

FAMILY GUIDE - 9 WEEKS

SUMMER IN THE PSALMS



SUMMER IN THE PSALMS

The book of Psalms is made up of poems and songs written by many people. When you read them, remember that it is similar to reading a song (hymn), poem, or prayer.

We can gain so much from reading the Psalms, but a lot of them come out of personal trauma, heartache, longing, deep shame, or deep forgiveness and praise that can be difficult for kids to understand just because of their young life stage. Hopefully the messages brought out by each of these psalms can be relatable to all ages as you go through this booklet.

The Book of Psalms Teaches Us:

- About the divine nature of God.
- To praise and thank God for all His goodness.
- To pray to God and trust Him in times of need and trouble.
- That God is always with us and will never leave or forsake us.
- That we have hope and confidence. Reminds us that no matter what happens in this world, God is ultimately in control.
- How to worship God - praising God for His goodness and mercy.
- How to understand God's character and plans.
- How to have a deeper relationship with Him.



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Freedom from Fear

1

Main Psalm:

Psalm 27

Psalm Author:

David

Main Idea:

Psalm 27 reminds us that God is always with us (even when we go through hard or scary things!). He wants us to be close to Him, just like David did. He wants us to talk to Him, trust Him, and wait for Him to help us.

Sharing:

1. What is something that can make you feel afraid?
2. How does God help you when you feel scared?
3. David wanted to be close to God every day. What can you do every day to stay close to God?
4. This psalm focuses a lot on the truth that God protects His people. Share any story you can think of from the Bible where God protects His people.
5. Reread verse 4 and talk about what it means to dwell in the house of the Lord forever.
6. What is one thing you can pray about today that you would like God to help with?

Memory Verse:

Psalm 27:1

The Lord is my light and my salvation — whom shall I fear?

Write Psalm 27:1 on a sticky note and put it on your fridge or bathroom mirror and say it every day to memorize it.

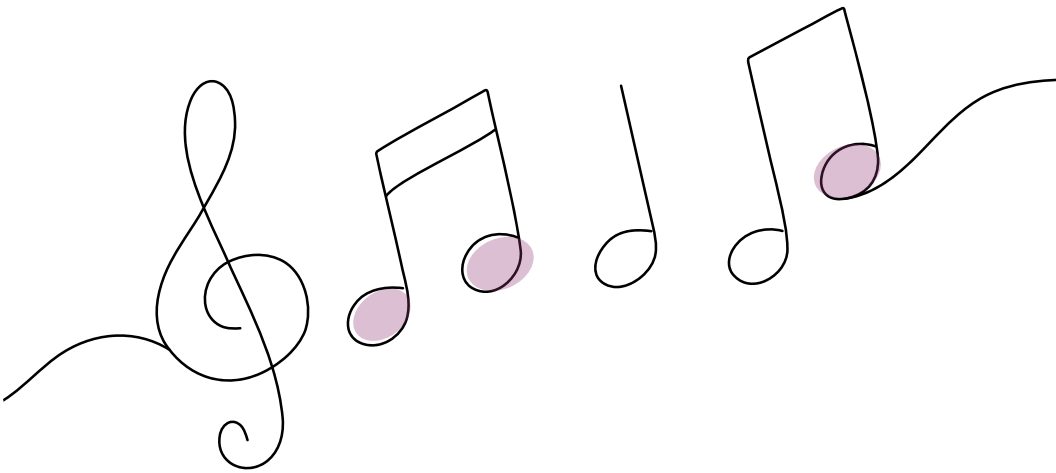


Prayer:

Dear God, Thank You for being with us when we feel afraid. Thank You for being our rescuer and for staying close to us. Please help us trust You and wait for You, even when it's hard. In Jesus' name, Amen.

Personal Review:

Flip to the back pages of this booklet and write a one word, or one sentence, personal reflection on the psalm for this week.



The Shepherd's Psalm

2

Main Psalm:

Psalm 23

Psalm Author:

David

Main Idea:

God, our loving shepherd, loves and watches over us and wants us to be with Him forever.

Sharing:

Read through this version of Psalm 23 from the International Children's Bible (ICB). Pull out any verses that stand out to you and discuss them.

The Lord is my shepherd.

I have everything I need.

He gives me rest in green pastures.

He leads me to calm water.

He gives me new strength.

For the good of his name,

he leads me on paths that are right.

Even if I walk through a very dark valley,

I will not be afraid because you are with me.

Your rod and your shepherd's staff comfort me.

You prepare a meal for me

in front of my enemies.

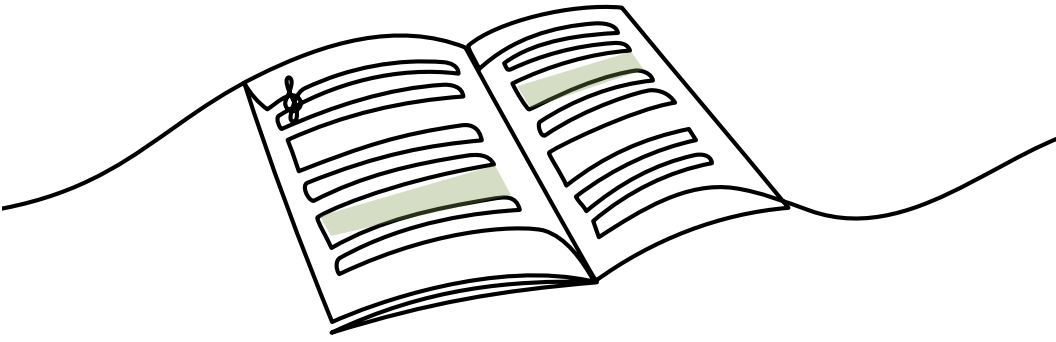
You pour oil of blessing on my head.

You give me more than I can hold.

Surely your goodness and love will be with me

all my life.

And I will live in the house of the Lord forever.



Memory Verse:

Do the actions while you say the individual parts of the memory verse for this week.

Psalm 23:5b-6

- *My cup overflows with blessings*
(cup hands in front of you)
- *Surely your goodness and unfailing love will pursue me all the days of my life*
(turn in a circle)
- *And I will live in the house of the Lord forever*
(touch your hands above your head like a roof)



Prayer:

Dear God, Thank You for always being here and with us. Help us remember Your goodness and unfailing love. In Jesus' name, Amen.

Personal Review:

Flip to the back pages of this booklet and write a one word, or one sentence, personal reflection on the psalm for this week.

The Power of Stillness

3

Main Psalm:

Psalm 46

Psalm Author:

The sons of Korah (see week 4 for a further explanation of who these sons are).

Main Idea:

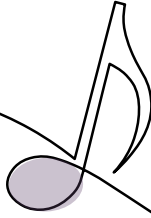
Psalm 46 is a reminder that God is our refuge and strength, and our help in times of trouble. It also tells us to be still in the craziness of life and focus on God.

Sharing:

1. What is one of the hardest things to sit still for?
2. What is one of the easiest things to sit still for?

When we are too busy, we sort of tune Him out, and it's hard to pray or read God's Word or remember that He should be first in our lives. If we're always moving and working and doing things, we can ignore Him or forget to take time for prayer.

- Try to be still for a length of time (10 seconds? 15 seconds? 60 seconds? More?)
What did you feel the need to do during the stillness? (move, scratch, talk, etc.)
- Try to be still again but during your stillness, focus on saying silently "Jesus Loves Me" or "God is my strength".
Did your stillness feel any different that time?



Memory Verse:

Psalm 46:10

*He says, "Be still, and know that I am God;
I will be exalted (praised) among the nations,
I will be exalted (praised) in the earth."*



Prayer:

Have kids repeat each line after you.

Dear God,
Thank you for being our refuge and strength
Help us to always trust in You
Help us to be still
Help us to find Your peace
Thank you for Your love
We love You, God!
In Jesus name, Amen.

Personal Review:

Flip to the back pages of this booklet and write a one word, or one sentence, personal reflection on the psalm for this week.

From Doubt to Certainty

4

Main Psalm:

Psalm 73

Psalm Author:

Asaph. He was a godly man who wrote many psalms that were included in the nation's worship. He was one of three chief musicians of Israel's worship appointed by David (I Chronicles 16:5). Asaph's sons, continued his legacy and were called the "Sons of Korah".

Main Idea:

Struggle is real and this psalmist was struggling with life not feeling fair. He is struggling with why some people who don't believe in God seem to have an easy life (they prosper), while some believers have a hard life. In his mind, he thinks that believers in God should have it easier. As a result, he has become jealous. When he decides that being close to God is what is good in life, his way of thinking changes to contentment.

Sharing:

1. Imagine that God just told you He was proud of you. What are some things that He would be proud of?
2. Think of something that you didn't think was fair last week. Explain and try to come up with a solution that would have been more fair to you. Did the unfair outcome turn out to be ok?
3. What are some things a believer might be tempted to be jealous of, even of a person who's not a believer?

4. What does God say in Psalm 73:27-28 about people who are close to God and people who are far away from God?

International Children's Bible Version:

Those who are far from God will die.

You destroy those who are unfaithful.

But I am close to God, and that is good.

The Lord God is my protection.

I will tell all that you have done.

5. What is a way that you could start becoming closer to God this week?

Memory Verse:

Psalm 73:25 ICB

My mind and my body may become weak.

But God is my strength.

He is mine forever.



Make a card for someone who is sick or hurting using this memory verse.

Prayer:

Dear God, please forgive me for sometimes being jealous of other people. Especially when I am jealous of people that are far from You. Help me become closer to You every day. In Jesus' name, Amen.

Personal Review:

Flip to the back pages of this booklet and write a one word, or one sentence, personal reflection on the psalm for this week.

Main Psalm:

Psalm 51

Psalm Author:

David

Main Idea:

David is crying out to God after he made several sins against God and people. He feels guilty, ashamed, sad, and sorry for what he had done. He asks God to help him see how wrong he was and praises God for how fair He is. He asks God to restore him and forgive him.

Psalm 51 teaches us three things: to think about our sinful heart, to see how we need Jesus to wash our hearts clean, and, if our hearts have been washed clean, to have a thankful heart full of praise.

Sharing:

1. What are some sins that a child could commit?
2. Read verses 10-12 out loud. How can we have a clean heart and be restored to God?
3. Read verse 15 out loud. What did David promise if God would open his lips? (that he would praise God)
4. Read verse 17 out loud. What is David's sacrifice to God? (broken spirit; a broken and contrite/sorry heart) A person with a sorry and clean heart cannot help but praise the Lord for their salvation!
5. How is your heart today? Is it full of sin or full of praise?



Memory Verses:

Psalm 51:17 ICB

*The sacrifice God wants is a willing spirit.
God, you will not reject
a heart that is broken and sorry for its sin.*



Psalm 51:10

*Create in me a pure (clean) heart, O God,
and renew a steadfast (right) spirit within me.*

A lot of these psalms are songs and poems and many of them have been created into modern music. Verse 10, in particular, has many versions. Here are some great versions for kids that you can look up on YouTube:

- Create in me a clean heart - The Psalm 51:10 song (Joshua Kids Club with Polly)
By Joshua Kids Club with Polly
- Create in Me a Clean Heart (Psalm 51) for SAT/SSA Choir | Official Lyric Video
By Jody Abboud & The New Song Kids Choir

Prayer:

Dear God, please forgive me for the wrong things I do every day. Help me to have a clean heart so that I love You well and do what You tell me to do. In Jesus' name, Amen.

Personal Review:

Flip to the back pages of this booklet and write a one word, or one sentence, personal reflection on the psalm for this week.

Main Psalm:

Psalm 121

Psalm Author:

Unknown

Main Idea:

This Psalm is called a “Psalm of Ascent” (one of many). Jewish people would sing this as they made a journey together to Jerusalem usually for a spiritual festival. It’s sort of like us listening and singing along to Christian music on a road trip. This psalm was a spiritual reminder to God’s people and it can do the same for us today. It reminds us that our life with God is a journey with His people on the way to God’s eternal kingdom.

Sharing:

1. What’s a hard thing you have had to do?
2. Who do you turn to for help in tough situations?
3. What gives you hope and strength?
4. Have you ever needed something from someone, and they were asleep, and you had to wait?
5. Who knows the most about you?
6. Go through these questions again and relate them to Psalm 121.

Memory Verse:

Psalm 121:2

*My help comes from the LORD,
the Maker of heaven and earth.*

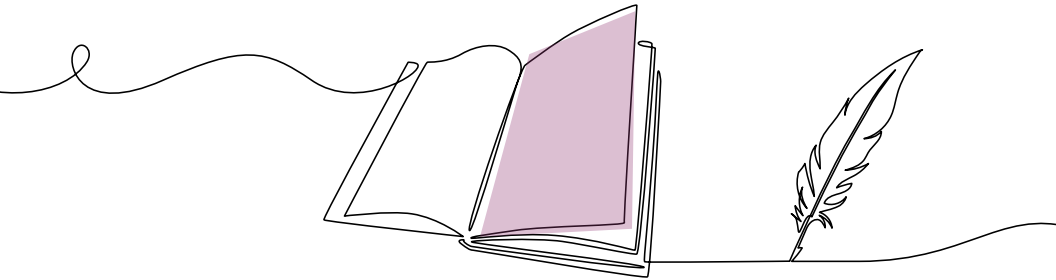


Prayer:

Dear God, thank You for always watching over me. Whenever I need You, You are there. Help me to remember to pray to You in everything I am going through. In Jesus' name, Amen.

Personal Review:

Flip to the back pages of this booklet and write a one word, or one sentence, personal reflection on the psalm for this week.



Main Psalm:

Psalm 91

Psalm Author:

Unknown (but possibly Moses or David)

Main Idea:

There are 5 main ideas within this psalm.

1. With Jesus I am safe.
2. With Jesus, I am strong.
3. With Jesus, I am known.
4. With Jesus, I have nothing to fear.
5. With Jesus, I am protected.

Sharing:

Go through these main ideas as they relate to specific verses in Psalm 91. Talk about how each verse pertains to the main idea.

WITH JESUS, I AM SAFE

Verse 4 Good News Translation (GNT)

He will cover you with his wings; you will be safe in his care; his faithfulness will protect and defend you.

WITH JESUS, I AM STRONG

Verses 11-13 GNT

*God will put his angels in charge of you
to protect you wherever you go.
They will hold you up with their hands
to keep you from hurting your feet on the stones.
You will trample down lions and snakes,
fierce lions and poisonous snakes.*

WITH JESUS, I AM KNOWN

Verses 15-16 GNT

*When they call to me, I will answer them;
when they are in trouble, I will be with them.
I will rescue them and honor them.
I will reward them with long life;
I will save them.*

WITH JESUS, I HAVE NOTHING TO FEAR

Verses 5, 6, 9 GNT

*5 You need not fear any dangers at night
or sudden attacks during the day
6 or the plagues that strike in the dark
or the evils that kill in daylight.
9 You have made the LORD your defender,
the Most High your protector*

WITH JESUS, I AM PROTECTED

Verse 14 GNT

*God says, "I will save those who love me
and will protect those who acknowledge me as LORD."*

Memory Verse:

Psalm 91:14

*God says, "I will save those who love me
and will protect those who acknowledge me as LORD."*



Prayer:

Dear God, help me to think about You in all things. Help me to talk about You in front of others. I love You and want to love You more. Thank You for always protecting me. In Jesus' name, Amen.

Personal Review:

Flip to the back pages of this booklet and write a one word, or one sentence, personal reflection on the psalm for this week.

Will Life Ever Get Better?

8

Main Psalms:

Psalms 88-89

Psalm Authors:

Psalms 88, Heman the Ezrahite

Psalms 89, Ethan the Ezrahite

Heman and Ethan were men known for their wisdom and musical talent. Attributions for these psalms also may be to the Sons of Korah (see week 4 for reference).

Main Idea:

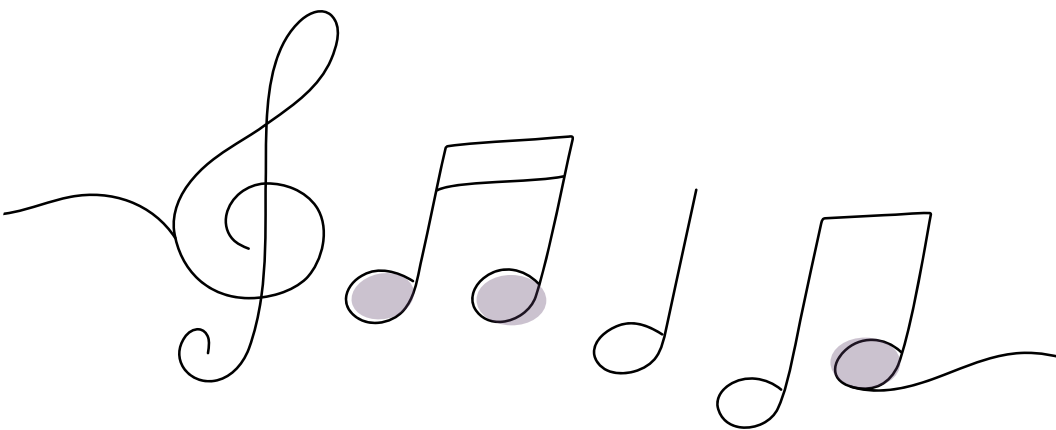
Psalms 88 is very sad. It is a cry of agony, suffering, heartbreak and misery. It is quickly followed up with Psalm 89 which is a song of praise and honor to God. Our lives swing between these two things all the time. These psalms are a great reminder that it's ok to have both as long as we always come back to praise and worship.

Sharing:

Write your own negative/positive psalms.

Start with writing down all the negative things you could complain about in your life like Psalm 88. Then write a psalm praising God and thanking Him for everything that He is and does like Psalm 89.

- Which psalm was easier to write?
- What would happen to your life if you just thought negatively?
- How does your life change if you think positively?
- Do you think God is ok with hearing both?



Memory Verses:

Psalm 88:2 GNT

Hear my prayer;

listen to my cry for help!

Psalm 89:13, 52 GNT

13 How powerful you are!

How great is your strength!

52 Praise the Lord forever, Amen. Amen.



Prayer:

Dear God, thank You for always listening to me when I feel sad and want to complain. Help me to remember your goodness and faithfulness. Help me to praise You even when things go wrong. In Jesus' name, Amen.

Personal Review:

Flip to the back pages of this booklet and write a one word, or one sentence, personal reflection on the psalm for this week.

Does Life Have a Purpose?

9

Main Psalm:

Psalm 57

Psalm Author:

David

Main Idea:

This psalm is a prayer to God. David was hiding from King Saul who was chasing him. He was afraid but still trusted God to protect him.

Sharing:

After reading the psalm together, answer the following questions:

1. What do you think about this psalm?
2. What do you think the author of this psalm is feeling?
3. How does the author feel about God?
4. Does God make the author feel safe? How?
5. What are words or images that repeat themselves in the psalm?

Memory Verse:

Psalm 57:5, 11 (the same repeated verse)

*Be exalted, O God, above the heavens;
let your glory be over all the earth.*

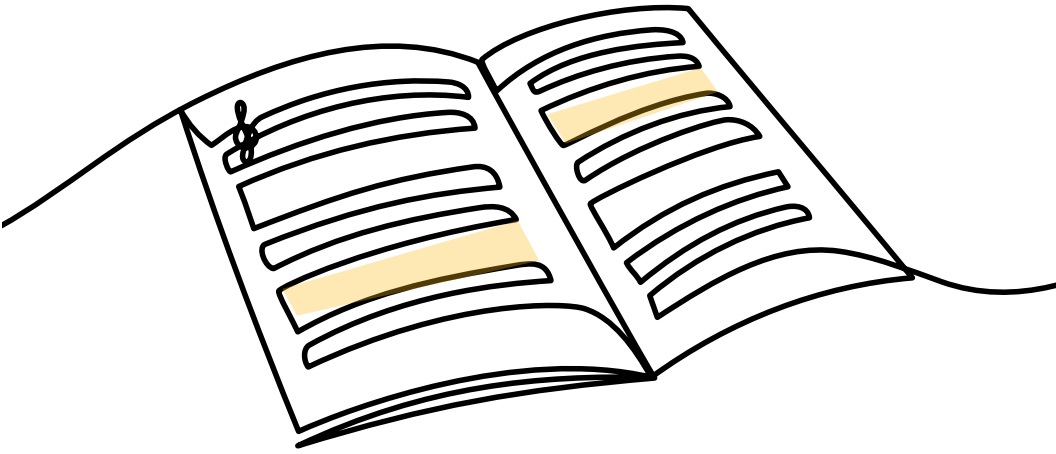


Prayer:

Dear God, thank You for being with us, beside us, and all around us. Thank You for guiding us and for helping us. Help us each day to remember and think about Your Scripture. In Jesus' name, Amen.

Personal Review:

Flip to the back pages of this booklet and write a one word, or one sentence, personal reflection on the psalm for this week.



SERIES REFLECTION:

Week 1 PSALM _____

What it means to me: _____

Week 2 PSALM _____

What it means to me: _____

Week 3 PSALM _____

What it means to me: _____

Week 4 PSALM _____

What it means to me: _____

Week 5 PSALM _____

What it means to me: _____

Week 6 PSALM _____

What it means to me: _____

Week 7 PSALM _____

What it means to me: _____

Week 8 PSALM _____

What it means to me: _____

Week 9 PSALM _____

What it means to me: _____

After you complete all nine weeks, which Psalm do you remember the most?

Psalm _____

Why?





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