

PSALMS FOR KIDS

GRADES
K-6

Printable Lesson Kit

M **GHTY MESSAGES**

THANK YOU

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PSALMS FOR KIDS

LESSON OVERVIEW



PSALMS FOR KIDS MIGHTY MESSAGES

This lesson on the Psalms will expose children to some of the greatest sources of comfort and understanding for daily living. The Psalms are found in the Old Testament just before the Proverbs. Many Psalms were written by King David, who was considered the best king of Israel and whom God called “A man after my own heart.” There are 150 Psalms, so what we’ve done is make a list of the Top 10 verses from Psalms for children, based on the verses that have been most searched in recent years.



How to Use the Lesson Kit:

This kit includes a variety of activities that you can select from to customize your perfect lesson. We suggest beginning with the Scripture Reading & Lesson followed by the Discussion Questions. From there, feel free to mix & match the activities to build your lesson plan based on the time you have allotted and the age level/interests of your kids.



WHAT'S INCLUDED:

- Scripture Reading & Lesson
- Discussion Questions
- Printable Craft
- Game
- Coloring Page
- Wordsearch
- Crossword Puzzle
- Learning Lookups Journaling
- Parent Handout
- Quiz
- Reference Sheet
- Certificate of Completion
- Answer Page



MATERIALS LIST:

- Crayons, colored pencils, or markers
- Colored Paper (optional- for craft, can also print on white)
- Tape
- Glue sticks
- Scissors
- Pencils or pens
- Bibles (electronic or hardcopy)

PSALMS FOR KIDS

SCRIPTURE & LESSON

EXCERPTS FROM THE PSALMS NIV (PSALM 23 IN KJV)

Read the following excerpts as shown (NIV translation), or read from your chosen Bible translation:



EXCERPTS FROM THE PSALMS

- 1. Psalm 23:4 (KJV)** Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.
- 2. Psalm 121:1-2** I lift up my eyes to the mountains—where does my help come from? My help comes from the Lord, the Maker of heaven and earth.
- 3. Psalm 37:1-2** Do not fret because of those who are evil or be envious of those who do wrong; for like the grass they will soon wither, like green plants they will soon die away..
- 4. Psalms 37:4** Take delight in the Lord and he will give you the desires of your heart.
- 5. Psalm 27:1** The Lord is my light and my salvation-- whom shall I fear? The LORD is the stronghold of my life-- of whom shall I be afraid?
- 6. Psalm 46:10** Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.
- 7. Psalm 27:10** Though my father and mother forsake me, the Lord will receive me.
- 8. Psalm 32:8** I will instruct you and teach you in the way you should go; I will counsel you with my loving eye upon you.
- 9. Psalm 25:9** He guides the humble in what is right and teaches them his way.
- 10. Psalm 119:105** Your word is a lamp to my feet, a light to my path.

Questions for Children about the Psalms

1. Psalm 121:1-2 says, “I lift up my eyes to the hills ... my help comes from the Lord.” Many of us live in places where there aren’t any hills. Where does this Psalm really mean that we should put our eyes and hearts when we feel in trouble? **Heavens, highest places we can see, which reflect God’s high place.** As for “my help comes from the Lord...” Think of a time you really felt like you couldn’t handle a situation or were in trouble. If you are in a situation like that now, think of it. Share with the class and how God may have helped/might help you.

2. Psalm 27:1 is very popular today. It reads, “The Lord is my light and my salvation-- whom shall I fear? The LORD is the stronghold of my life-- of whom shall I be afraid?” King David wrote this. People still use it today to ward off fears of everything from bullies to raging relatives. Think of a time when you could have said it to ward off fear of someone and share it with the class.

3. Psalm 27:10 reads, “Though my father and mother forsake me, the Lord will receive me.” None of us have perfect parents. Have you ever felt like your parents weren’t paying enough attention to you or just didn’t get how you felt? How does this scripture help?



TEACHER’S MIGHTY MESSAGE

The Psalms are one of the favorite and most-read books in our Bible! Psalms is the 19th book in the Bible. It falls right before Proverbs, and some consider them to be “sister books.” There are 150 Psalms. King David wrote over half of them! Psalms are like poems that are supposed to be put to music.

Psalm 90 may be the oldest Psalm, written by Moses around 1450 B.C. King David wrote his Psalms around 1,000 BC. A couple of Psalms were written by King Solomon, King David’s son, and a few more by authors as late as 450 BC. The book was written over a period of around 1,000 years.

There is a psalm for every life circumstance. If you are afraid, uncertain, doubtful. If you are being bullied, treated unfairly, or you feel like God isn’t watching over you. If you are sad after the loss of a friend, pet, or loved one. If you are lonely and feel like nobody cares that you’re around. If you are anxious about something you’re not sure you can succeed at.

There is a psalm for you! Let’s look at some of the favorite psalms for children today.



“THY WORD” LAMPS

A great verse for guidance is Psalm 119:105. “Your word is a lamp to my feet and a light to my path” is definitely a psalm that needs to light up kids’ lives, and this easy craft will help!



MATERIALS:

- Colored paper or card stock
- Scissors
- Glue or tape



PREPARATION:

Print out Paper Lamp Templates on colored paper or card stock.

INSTRUCTIONS:

1. Cut out Paper Lamp Template and Handle.
2. Fold the paper lamp in half along the center fold line.
3. While folded, cut along each of the dotted lines from the center, stopping at the border.
4. Unfold the paper.
5. Apply glue to the last section and overlap to secure.
6. Gently press the center fold outward to shape.
7. Glue the handle to the top of the lamp.

yea,

Though I walk

THROUGH

the

VALLEY

of the

of

DEATH.



I will
fear
NO
EVIL.

- Psalm 23:4

The **LORD** is my **LIGHT** and my **SALVATION**

Whom SHALL **I FEAR?**

The **LORD** is the **STRONG HOLD**

of my

LIFE

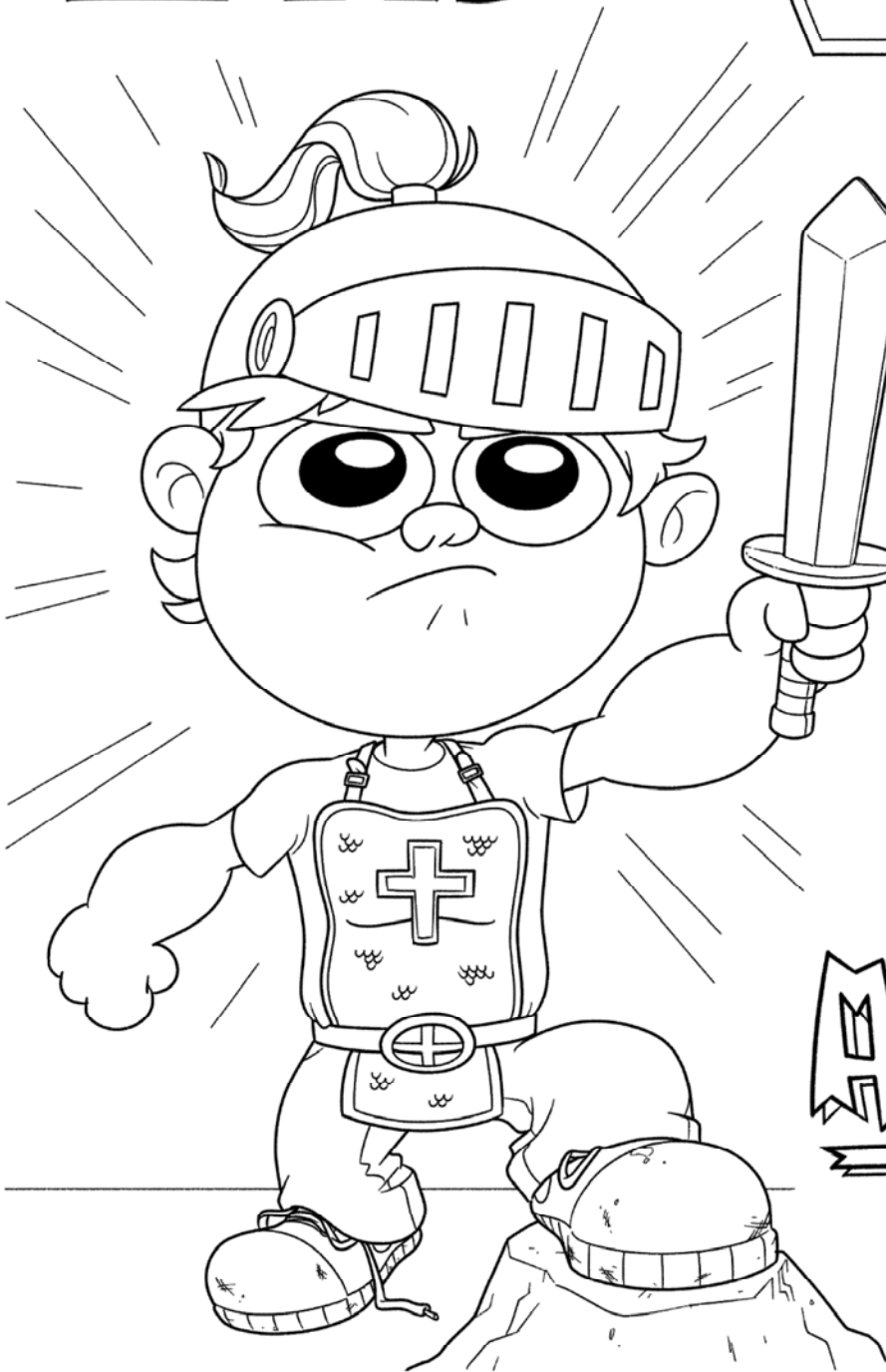
of **WHOM**

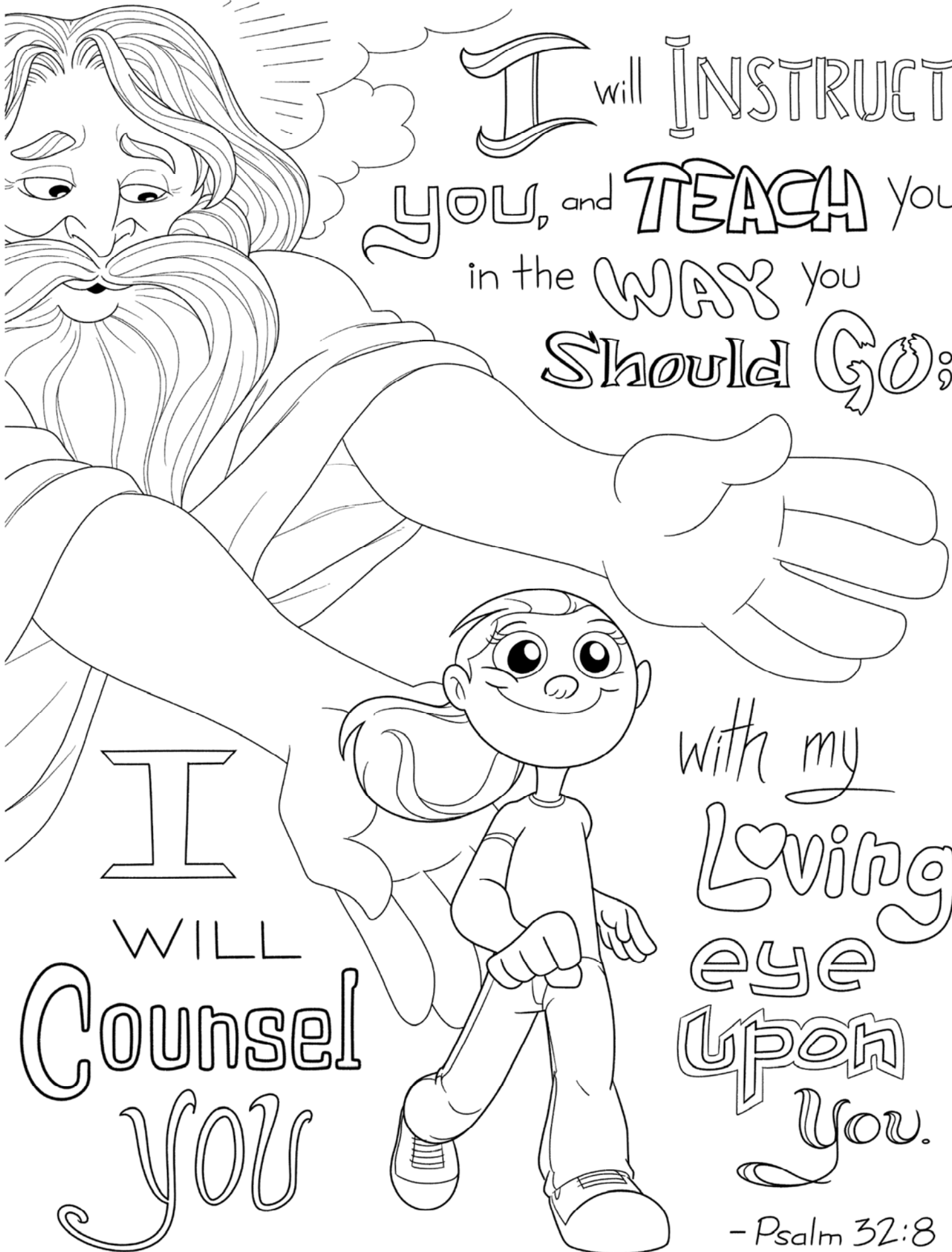
SHALL I

BE

AFRAID?

- Psalm 27:1





I will INSTRUCT
you, and TEACH you
in the WAY you
Should Go;

I
WILL
Counsel
you

with my
Loving
eye
Upon
You.

- Psalm 32:8

MATCH THE MISSING PHRASES

This fun game requires teamwork and will familiarize your students with all the psalms just used in your lesson. Two teams will race to find the missing words in all eight psalms of comfort.



MATERIALS:

Game File-follows these instructions.

PREPARATION

- Print out two copies of the game file and cut out the words that go in the blanks.
- For one team, spread all 10 psalms out on the learning table. Line the words up in random order.
- Do the same for the second team, only on the floor or a second learning table.



INSTRUCTIONS:

1. Form two teams.
2. When you say “go,” the teams will race to get all the words in the proper blank spaces.
3. Have both teams finish putting all the words where they think they should go in the psalms. Say “stop!” No one can make changes after that.
4. Let one team read, and then the other.
5. The team with the fewest mistakes wins.
6. If both teams have no mistakes, they both win!



Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with

Psalm 23:4 (KJV)

The LORD is my light and my salvation-- whom shall I fear? The

Psalm 27:1

Do not fret because of those who are evil, or be envious of those who do wrong; for like the grass they will soon

Psalm 37:1-2

I lift up my eyes to the mountains—where does my help come from?. My

Psalm 121:1-2

Take delight in the LORD and he will

Psalm 37:4

Be still, and know that I am God; I

Psalm 46:10

I will instruct you and teach you in the

Psalm 32:8

Though my father and mother forsake me, the LORD will receive me.

Psalm 27:10

He guides the humble in what is right

Psalm 25:9

Your word is a lamp to my feet,

Psalm 119:105

me; thy rod and thy staff they
comfort me.

LORD is the stronghold of my
life-- of whom shall I be afraid?

wither, like green plants they will
soon die away.

help comes from the LORD, the
Maker of heaven and earth.

give you the desires of your heart.

will be exalted among the
nations, I will be exalted in the

way you should go; I will counsel
you with my loving eye upon you.

me, the LORD will receive me.

and teaches them his way.

a light to my path.



WORD SEARCH

The Psalms help us feel better in all sorts of situations! Find the words in the puzzle below that can end the sentence, "The Psalms serve us when we are..."

B	D	Z	U	K	W	A	L	L	K	N	J	N	T	W	E
R	N	E	C	T	R	E	F	L	E	C	T	I	N	G	X
D	M	I	N	S	E	X	Y	D	X	G	U	G	W	E	H
E	S	Q	E	V	L	E	W	S	L	C	N	B	O	D	A
P	Y	T	E	P	T	G	U	U	L	I	L	S	N	I	U
R	Q	Q	D	S	N	O	F	U	T	U	S	Q	D	Z	S
E	D	T	Y	I	I	R	F	A	F	U	L	B	E	X	T
S	P	F	Y	X	A	E	T	T	R	F	H	D	R	T	E
S	X	R	N	E	P	I	B	K	L	N	U	I	I	H	D
E	C	A	F	O	D	U	B	X	I	M	A	Z	N	A	L
D	H	Q	H	E	O	U	D	A	U	U	F	F	G	N	O
I	D	E	M	D	C	O	N	F	U	S	E	D	Z	K	N
J	O	Y	F	U	L	,	Y	W	N	T	S	A	D	F	E
C	Q	G	T	Q	I	N	C	U	R	I	O	U	S	U	L
B	W	Z	T	J	Q	G	M	F	I	I	S	Y	X	L	Y
F	G	Z	Z	S	I	F	R	U	S	T	R	A	T	E	D

Words to Find:

SAD
FEARFUL
ANXIOUS
LONELY
DOUBTFUL

SICK
EXHAUSTED
DEPRESSED
FRUSTRATED
CRYING

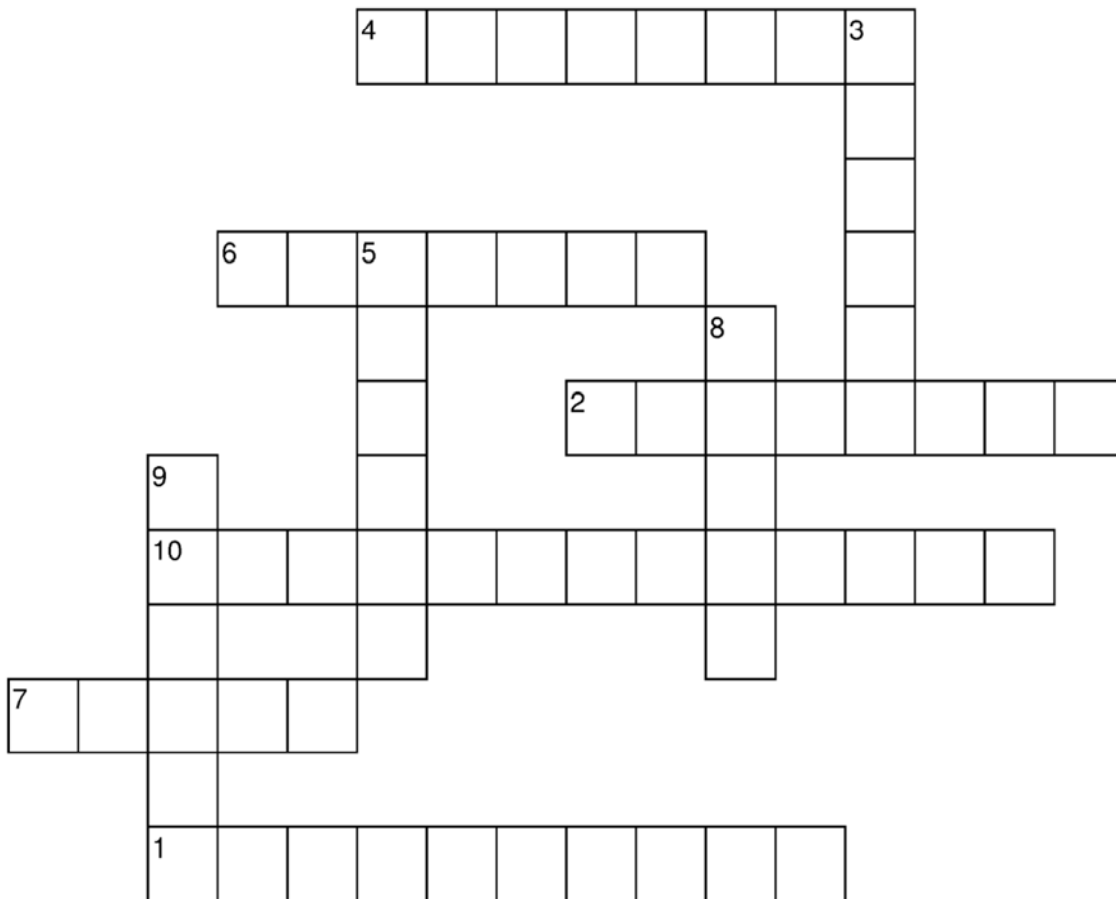
CONFUSED
NEEDY
JOYFUL,
THANKFUL
HOPEFUL

CURIOUS
WONDERING
MEDITATING
REFLECTING



CROSSWORD PUZZLE

Use your Psalms At-a-Glance Reference Sheet (page 18), to fill in the crossword below and learn more about one of the most popular books in our Bible.



Across

- Order number of the Book of Psalms in our Bible
- Psalms comes right before this book
- Number of years over which Psalms was written
- Delight in the Lord and he will give you your...
- Psalms are poetry often put to...
- This type of words makes Psalms one of the most popular books

Down

- This king wrote over half the Psalms
- Yea though I walk through the valley of the...
- Early Psalms were written during this man's time
- Psalms apply to every time or era and every...

PARENT HANDOUT



Scriptures to Read:

- | | | |
|--------------|-------------|---------------|
| Psalm 23:4 | Psalm 27:1 | Psalm 25:9 |
| Psalm 121:1 | Psalm 46:10 | Psalm 119:105 |
| Psalm 37:1-2 | Psalm 27:10 | |
| Psalms 37:4 | Psalm 32:8 | |



This Week We Learned About ...

...all the basic facts about the Book of Psalms as well as 10 favorite verses from Psalms. Hence, children were introduced to one of the best-known sources of comfort and understanding for daily living. The Psalms are found in the Old Testament just before the Proverbs. Many Psalms were written by King David. He was considered the best king of Israel, and God called “A man after my own heart.” There are 150 Psalms, so we made a list of the top 10 Psalms verses for children. The list is based on which verses are most searched for in recent years



✓ Questions for Kids:

1. How many Psalms are there? **A. 150**
2. Many of the Psalms were written by which king? **A. King David**
3. What phrase did God use to describe David? **A. “A man after my own heart”**

✓ Dinner Table Discussion:

1. Which psalm did you like the most from Sunday school class and why? Discuss with your family.
2. Imagine you are King David and create a few lines that either describe God or tell the story of a time when God was faithful. Be as creative as you want.

Scripture Notes (tuck in lunchboxes, tape to mirrors, etc.):



I lift up my eyes to the mountains—where does my help come from? My help comes from the Lord, the Maker of heaven and earth.

Psalm 121:1-2



The LORD is my light and my salvation—whom shall I fear? The LORD is the stronghold of my life—of whom shall I be afraid?

Psalm 27:1



Your word is a lamp unto my feet and a light unto my path.

Psalm 119:105

PSALMS

AT-A-GLANCE



O.T. BOOK #19



AUTHOR: MANY:

King David was the strongest contributor.



WRITTEN: 1400-450 BC

Psalms is written for all eras to enjoy and was meant to be timeless.

19

Old Testament: 39 Books

New Testament: 27 Books

CLAIMS TO FAME: Of the 150 Psalms, over half were written by King David

MOST FAMOUS VERSES:

Yeah, though I walk through the valley of the shadow of death, I will fear no evil; for thou art with me. ***Psalms 23:4***

Take delight in the LORD and he will give you the desires of your heart. ***Psalms 37:4***

Important Points about the Book:

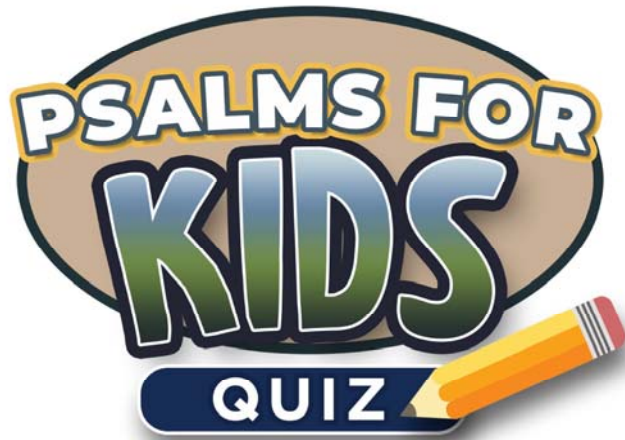
- Psalms are poetry, generally meant to be put to music, though the translations out of their original and beautiful language often makes that hard today.
- Individual psalms were written as early as Moses' time, around 1450 BC. More were added through the time of David and Solomon around 1000 BC. Additions continued after the Babylonian captivity around 500 BC. That means the writing spanned nearly 1,000 years.
- The Psalms have always been quite popular because they apply to every time and every person. Psalms of sorrow, psalms of praise, prophetic psalms, and words of encouragement still make this one of the most popular books in the Bible.

Lookup: Psalm 37:1-2. Write down verse 1.

Lookup: Psalm 27:1 and write it down.

These two verses give advice about how to view other people. Have you ever seen people doing wrong or bad things, and it seems like there are no consequences for their actions? How can these verses help your view of them?

Create a prayer below. Speak to God and write it. Ask God to help you see people from his perspective and not your own, especially when you're frustrated by their behavior. Use your own words.



This quiz covers the 10 Psalms presented in the lesson. Fill in the blanks either by looking them up or from memory.

MATCHING I AM STATEMENTS & EXPLANATORIES

1. Psalm 23:4 (KJV) Yea, though I walk through the valley of the _____ of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.
2. Psalm 121:1-2 I lift up my eyes to the mountains—where does my help come from?. My help comes from the LORD, the Maker of _____ and earth.
3. Psalm 37:1-2 Do not fret because of those who are evil or be envious of those who do wrong; for like the grass they will soon wither, like green _____ they will soon die away..
4. Psalms 37:4 Take delight in the LORD and he will give you the desires of your _____.
5. Psalm 27:1 The LORD is my light and my _____ -- whom shall I fear? The LORD is the stronghold of my life-- of whom shall I be afraid?
6. Psalm 46:10 Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the _____.
7. Psalm 27:10 Though my father and mother forsake me, the LORD will _____ me.
8. Psalm 32:8 I will instruct you and teach you in the way you should go; I will counsel you with my loving _____ upon you.
9. Psalm 25:9 He guides the _____ in what is right and teaches them his way.
10. Psalm 119:105 Your word is a lamp to my _____, a light to my path.

WORD BANK:

- receive
- plants
- eye
- salvation
- shadow
- earth
- heaven
- feet
- heart
- humble



PSALMS FOR KIDS

CERTIFICATE OF COMPLETION TO

SIGNATURE

DATE