allow for this activity. Record the music and song on a video and post on your church’s webpage for interest.
Group Learning Activity: “Song of Praise” (Grades K-5)

Preparation: You will need Bibles, words to your favorite praise song, or hymn books. Print one copy of the template below for each student. Use a DVD of your favorite worship song for children.

Say: “David was a skilled musician who played his harp for King Saul. Later David began the music programs in the temple and wrote more of the poems in the book of Psalms than anyone else. In 2 Samuel 22:1-51 is a song that David wrote. This song is almost identical to the one recorded in Psalm 18. In this Psalm David says that ‘The Lord is my…Rock, Fortress, Deliverer, Refuge, Shield, Horn of Salvation, Stronghold, Savior and Lamp.’ Today we are going to sing songs of praise to God.”

Procedure: Ask students if they have a favorite worship song or hymn. Share the lyrics, or sing, one of your favorite praise songs and explain what the song means to you. Ask children to look at the verses in Psalm and try to sing the words to a familiar song. You can use songs like Amazing Grace or Jesus Loves Me.

Challenge students to write their own praise song using words from the passage or their own words of praise and thanksgiving.

Example: Sing the Children’s Song: “I’ve Got the Joy, Joy, Joy Down in My Heart.”

Craft Learning Activity: “Tambourines” (Grades K-4)

Preparation: You will need paper plates, pinto beans, stapler, crepe paper streamers or bits of colored yarn, crayons, colored markers, colored pencils, glue, and stickers (optional).

Procedure: Pass out two paper plates to each student. Have students glue pieces of crepe paper streamers to the inside edge of one of the plates. Pour a small handful of beans onto the plate with the streamers glued to it. Staple the other plate on top. Have students decorate the outside with crayons, markers, or colored pencils. Decorate the tambourines with stickers, if desired.

As students are working on their tambourines, remind them that the Lord was with David and the children of Israel. As David brought the Ark of the Covenant into Jerusalem, he and all the people danced, played tambourines and lutes, and sang praises to God.” Help students see that they should worship God with their whole heart.

Say: “Worship is praising God for Who He is. We worship by reading His Word, by praying, and singing songs of adoration to Him. We worship Him by giving ourselves to Him in faith and trusting Him as our Savior. We worship God by giving of our hearts, minds, and souls. We worship by giving our tithes and offerings to help the poor and needy and to support our missionaries. How will you worship God this week?”

Allow children to share the way they want to worship God this week and conclude in prayer thanking God for the opportunity to praise Him.
Craft Learning Activity: “David’s Harp” (Grades K-5)

Purpose: To help students remember that King David used a harp to praise God.

Preparation: Each child will need a sturdy low box for the harp base. Old pencil boxes with the lid removed work well for this activity. You will also need a piece of corrugated cardboard and some rubber bands. To make the bridge of the harp you will need a piece of cardboard that is the same length as the box and about twice as wide. (See picture at right.)

Procedure: Distribute boxes to each child. Like a violin, the elastic band harp needs a bridge. For this you use the sheet of strong cardboard.

It needs to be about half an inch or around one and a half centimeters wider than the width of your box. Score this that distance in from the edge on one side, and bend it at right angles, so that it is just the width of the box. You can do the scoring with the back of the knife. The extra width that is bent will be glued to the box.

The bridge will be on an angle, so flatten out the flap for a moment and measure from the base of the cardboard to the tallest height you will need (mine was five inches) and then rule on an angle down to the lowest height the bridge is to be. It needs to be higher than the edge of your box (mine was two and a half inches). Measure up above the highest point the shorter distance (my two and a half inches) and rule straight across. Cut along this straight line (as my cardboard was quite stiff, the kitchen scissors were better than the craft knife for this). Cut along the angled line. You should now have two matching pieces.

Place the two parts of the bridge back to back so that one flap is on the right side and the other on the left. Glue the bridge pieces (but not the flaps yet) and hold in place for a moment until they are stuck together. If this is difficult, clamp together or put something heavy on top until they are stuck.

Measure along the angled edge of the bridge so that small Vs may be cut into it at equal distances. The number of cuts you make will depend on the width of your bridge. If you can make seven or eight cuts about an inch (4-5 cm) apart, that will allow for around an octave of notes and the opportunity for playing a good tune on the harp. If your box is narrow and you can only have about four elastic bands, it's surprising what little tunes can be made with these.

Making sure that the flaps are bent at right angles, one towards the front of the box and the other towards the back. Run some glue along the flaps to the height of the box sides. Push them gently into place across the width of the box and towards the back. Hold the bridge for a moment as the flaps dry (or clip together with a clothes peg or strong paper clip).

Make sure that the glue is dry and the bridge is firm and upright. Stretch an elastic band around the box and secure it in a V. Repeat with the bands until all the Vs have a band. They need to be quite taut to get a good sound. You may need to adjust the bands at the back of the bridge to get the notes as you want them to sound. The harp works best if the bands are all the same.

Say: “David liked to play the harp to praise God. What else did David do to praise God? (He danced and sang.) David loved God and he loved to praise the Lord. What does it mean to “praise the Lord?” (Praising the Lord means to tell Him how great He is.) God saw David praise Him and He was very happy. What can you do to praise the Lord? (Sing, play music, dance, and pray.) Let’s pretend we are like David and praise God by playing our harps right now.” Allow children to play harps.
Life Application Challenge: “Sign Language”
Say: “In this lesson we learned that David wrote and sang songs of praise to the Lord. To help us remember to praise the Lord we are going to learn this phrase in sign language. Use the sign language to tell your family and friends about this lesson “David’s Songs of Praise.”

Procedure: Here are the directions for the two hand motions for “Praise the Lord.”

“Praise” The forefinger is upright and moves straight forward from the mouth. Clap hands.

“(the) Lord.” Extend thumb and index finger of right hand to create an “L” shape. Bring “L” shape diagonal across chest from the left shoulder to the right hip as a royal sash.

Use your sign language to tell someone about the lesson this week.
Psalm 150:1, 6

“Praise the Lord. Praise God in his sanctuary; praise him in his mighty heavens. Let everything that has breath praise the Lord.”
God waters the whole earth to provide for all life.

Follow the water down the mountains to the lake below.
Every day sing praises to God.

Match the shapes. The words describe God.

LOVING

FAITHFUL

GOOD

FAITHFUL

JOYFUL

GOOD

LOVING

JOYFUL
God created us. He is familiar with all our ways.

Draw a picture of yourself inside the frame.

Use the code to fill in the message below.

* = a  * = e  * = h  * = l  * = n  * = s  * = v  * = y
= d  = g  = i  = m  = r  = t  = w
Praise the Lord! God set the earth on its foundation.

Psalm 104 is very poetic. Write your own poem about God by filling in the rhyming words.

You wrap about You like a __________
The light which spreads around the globe.
You set up like a camping __________
The heavens and all the firmament.
Enormous clouds that rush and glide
Are the chariot in which You __________
Rising above all earthly kings,
You mount the wind like giant __________
Wind and fire obey Your __________
Before You I am awed and still.

God tames 3 strong things that people often cannot control. On the left are 2 clues of the element in its destructive form. On the right are 2 clues of the element in its helpful forms. Write the name of each element on the line between the clues.

| HURRICANE | BREEZE |
| TEMPEST   | BREATH |
| BURNING   | SPARK |
| INFERNO   | CANDLE FLAME |
| FLOOD     | BROOK |
|           | RAINDROP |

Cross out every word that contains the letter “I.” Write the remaining words in the blanks.

<table>
<thead>
<tr>
<th>TIDE</th>
<th>BIG</th>
<th>O</th>
<th>LORD</th>
<th>ICE</th>
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<tr>
<td>BIRD</td>
<td>VERY</td>
<td>I</td>
<td>GREAT</td>
<td>NOISE</td>
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</tbody>
</table>

OT10.6 Psalms—Part 5: Praising God

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Great is the LORD and worthy of praise!

Find the words that David uses in Psalm 145 to describe God.

- ACTS
- LOVE
- GRACE
- POWER
- WORKS
- MIGHTY
- AWESOME
- MAJESTY
- ABUNDANT
- FAITHFUL

When David thought about God's greatness, he was moved to do 8 things. Find what they were by removing the same number of letters from the end of the first word and the beginning of the second word in each pair.

- EXTRA + FOOL = __________
- PRAY + RISE = __________
- TEN + ALL = __________
- PROBE + RECLAIM = __________
- EXACT + SALT = __________
- SO + WING = __________
- SPY + BEAK = __________
- CELEBRITY + CREATE = __________

Unscramble the words about time past. Use the numbered letters to find what David said about the future.
Through all our lives, God’s hand will guide us.

To find what is in God’s book, write a word from the list that rhymes with the word that is given.

- be for came
- in one were
- of the your
- me days before
- to them written
- all book ordained

Find how God relates to us. Look up the words on the grid according to their numbers. Cross off each word as it is used. (The first word is given as an example.) Write the leftover letters in the blanks.

Complete the sentence. In each column, write a 5-letter word that is opposite of the given word.
Lift Your Eyes
Psalms 121:1–2

Lifting your eyes to the Lord means going to God in prayer. The Lord is ready to help you. Use the code to decipher the verse.

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3 • 13 • 3 • 10
23 • 8
23 • 17 • 3
17 • 5 • 19 • 19 • 10

12 • 17 • 3 • 22 • 3
15 • 8 • 3 • 10
7 • 13
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2 • 8 • 7 • 3
16 • 22 • 8 • 7

7 • 13
17 • 5 • 19 • 21
2 • 8 • 7 • 3
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23 • 17 • 3
19 • 8 • 22 • 15

23 • 17 • 3
7 • 1 • 6 • 3 • 22
8 • 16
17 • 3 • 1 • 24 • 3 • 20
1 • 20 • 15
3 • 1 • 22 • 23 • 17
Praise the Lord
Psalm 150:6

This Psalm says to let everything that breathes praise the Lord—especially you!

Circle the first two letters. Skip one letter. Circle the next two letters. Skip one letter. Follow this pattern. Write the circled letters in order on the lines. The first word is done for you.

Let

LEQITEZYEARYDTHSINHGTMHAJTHEASRBREEAYTHKPREAILSELTHYELMORODPLRALISYETMHECLONRD
Find the path through the musical instruments of praise:
<table>
<thead>
<tr>
<th>Instrument</th>
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<tbody>
<tr>
<td>tambourine</td>
</tr>
<tr>
<td>xylophone</td>
</tr>
<tr>
<td>electric guitar</td>
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<tr>
<td>maracas</td>
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<td>mandolin</td>
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<td>harp</td>
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<td>panpipe</td>
</tr>
<tr>
<td>harmonica</td>
</tr>
<tr>
<td>flute</td>
</tr>
</tbody>
</table>

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I'VE GOT THE JOY, JOY, JOY

...and rejoice with an indescribable and glorious joy.
1 Peter 1:8

1. I've got the joy, joy, joy, joy,
2. I've got the peace that passeth understanding,
3. I've got the love of Jesus, love of Jesus,
4. For there is therefore now no condemnation.

Down in my heart, Down in my heart, Down in my heart;

I've got the joy, joy, joy, joy,
I've got the peace that passeth understanding,
I've got the love of Jesus, love of Jesus,
For there is therefore now no condemnation,

Down in my heart, Down in my heart to stay.

Text: George W. Cooke
Tune: I'VE GOT THE JOY, irregular; George W. Cooke