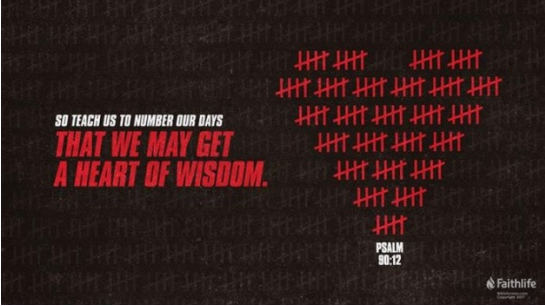



# Sabbath Study for Young Kids

## Theme: Psalms 90, 91, 92

| Lesson              | Objectives  | Activities  | Vocabulary   |
|---------------------|---|---|--|
| <p>Lesson<br/>1</p> | <p><i>Read &amp; understand the meaning of specific Psalms &amp; how they can draw close to God. Psalms 90-106 describe the great tribulation and then the Millennium of peace.</i></p> | <p>Remind children that the Psalms will help them learn how to stay close to God. Read <b>Psalm 90</b> together. This Psalm describes people having a difficult time. They seem to recognize how valuable each day is &amp; that they are not in charge of their lives. Focus on <b>verses 12-15</b>. You can use a clock or watch to talk about time too.</p> <p>Write down each child's birthday and together count the days until they are a year older. Create a one week (or month) calendar &amp; draw something they can do for God on each day to help them understand how each day counts to God. How we use it matters to Him.</p> <p>Create numbering days posters. Explain how hash marks are often used when you number or count down days until you reach an anticipated event, like a birthday. Demonstrate with one of their birthdays &amp; count the days while you make hash marks. When we value each day God gives us, we show Him how much we love Him. Make a class poster similar to the one below, allowing children to help with the hash marks.</p>  | <p>number<br/>(count)<br/>day(s)<br/>rejoice<br/>apply hearts<br/>wisdom<br/>servants<br/>compassion</p> |

|                     |   |  |  |
|---------------------|---|--|--|
|                     |   | <p>When we follow God’s commandments, we apply our hearts &amp; receive wisdom from God. Talk about how wisdom can help us make good decisions &amp; positive choices. Make WISE (green) and FOOLISH (red) popsicle sticks for children to decide whether a decision is wise or foolish. Write down some child-related decisions in advance to read to them or act out their decisions.</p> <p>Create hourglass images with Psalm 90:12 on them. Use glue and colored sand on the image to make it 3-D.</p>  <p>Use a countdown clock or timer to show the passage of time and race to clean up, do a craft, or have a race against the clock.</p> |  |
| <p>Lesson<br/>2</p> | <p><i>Read &amp; understand the meaning of specific Psalms &amp; how they can draw close to God.<br/>Psalms 90-106 describe the great tribulation and then the Millennium of peace.</i></p> | <p>Remind children that the Psalms will help them learn how to stay close to God. Read <b>Psalm 91</b> together. Focus on <b>verses 1-4 and 14-16</b>. Ask if they have a secret place where they like to hide. You can take them on a walk outside to look for natural secret places around the building. With a blanket, show them how a mother bird hides her young babies. Talk about how God watches over those who have set their love upon Him (those who obey &amp; worship Him).</p> <p>Create a mother bird with folded wings that can be opened to show baby birds. Write the verses on the image.</p>  | <p>refuge<br/>secret place<br/>fortress<br/>trust<br/>wings<br/>deliver<br/>know God<br/>honor<br/>satisfy</p> |

|                     |   |   |  |
|---------------------|---|---|--|
|                     |   | <p>Color, cut and glue to construction paper. Glue feathers onto a larger feather shape.</p>  |  |
| <p>Lesson<br/>3</p> | <p><i>Read &amp; understand the meaning of specific Psalms &amp; how they can draw close to God. Psalms 90-106 describe the great tribulation and then the Millennium of peace.</i></p> | <p>Remind children that the Psalms will help them learn how to stay close to God. Read <b>Psalm 92</b> together. Emphasize <b>verses 1-2 and 12-15.</b></p> <p>Create pictures of a tree bearing fruit in old age like verses 12-15. Place the name of each child on their tree to show they are planted with God. Use pompoms for fruit or painted thumb prints and torn paper for the green leaves.</p> <p>Make palm trees with hands and a brown stalk. Type and print the verses in advance. Allow children to glue the</p> | <p>flourish<br/>praise<br/>lovingkindness<br/>faithfulness<br/>fruit<br/>planted</p> |

verses on the palms.

