

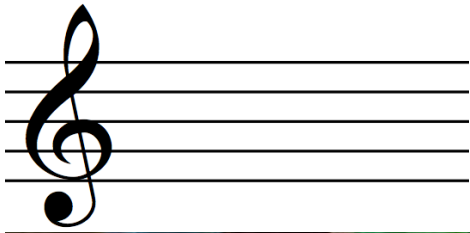



# Sabbath Study for Young Kids

Theme: Psalms 40, 41, 42, 46

Lesson	Objectives	Activities	Vocabulary
<p><b>Lesson 1</b></p>	<p>Read &amp; understand the meaning of <i>specific Psalms &amp; how they can draw close to God. Focus on Psalm 40.</i></p> <p>This Psalm reminds us of how we should trust God, wait patiently, and praise Him.</p> 	<p>Remind children that the Psalms will help them learn how to stay close to God &amp; trust Him. Read parts of Psalm 40 together. Focus on Psalm 40:1-4, 8. Talk about how you would feel if you were waiting a long time for a parent to pick you up and then they finally came. You would feel happy and joyful after waiting patiently.</p> <p>Create a cardboard pattern of the musical note. Have children trace it on black paper. Tear or cut up small pieces of brightly colored paper in odd shapes for children to glue onto a large musical note. Write Ps. 40:3 on the notes. Cut them out and string them together.</p>  <p>Give each child an empty musical line. Glue it to a piece of construction paper for greater strength. Show them how to create musical notes with buttons or small pompoms as the note and a drawn or toothpick stem. Glue the notes on the sheet of music to make a</p>	<p>song patiently wait established praise trust proud respect lies delight will law</p>

		<p>melody to God. For fun, play or sing them out loud.</p>   <p>Talk about what it means to have God’s laws in your heart and mind and how that will help you choose different things from what you would choose if it wasn’t there. Give each child <b>1D</b> and have them write words or draw pictures in the footprints of things God would want them to do – praising Him, helping others, being kind, read Bible, pray daily, etc.</p>	
<p><b>Lesson 2</b></p>	<p>Read &amp; understand the meaning of <i>specific Psalms &amp; how they can draw close to God. Focus on Psalm 41.</i></p>	<p>Remind children that the Psalms will help them learn how to stay close to God &amp; trust Him. Read all of Psalm 41:1-3 together. Talk about what it means to consider or help the poor. Use the story of the Good Samaritan to illustrate this. If desired, have children color, cut out, and put in order as a comic strip. Have them dictate a sentence phrase or word under each picture.</p> <p>Cut up slips of paper. Make a helping chain by writing a way they can help</p>	<p>serve blessed poor deliver watch over strengthen sustain sickness</p>

others on each piece of the chain.  
Connect them with a stapler or tape.




Create flowers a little like this with  
Serving Others in the middle. Write or  
draw what they can do for others on  
the petals.



Trace the kids' hands on a large piece  
of paper or poster board. Cut out  
hearts and place them on the hands.  
Decorate them with glitter. Write  
Psalm 41:1-3 on them.



<p><b>Lesson 3</b></p>	<p>Read &amp; understand the meaning of <i>specific Psalms &amp; how they can draw close to God. Focus on Psalm 42.</i></p>	<p>Remind children that the Psalms will help them learn how to stay close to God. Read Psalm 42 together. Just like deer are thirsty for water from a stream, God wants us to thirst for time with Him. Take a big drink of water in front of the children &amp; talk about how thirsty you are. Ask them if they have ever been thirsty. Give them a small cup of water with a straw in it to slurp quietly and think about how thirsty they are for God. Draws pictures of deer drinking from a stream.</p> <p>Make deer heads using ¼ of a paper plate (with black noses instead of red), one per child. Attach the scripture (Psalm 42:1) on a sign below it so their noses are hanging over it. 😊</p>  <p>Talk about how water is symbolic of the God's spirit in the Bible. Read Psalm 42 with them again &amp; ask them to listen for water words. Talk about how only God's spirit in us makes us satisfied. Draw a heart with a river of water flowing from it to give children a visual image of this Psalm.</p>	<p>hart (deer) pant thirst water brooks living waterfalls waves billows</p>
<p><b>Lesson 4</b></p>	<p>Read &amp; understand the meaning of <i>specific Psalms &amp; how they can draw close to God. Focus on Psalm 46.</i></p>	<p>Remind children that the Psalms will help them learn how to stay close to God. Read Psalm 46 together. Talk about the scripture &amp; how God is always with them when the waves &amp; problems seem too big to handle.</p>	<p>lighthouse water streams rejoice dwelling Most High</p>

Explain how lighthouses were used to warn ships of danger & provide a beacon in the dark for navigation. The Psalm is describing how God is like a lighthouse for us too. He is our refuge.

still  
exalted  
refuge

Have children create lighthouse pictures.



Create a song with motions around Psalm 46:1-2 to help kids memorize these verses. Perform it for the adults.

Create paper plate pictures. Glue on sand and other elements to add interest. Add Psalm 46:1-2.



Build forts with blocks and test them for strength. Explain how God is a fortress that will not fall. Read Psalm 45:1-2 again for them. Recreate the

		forts to show the adults at the end of the session. Write: God is my fortress & refuge. Next to the block forts.	
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