





Sabbath Study for Young Kids

Theme: Psalms 1, 3, 4, 8

Lesson	Objectives	Activities	Vocabulary
<p>Lesson 1</p> <p>Note: Read Appendix B in A Faithful Version to increase background in Psalms.</p>	<p>Read & understand the meaning of <i>specific Psalms & how they can draw close to God. Focus on Psalm 1.</i></p> <p>Staying connected to God is very important. The Psalms helps us understand how to stay close to God. David wrote the Psalms. He was a man after God's heart because he spent so much time with God & understood how God helps, protects, & guides us when we stay close to Him.</p> <p>Water in the Bible often symbolizes the Holy Spirit. How does the Holy Spirit help us to grow?</p>	<p>Read all of Psalm 1 together.</p> <p>The week before the lesson, find 2 twigs or vines with leaves. Place the roots (end) of one plant in a jar of water. Leave the other one out of the water. On Sabbath, show the children the difference between them and highlight Ps. 1:3-5. Ask children a series of questions related to the branches:</p> <ul style="list-style-type: none"> Which stayed connected to the source (God)? How does water help the plant? What happens to the dry one? What happens to the living one? How does reading the Bible help us to grow? How does praying to God keep us connected to Him? <p>Create plate pictures like the one below. Use thumb prints of colored ink for the leaves.</p>  <p>Give each kid a "right" shape (green cup) and a "wrong" shape (red cup). Read a phrase from below to the class. Have them hold up the "right" shape if</p>	<p>wicked</p> <p>righteous</p> <p>scoffers</p> <p>delight</p> <p>law</p> <p>meditates</p> <p>stream</p> <p>prosper</p> <p>chaff</p> <p>perish</p>

		<p>they think that it's on the right path and the "wrong" shape if they think it's on the wrong path.</p> <p>Phrases:</p> <ol style="list-style-type: none"> 1. I cheated on my Math test. (wrong) 2. I helped my sibling with homework. (right) 3. I snuck a snack before dinner. (wrong) 4. I did my chores. (right) 5. I read my Bible every day. (right) 6. I talked back to my mom. (wrong) 7. I always tell the truth. (right) 8. I disobeyed my teacher. (wrong) 9. I made fun of my friend. (wrong) 10. I prayed for my grandpa. (right) 	
<p>Lesson 2</p>	<p>Read & understand the meaning of <i>specific Psalms & how they can draw close to God. Focus on Psalm 3.</i></p> <p>God is like a shield protecting us from unwanted evil. He takes care of us, provides for us, and hears us when we cry out to him for help.</p>	<p>Remind children that the Psalms will help them learn how to stay close to God, even when things seem scary.</p> <p>Read all of Psalm 3 together. Highlight Psalm 3:3.</p> <p>Talk about being afraid & what we can do when we feel afraid. Write a prayer together that the children can memorize when they are afraid.</p> <p>Make a shield with duct tape. Imagine & talk about how God is the shield, the One who keeps us safe. Add Psalm 3:3 to the shield.</p>  <p>God lifts us up. Spending time with</p>	<p>foes</p> <p>deliverance</p> <p>shield</p> <p>glory</p> <p>voice</p> <p>mountain</p> <p>sustained</p> <p>afraid</p> <p>salvation</p>

		<p>Him makes us feel better and stronger inside. He makes us wise. Color and cut out a kite shape and add a bow for a tail of yarn. Show children how a kite is lifted by the wind. Help them understand that spending time with God lifts us up to be our best as well.</p>	
<p>Lesson 3</p>	<p>Read & understand the meaning of <i>specific Psalms & how they can draw close to God. Focus on Psalm 4.</i></p> <p>Being set apart means we are chosen by God for His work. He has set us apart from the world. We are part of His family.</p> <p>God hears when we call to Him because we are godly & set apart. He makes us dwell in safety.</p>	<p>Remind children that the Psalms will help them learn how to stay close to God. They can cry out to God & He will hear them. He has set apart the godly. Read all of Psalm 4 together. Highlight Psalm 4:3.</p> <p>Talk about what it means to be set apart by God. Each one of us is set apart if we live godly lives. Create a family tree with the children's unique handprints to symbolize God's set apart family. Write Ps. 4:3 on it.</p>  <p>© CanStockPhoto.com - csp25003269</p> <p>Ask children if they have ever called out to a parent or 911 when they were afraid or hurt. God is much more powerful than any person. He will hear us when we call out to Him. Make pictures to remind children that God hears them when they cry out to Him. Use felt or foam praying hands to</p>	<p>answer</p> <p>hear</p> <p>relief</p> <p>distress</p> <p>prayer</p> <p>commune</p> <p>set apart</p> <p>dwell</p> <p>safety</p>

		<p>make them stand out. Tell children to draw the scene where they talk to God most often (by the bed, outside in nature, etc.).</p> 	
<p>Lesson 4</p>	<p>Read & understand the meaning of <i>specific Psalms & how they can draw close to God. Focus on Psalm 8.</i></p> <p>This Psalm highlights God's magnificent creation, including man. David is exulting God for His creation.</p>	<p>Remind children that the Psalms will help them learn how to stay close to God. Read all of Psalm 5 together. Highlight Psalm 8:5.</p> <p>Review Psalm 8 by cutting & pasting images for missing words in the Psalm. Talk about these things God has made as you cut and paste them.</p> <p>Remind children of creation & have them help you make a list of things outside that God created. Then devise a short scavenger hunt to engage them with creation outside. Thank God together for everything you find.</p> <p>If you have extra time, have children create these collages by gluing the items on paper or placing them in a small bag or container they can decorate.</p>	<p>excellent</p> <p>earth</p> <p>strength</p> <p>heavens</p> <p>moon & stars</p> <p>ordained</p> <p>mindful</p> <p>honor</p> <p>dominion</p> <p>sheep, oxen, beasts, birds, fish</p>