

Bless the Lord

Focus

To understand the importance of praising God.

Today's Tip

Tell your students that this week's verse reminds us that God wants us to praise Him.

Supplies Needed:

- Bright colored construction paper - 5 colors
- Small foam cups - 1 per student
- Green chenille stems / Scotch tape

Opening Activity:

- Picture of Jesus
- List of praise phrases



Welcome and Singing

- Welcome guests & take attendance.
- Make announcements.
- Sing songs relating to story topic.
- Take prayer requests and pray.



Opening Activity

Before class, select a number of phrases to use when praising God. The following are some ideas: "God, you're so good!", "You are a wonderful God!", "You love me so much!", "You are so wise," "You made a wonderful world," "You made us special," "I love You so much," "You died for me," "You hear our prayers," "You know our names," etc. You may want to choose your own phrases. Also, bring a picture of Jesus to class.



Intro to the Story

Did you enjoy praising the Lord? It was really special because we were all praising Him together. Do you think God Jesus heard us? Yes, of course He did! We can praise God at home or wherever we are. We can't always do it out loud like we just did, but we can do it quietly in our hearts at any time. Do you think God enjoys hearing our praises? Yes! Our Bible verse tells us to praise the Lord.

The Story/The Passage

Mrs. Adams was a Sunday School teacher who taught children who are your age. Each Sunday, her class sang songs of praise to the Lord. One Sunday, she noticed that Joel was just mumbling. She watched him for the next four Sundays, and it was always the same. So after class on the fourth Sunday, she asked him, "I noticed that you haven't really been singing during our praise time. Don't you enjoy praising God?" Joel's face turned a little red, and then he said, "I'm tired of those 'little baby' songs. We've been singing them for so long. It's so boring!"

Mrs. Adams thought a minute, then she said, "Did you remember that we are singing these songs to a very real and wonderful God who deserves our praise and **loves** to hear us praise Him?"

Joel hung his head. He hadn't thought about **who** he was singing to. To Joel, the songs were just words that he had sung so many times.

"Next Sunday when we sing, remember **who** we are singing to and that He **loves** to hear our praise" encouraged the teacher. "Do you think you could do that?" she asked. Joel thought a moment, then looked at his teacher and nodded his head and smiled.

The next Sunday, Mrs. Adams noticed that one student was singing out with all his heart. Who do you think it was? Yes, it was Joel!

Prayer

When we praise the Lord with our **soul**, as our memory verse says, we are praising Him with all that we are. We were doing this a little while ago. Tell students to bow their heads and tell God how wonderful He is, like they did in the opening activity. You start the prayer and have each student pray one or two of the phrases we used earlier. You close the prayer.

Memory Verse

Bless the Lord, O My Soul. - Psalm 103:1

Lesson Activity

What do you think these children like to do? To find out, write in the blanks the letters of the alphabet that come before the letters that are under the blanks. The alphabet is printed below to help you. When you are finished you may color the picture.

Answer:

B L E S S T H E L O R D

Craft - Praise Bouquets

BEFORE CLASS: make a pattern of the balloon shape and trace five balloon shapes for each student, using five different colors of bright-colored construction paper.

During class the students should cut out their five balloon shapes and decorate the foam cups with crayons or markers.

Help students write one word of the phrase, "I will praise the Lord," on each balloon shape with a bold black or white marker.

Tape each balloon shape to a chenille stem cut in half.

Students should then turn their foam cups upside down and poke each balloon shape into the bottom of the cup. You help them get the words in the right order.

Have them push the stems through so balloons are at varied heights to look like a bouquet. Make sure the students know what their bouquets say.

They may take the balloons home and put them in a place where they will see them and remember to praise the Lord.

