



K-1st Lesson

Before class begins, write the following lines on the board:

O _____

I praise you because you are _____.

You have made the _____ and the _____.

When I am _____ or _____, I know I can trust you.

You are so _____.

Review

- Refer to Lesson 84 Flip Chart. In our last lesson, what did David's son Absalom try to do? *Steal the throne. Become king.*

- What happened to Absalom in the battle? *Absalom was caught in a tree. Joab and his men killed Absalom.*

Absalom was a proud man. He did not show that he was sorry for his sin or ask God to forgive him. Instead, he let sins grow in his heart until God used this battle to punish him. Although David was very sad that his son had died, he went back to Jerusalem to rule as king.

Show the Illustration. We've learned a lot about David. He started out as a shepherd, became a warrior, and ruled as the king of Israel. But do you remember something else David did? He played an instrument called the lyre. David was a musician, and he wrote songs that we have in the Bible. They are called psalms.

Refer to the Books of the Bible Poster. The book of Psalms is in the middle of the Bible. It's a book of prayers and songs that helps us think about our mighty God. The psalms teach us how to worship God with our words. The Israelite people used these psalms as their songbook for praising and worshipping God. There are even some worship songs we sing today that came from these psalms!

Refer to the fill-in-the-blank psalm on the board. Let's start by putting together our own psalm of praise. You can help me.

- What is a name for God? (Lord, Father, Jesus, God.) Fill in the first blank.
- What is God like? (Big, awesome, great, mighty, etc.) Fill in the second blank.
- What are two things God has made? (Any created thing.) Fill in the third and fourth blanks.
- What are two different ways we can feel? (Two different emotions.) Fill in the fifth and sixth blanks.
- What is another word that tells us what God is like? (Loving, faithful, amazing, wonderful, etc.) Fill in the seventh blank.

We just wrote a psalm of praise! Let's read our psalm now. Listen to this. Read the psalm with enthusiasm.

- Who are we praising in this psalm we wrote? God.

That's right. When you praise someone, you are saying good things about them.

Psalms of Praise

Show the Lesson Flip Chart. A psalm of praise is the first kind of psalm we'll look at today.

Psalm 117:1-2

Let's read Psalm 117. It's the shortest chapter in the whole Bible. It only has two verses! Have the student bring up the Bible and open it to the sticky note. Read Psalm 117.

- Who does this psalm tell us to praise? *The Lord.*
- What did this psalm say everyone of all nations should do? *Praise the Lord.*
- Why does this psalm say we should praise the Lord? Because of his steadfast what? *Love.*
- We should also praise him because his faithfulness endures for how long? *Forever.*
- What kind of psalm is this? What did it start with and end with? *Praise.*

This is definitely a psalm of praise—a psalm for worshipping the Lord.

Psalm 150:1-6

Let's read another one together. Listen for a word that is repeated. Read the verses.

- What word did you hear the most? *Praise.*
- What would you say the writer of this psalm is trying to do—and trying to get us to do? Praise who? *Praise the Lord.*

- How was God praised in this psalm? What instruments are mentioned in it? *Reread verses 3-5. Trumpet, lute, harp, tambourine, strings, pipes, and cymbals.*
- That's a long list of instruments! How many of you want to or already are learning to play an instrument? *Show of hands or allow answers.*

You can praise the Lord with your instrument! We can also praise God with singing. Remember, these psalms were used like a songbook by the Israelites. Psalms of praise remind us to worship and praise God through music, singing, and prayer.

- At the very end of the psalm, who does it say should praise the Lord? *Everything that has breath.*

That means you and me! If we're breathing, we should praise the Lord!

Psalms of Thanksgiving

Let's look at another kind of psalm now. This kind is called a psalm of thanksgiving.

Psalm 136:1-3

Listen to the first three verses of Psalm 136. Read verses 1-3.

- What does the writer of this psalm say we should do? Give what? *Give thanks.*
 - Who does this say we should give thanks to? *The Lord.*
- This is a psalm of thanksgiving. It was written to give God thanks.
- Why does this psalm say we should give thanks to God? What does God have that endures forever? *His steadfast love.*

Yes. This writer was thankful that God's strong love lasts forever. In the rest of the psalm, the writer thanks God for many great things he has done and worships him.

Refer to the Flip Chart. When we take time to remember the things God has done for us in the past, it helps us have a thankful heart. Sometimes we forget that God blesses and helps us every day, so psalms of thanksgiving remind us to think about what God has done and thank him for it.

Psalms of Lament

Refer to the Flip Chart. There are many psalms that remind us to thank the Lord, but another type of psalm is a psalm of lament. To lament means

to cry out and ask why something is happening. Many writers of the psalms cried out to God when they had troubles. Did you know that David wrote a psalm during the trouble with Absalom?

Psalm 3:1 & 4

We'll look at that psalm. It's Psalm 3. It was a scary time when Absalom was coming to fight for the throne. David had to run away from Jerusalem with his family and his fighting men. This psalm tells us how David felt about what was happening. Listen to the first verse. Read verse 1.

- Who was rising up against David? *His foes.*

Foes is another word for enemies. David had to run from his own son and many others who joined Absalom. So David really did have a lot of enemies trying to get him!

Listen to verse 4 now. Read verse 4.

- Who did David cry out to for help? *The Lord.*
- What did the Lord do for David? *Answered David.*

Psalms of lament remind us that God is always the one we should turn to in times of trouble and that he will answer us when we pray to him.

Writers of the Psalms

We know that God is the author of the psalms in the Bible, but he inspired different men to write the words down over hundreds of years. Some psalms have a little note at the beginning that tells us who wrote it.

Refer to the Flip Chart. From studying these notes, we know that there were many writers.

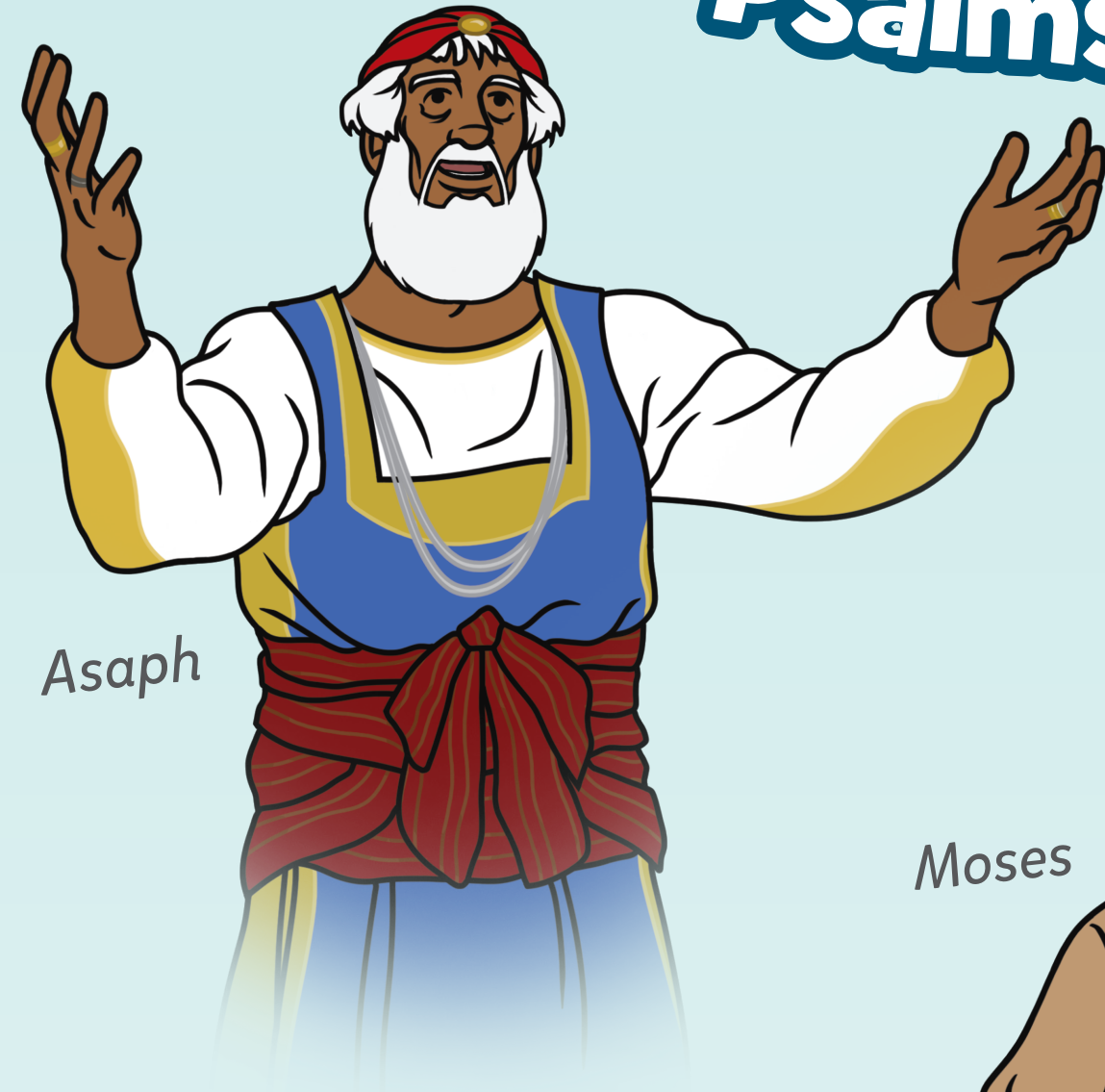
Point to David on the Flip Chart. Do you remember who this writer was? *David.*

Right. There are 150 psalms, and David wrote at least 73 of them!

Remember Moses who led the Israelites out of Egypt to the promised land? He wrote a psalm. There was also a man named Asaph, as well as one of King David's sons named Solomon. Sometimes several writers worked together like we did when we wrote our psalm at the beginning of our lesson. We don't have the names of all the writers God inspired to compose these songs, but we know about seven of them.

Think about this: the book of Psalms is the largest book in the Bible, so praising, thanking, and worshipping God must be important to him. It should be important to us, too!

Psalms help us worship God.



Asaph



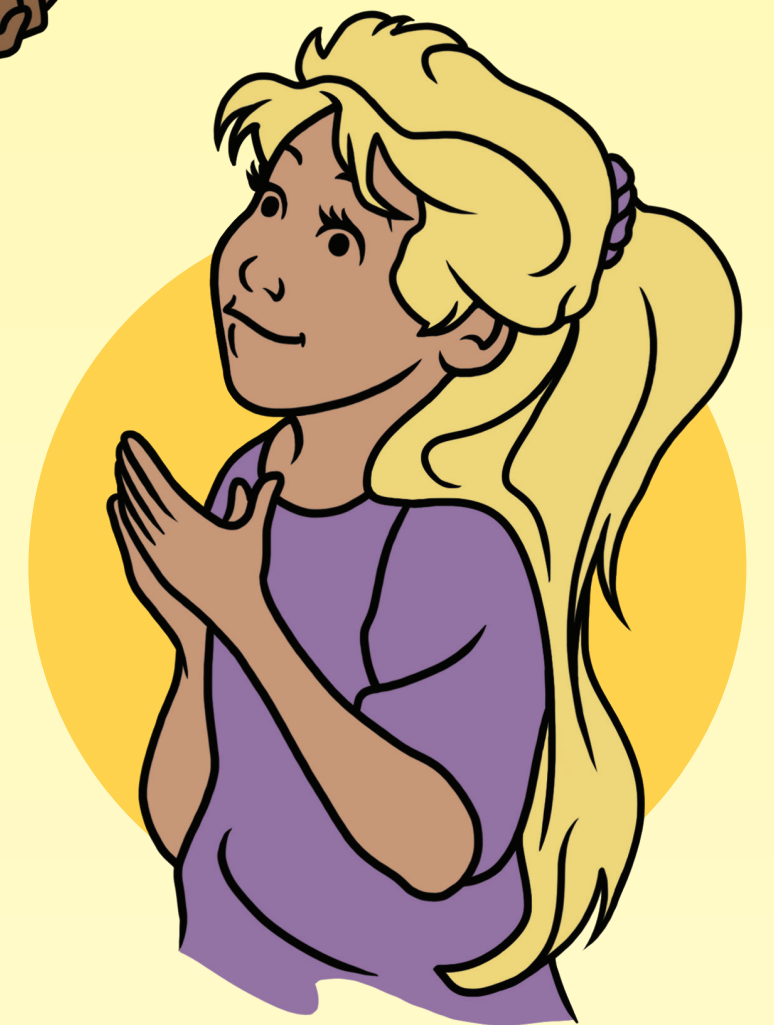
Moses



David



PRAISE



Thanks



Lament