

Summer in the Psalms

FOR KIDS



Summer in the Psalms

FOR KIDS

Psalms is a collection of wisdom and poetry.

What is the book of Psalms about? The Bible holds many books that fall under different categories. There are books that tell stories called narratives, books on the law which teach us about God's law, and books on history which teach us about the prophets of the Old Testament, how God cared for His people, and in the New Testament how God established His church. Sitting in the middle of all of these books is the Psalms: a book of wisdom and poetry.

The book of Psalms is one of the largest books in the Bible and it contains 150 different psalms! These psalms are written by many different authors who are sometimes referred to as psalmists. Most famous among them is King David (you might remember him best as the one who defeated Goliath).

There are four parts to this study and in each part you are going to read and learn about a different type of psalm. As you learn about the different types in the next pages of this study, remember that one type is not better than the others. Every single one of the psalms is in the Bible to help you grow to know God more. That is pretty cool, right? Before you jump in to Part 1, say a prayer to God thanking Him for giving us His word, the Bible, and then ask Him to help you understand it as you begin.



Thanksgiving Psalms express joy and give thanks for God's care.

This week we are learning about thanksgiving psalms. These psalms help us give thanks to God during happy times and even during sad times. They remind us that God is great! He protects us, saves us and heals us. These psalms celebrate the ways where God has cared for His people and celebrate the gifts He has given us.



A Thanksgiving Psalm is a personal psalm that is often written for an individual to express their joy and thanks.

DAILY READINGS

Day 1- Psalm 30:4-5

Day 2- Psalm 34:1-5

Day 3- Psalm 92:1-5

Day 4- Psalm 95:1-8

Day 5- Psalm 100

Day 6- Psalm 111:1-4

Dive in!

As you get ready to read an example of a Thanksgiving Psalm, take a moment to think of the ways God has cared for you. After that, find Psalm 95 in your Bible or read it from the text below.

Come, let us sing for joy to the Lord.
Let us give a loud shout to the Rock who saves us.
2 Let us come to him and give him thanks.
Let us praise him with music and song.
3 The Lord is the great God.
He is the greatest King.
He rules over all the gods.
4 He owns the deepest parts of the earth.
The mountain peaks belong to him.
5 The ocean is his, because he made it.
He formed the dry land with his hands.
6 Come, let us bow down and worship him.
Let us fall on our knees in front of the Lord our Maker.
7 He is our God.
We are the sheep belonging to his flock.
We are the people he takes good care of.

Psalm 95:1-7 (NIRU)



The Bible was given to us so that we can know who God is and grow in our relationship with Him. As you read the Psalms look for ways you can grow in how you give thanks to God. Some of the ways the psalmists give thanks might be different than how we would do it today and that's okay. Just remember that God loves it when you offer up thanks, in any form, to Him.



Try it out!

Do you want to better understand the Thanksgiving Psalms? Let's try and write one!

1) Think about your family and the people in your life and think about a time when you saw God's care for you and for them.

2) Use the space below to begin to remember, list, and organize the parts of your story.

**Who are the
CHARACTERS
in my story?**

**What is the
SETTING?
(Where did the story
happen?)**

**What is the
PLOT?
(Where happens in the
story?)**

**Where is God's
FAITHFULNESS
in my story?**



- 3)Pretending you are one of the psalmists, write out (or draw a picture of) your story.
- 4)Highlight or color in the parts of the story where God was faithful, cared for you, and brought you to where you are today. (Do you see any ways your psalm and the Thanksgiving Psalm we read are similar?)
- 5)Share your psalm with someone so that they can celebrate with you how God has cared for you!



My Thanksgiving Psalm





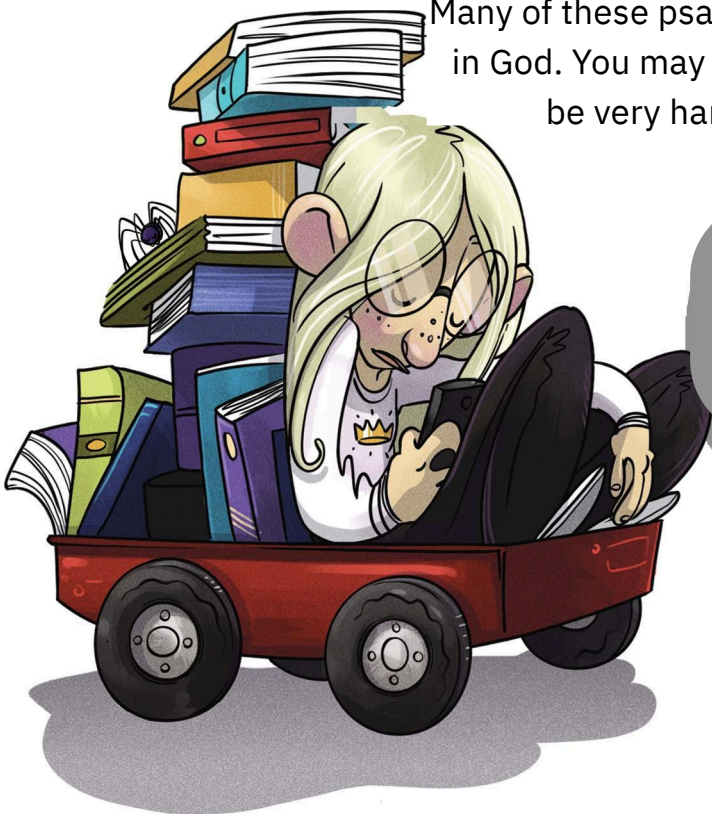
2

Lament Psalms

Lament psalms show us a response to difficult subjects that can be tough to understand.

Lament is a word that, according to the dictionary, means “a passionate expression of grief or sorrow”. When we lament, we tell or show that we are sad or upset. Lament psalms cover some hard subjects and can be difficult to understand. The authors write these psalms in response to hard times or hurt that they are working through with God.

Many of these psalms move from grief to joy - the joy that is found in God. You may have also experienced hurt in your life and it can be very hard to understand. Remember that God loves and cares for you all the time.



Even when you are sad, angry, confused or frustrated you can bring your thoughts and feelings to God. God listens and loves you!

DAILY READINGS

Day 1- Psalm 6:6-9

Day 2- Psalm 13

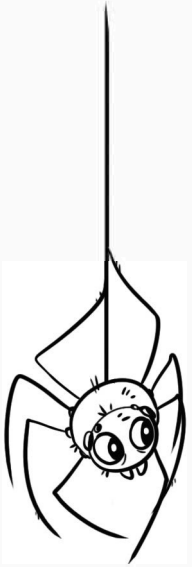
Day 3- Psalm 31:1-5, 14

Day 4- Psalm 42:1-4

Day 5- Psalm 71:1-5, 14-15

Day 6- Psalm 77:9-14

As you read this psalm take a moment to imagine the picture the author is describing. Open your Bible or use the text below to read Psalm 42:1-5, 8. As you go, underline things the author is feeling. Then read it again and circle the ways in which the author puts his hope in God.



A deer longs for streams of water.
God, I long for you in the same way.
2 I am thirsty for God. I am thirsty for the living God.
When can I go and meet with him?
3 My tears have been my food
day and night.
All day long people say to me,
“Where is your God?”
4 When I remember what has happened,
I tell God all my troubles.
I remember how I used to walk to the house of God.
The Mighty One guarded my steps.
We shouted with joy and praised God
as we went along with the joyful crowd.
5 My spirit, why are you so sad?
Why are you so upset deep down inside me?
Put your hope in God.
Once again I will have reason to praise him.
He is my Savior and my God.

8 During the day the Lord sends his love to me.
During the night I sing about him.
I say a prayer to the God who gives me life.

Psalm 42:1-5, 8 (NIRU)



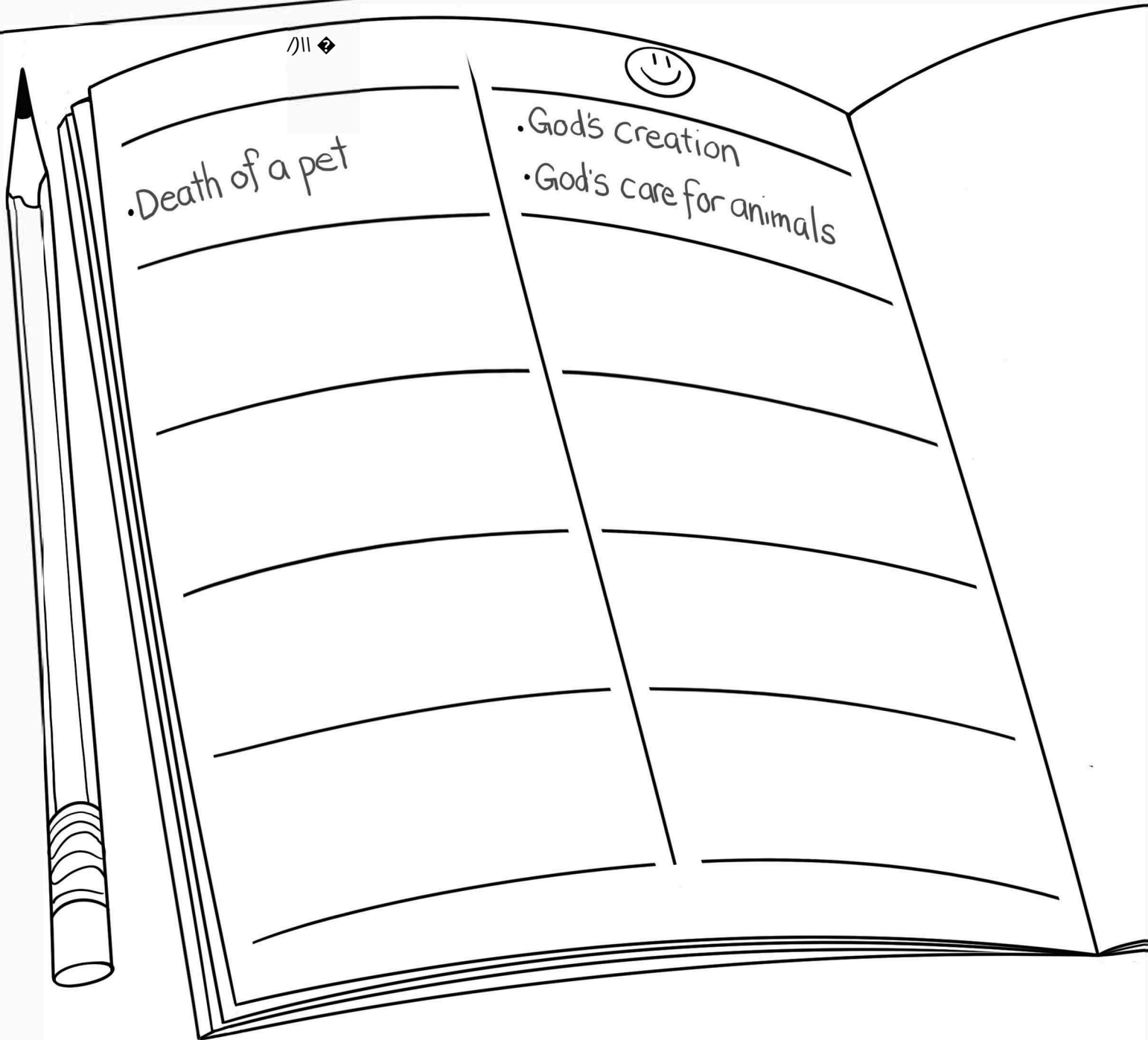
No matter what the struggle God is there and loves you. Just as the psalmist describes, you can place your hope in God because He will not forget you.

Take a minute to tell God how you feel about something difficult that you are going through or that is happening around you.



Try it out!

Laments are different from complaints. Remember, lament Psalms are one type of psalm where we see the author express grief and then move toward joy in God. Come up with a list of things that can make you or others you know feel sad. Next to those things write out how you can celebrate or trust in God.



Now that you have made your list, choose one example for this next activity.

1.) Draw a picture of your example without using color (Use only black marker, pen, or a pencil etc...) By doing this you are, like the psalmists, first showing the hurt and the difficult-to-understand part of your story.

2.) When you are finished your drawing go back and add just a few spots of bright color as a reminder that even in our sad times we can find joy in God and He has heard our lament.

A Lament

3

Praise Psalms

Praise psalms are written as a way of thanking God for who He is.

When you give someone praise, it is often done by giving them a compliment like saying "Good job!" or "You did that really well!". In the Psalms, you'll see a type of praise that you might not be used to seeing; praise that expresses our love for God and the things He has created. As you read some of the praise Psalms you will see how the psalmist's focus is on

who God is and not just the things He has done for them.

For example, if you were to give this kind of praise for a teacher at school, you would talk about how creative or patient they were and not just thank them for giving you a piece of candy. Praise psalms encourage us to praise God for being good, righteous, just and wise.

Praise psalms often show different ways that praise can be given to God. Playing music, singing, or celebrations are just some ways that are mentioned.



DAILY READINGS

Day 1 - Psalm 145:1-12

Day 2 - Psalm 8

Day 3 - Psalm 103:1-8, 21-22

Day 4- Psalm 139:1-13

Day 5- Psalm 146

Day 6- Psalm 150

Read Psalm 150. What are some of the ways that this psalm encourages us to praise God? Play or sing your favorite song or hymn and take time to praise God! Take a minute to pray and offer up praises to God for who He is.

Praise the Lord.

Praise God in his holy temple.

Praise him in his mighty heavens.

2 Praise him for his powerful acts.

Praise him because he is greater than anything else.

3 Praise him by blowing trumpets.

Praise him with harps and lyres.

4 Praise him with tambourines and dancing.

Praise him with stringed instruments and flutes.

5 Praise him with clashing cymbals.

Praise him with clanging cymbals.

6 Let everything that has breath praise the Lord.

Praise the Lord.

Psalm 150 (NIRU)



Try It out!

Write your own Psalm of praise!

Write 3 words that
describe God:

1

2

3

**Draw a picture of something God created that you
think is pretty amazing.**

In the heart below, draw or
write one way that you know
God loves you:



Write one way God helped you this past week on the lines below:

Now let's put it all together in your own Psalm!

Lord, you are _____, _____, and _____.

You made the _____

_____!

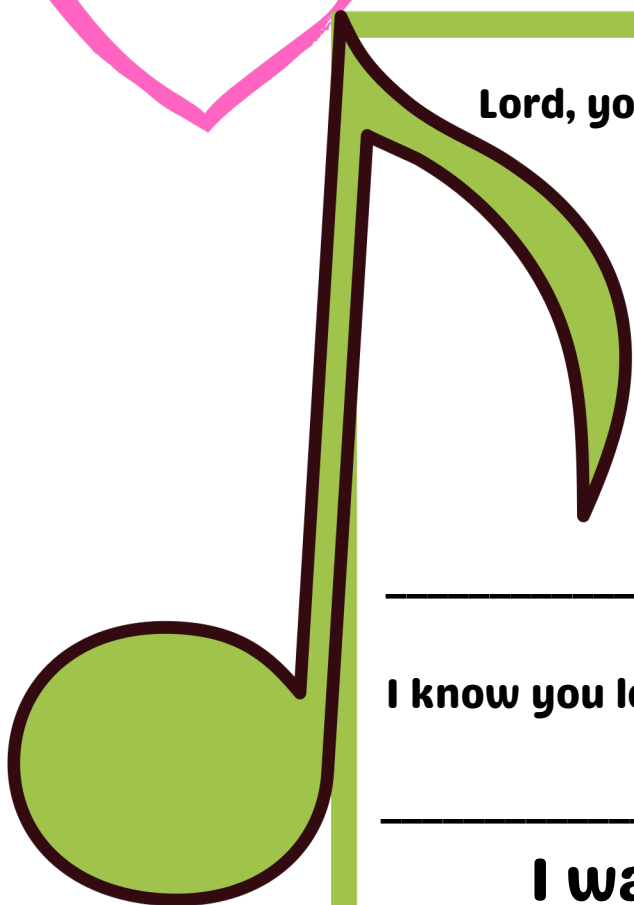
You helped me _____

_____!

I know you love me because _____

_____!

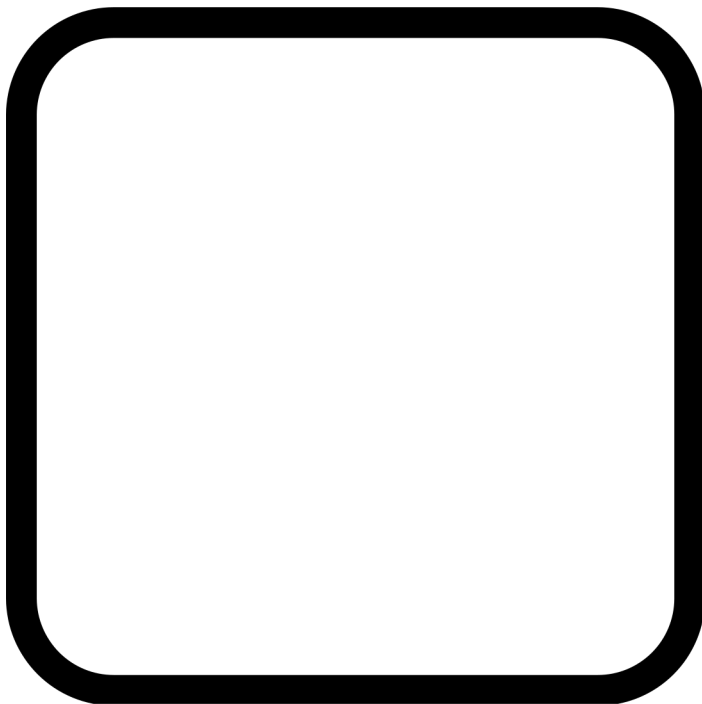
I want to praise you now!



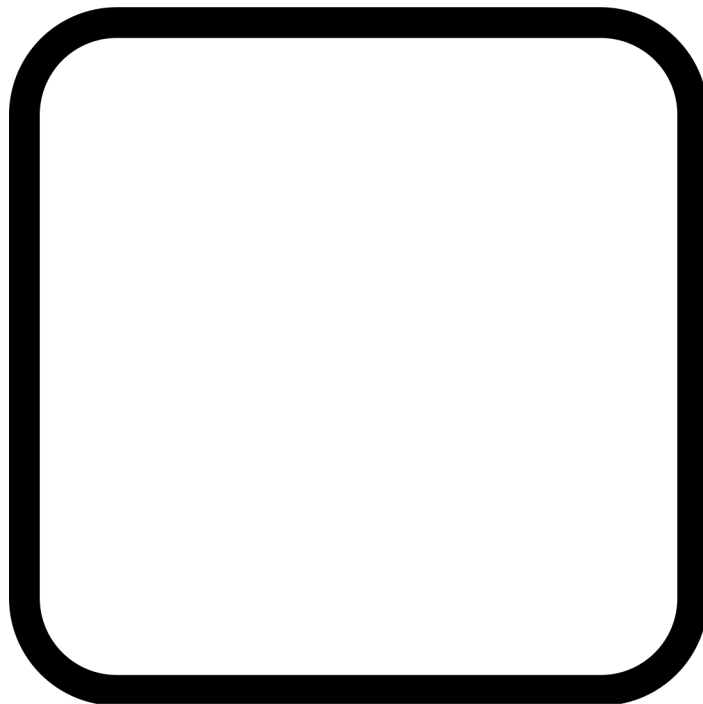
Picture Psalm

There are lots of ways to praise God. Draw a picture psalm.

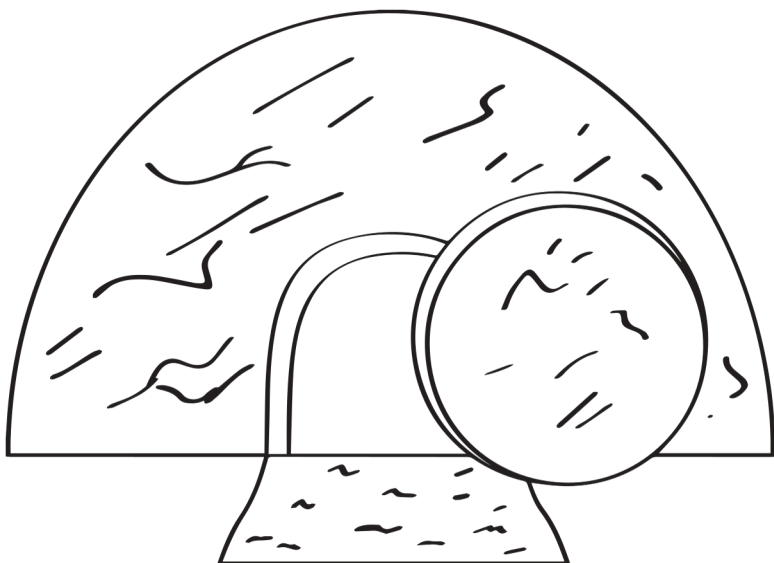
God has done a lot of great things! Draw a picture of one thing He has done for you!



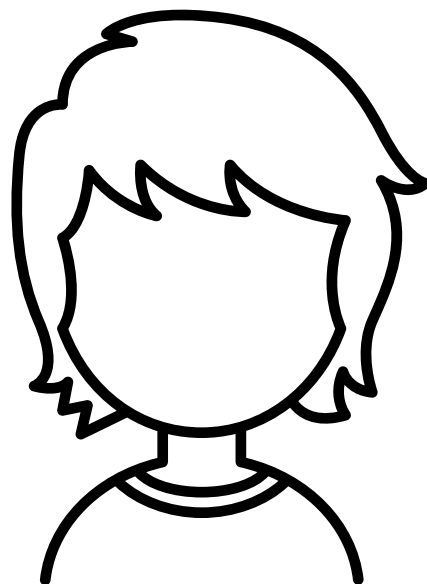
Draw one thing that God made that you really like:



God loves you so much He sent Jesus to die on the cross for your sins! But Jesus didn't stay dead! Color this picture of the empty tomb:



How do you feel when you think about all that God has done for you?





Wisdom psalms teach a principle or idea.

Wisdom Psalms are similar to writings from another book in the Bible - the book of Proverbs. They guide us and teach us how to better live as followers of God. It is important to remember that psalms were not meant simply to be read. Some were written as songs, others as poetry, but all of them are still teaching you something.

When was the last thing that was hard for you to learn? Have you tried different ways to learn? You can read books, watch videos, learn songs, ask for advice or share stories. These different ways help us better understand what we are trying to learn. The psalms teach us things in many ways too!



**Wisdom psalms use many ways to teach us
and help us better understand what God
wants us to know.**

DAILY READINGS

Day 1 - Psalm 1:1-2

Day 2- Psalm 27:1-4

Day 3- Psalm 73:23-24

Day 4- Psalm 91:1-4

Day 5- Psalm 119:9-11

Day 6- Psalm 119:102-106

Dive in!

Psalm 119 teaches us about the importance of God's Word, the Bible. What do these verses teach us about God's Word?

How can a young person keep their life pure?

By living according to your word.

10 I trust in you with all my heart.

Don't let me wander away from your commands.

11 I have hidden your word in my heart so that I won't sin against you.

12 Lord, I give praise to you.

Teach me your orders.

13 With my lips I talk about all the decisions you have made.

14 Following your covenant laws gives me joy

just as great riches give joy to others.

15 I spend time thinking about your rules.

I consider how you want me to live.

16 I take delight in your orders.

I won't fail to obey your word.

Psalm 119:9-16 (NIRU)

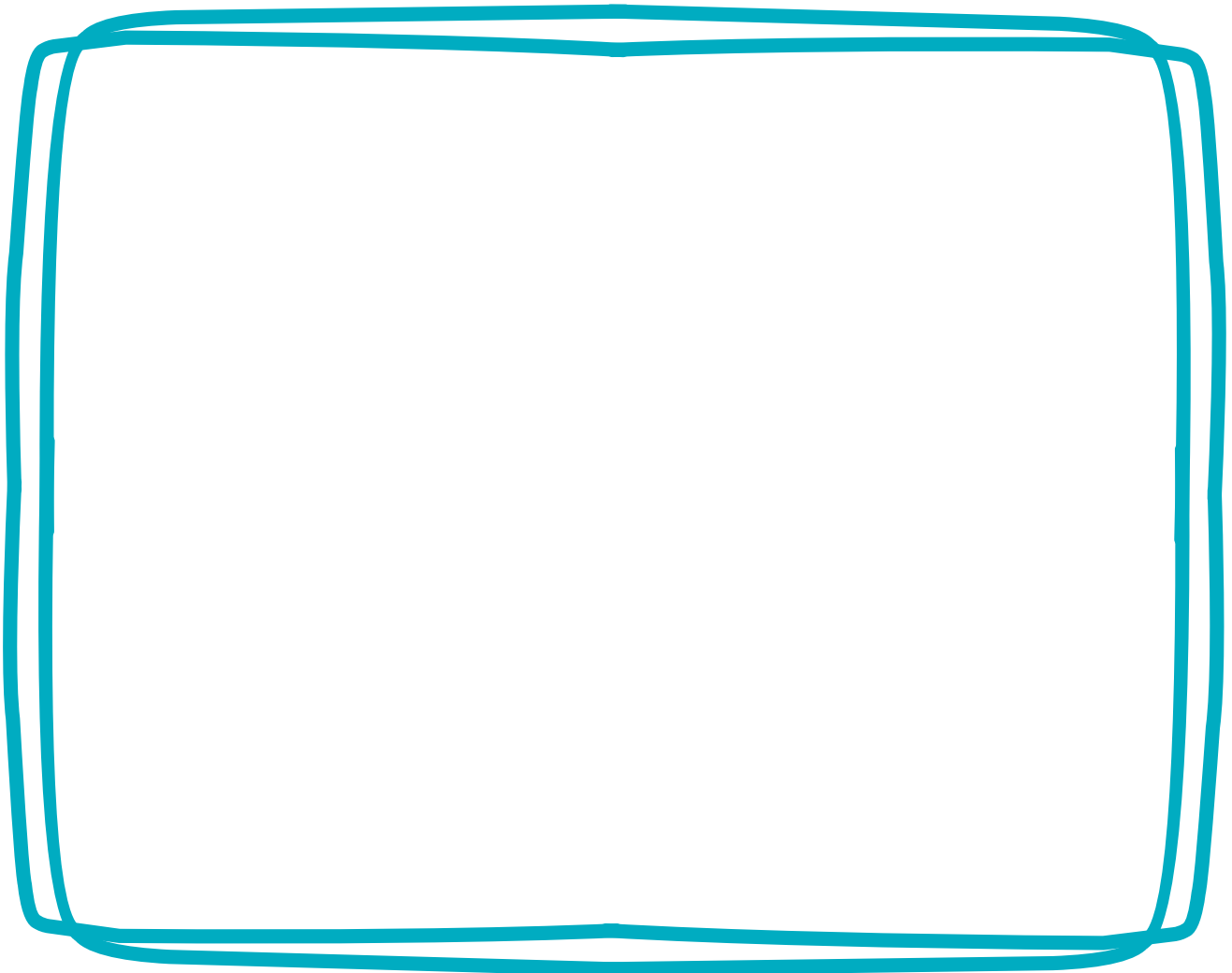


Draw it!

God's Word helps us make wise choices. Psalm 119:105 compares God's word to a lamp that guides our way. Can you draw a picture that helps you remember this verse?

**Your word is like a lamp that
shows me the way. It is like a light
that guides me.**

Psalm 119:102-106 (NIRV)





**Take time to
thank God for
the Bible, for
teaching us how to
live, and then ask
for the strength
to make wise
choices.**

YOUR WORD

is a



Lamp

TO MY FEET

and a

Light

TO

MY PATH

Psalms 119:105



