

WEEK 9: September 2-8

READ PSALM 96

- ¹ Sing to the LORD a new song;
sing to the LORD, all the earth.
- ² Sing to the LORD, praise his name;
proclaim his salvation day after day.
- ³ Declare his glory among the nations,
his marvellous deeds among all peoples.
- ⁴ For great is the LORD and most worthy of praise;
he is to be feared above all gods.
- ⁵ For all the gods of the nations are idols,
but the LORD made the heavens.
- ⁶ Splendour and majesty are before him;
strength and glory are in his sanctuary.
- ⁷ Ascribe to the LORD, all you families of nations,
ascribe to the LORD glory and strength.
- ⁸ Ascribe to the LORD the glory due his name;
bring an offering and come into his courts.
- ⁹ Worship the LORD in the splendour of his holiness;
tremble before him, all the earth.
- ¹⁰ Say among the nations, "The LORD reigns."
The world is firmly established, it cannot be moved;
he will judge the peoples with equity.
- ¹¹ Let the heavens rejoice, let the earth be glad;
let the sea resound, and all that is in it.
- ¹² Let the fields be jubilant, and everything in them;
let all the trees of the forest sing for joy.
- ¹³ Let all creation rejoice before the LORD, for he comes,
he comes to judge the earth.
He will judge the world in righteousness
and the peoples in his faithfulness.

WEEK 9: September 2-8

DAY 1

INTRO:

How do you feel about the singing and worship time at our church? How often do you praise the Lord when you are not at church?

RECAP:

What did your children learn about at church on Sunday?

READ PSALM 96

EXPLORE:

Work together to answer these questions:

What are all the things that the writer of this psalm called people to do? (*Sing to the Lord, praise his name, proclaim his salvation, declare his glory, ascribe glory to the Lord, worship the Lord, tremble before him, rejoice*)

What are all the reasons that we are called to do these things? (*He has saved us and done marvellous things, he is above all other gods as Creator, he is glorious and majestic in his strength, he is owed praise, he is holy, he will judge the world rightly and fairly*)

APPLY:

This psalm reminds us that worship is more than just singing (although that is a large part of it). The wide range of things we are called to do to worship God in this psalm covers our prayers, our speech, our attitude, and our emotions. Likewise the reasons to worship God cover a wide range of things. Spend some time praising God now as commanded!

PRAY:

Thank our Heavenly Father that he has given us many reasons to praise him because of our Lord Jesus. Pray that we would delight to use every opportunity we have each day to worship God.

MEMORY VERSE: (OPTIONAL ACTIVITY TIME PERMITTING)

Sing to the LORD, praise his name; proclaim his salvation day after day. Psalm 96:2

Make up a tune for this week's verse and sing it together.

WEEK 9: September 2-8

DAY 2

INTRO:

Tell your family about a time that you had to say something but you felt worried, nervous or scared to do so.

RECAP:

What did the writer of Psalm 96 call God's people to do?

REREAD PSALM 96 from the perspective of Israel

EXPLORE:

What did the writer of this psalm want God's people to sing about in verses 2-3? (*The Lord's salvation through his marvellous works*)

Who did the writer compare God to in verses 4-5? (*The gods of the nations who are but idols compared to the Creator*)

What did the writer invite the nations to do in verses 7-8? (*Glorify God, approach him with an offering*)

APPLY:

Singing this song would have been difficult for God's people. As they were living amongst the nations they were called not only to declare the glory of their Lord but to also praise him as superior to the gods worshipped by those around them! This might seem very confronting to us as we live in a similar world where many other religions surround us. It might seem wiser to us to keep our religious beliefs a personal thing and not to cause such trouble. However if we do so how will we invite others to come into the courts of the Lord?

PRAY:

Thank our Heavenly Father that he has saved us and done marvellous deeds for us. Pray that we might courageously proclaim this salvation in the middle of an unbelieving world so that we might invite more people to come into his courts to worship him.

MEMORY VERSE: (OPTIONAL ACTIVITY TIME PERMITTING)

Sing to the LORD, praise his name; proclaim his salvation day after day. Psalm 96:2

Add actions to your song of this week's verse and perform it together.

WEEK 9: September 2-8

DAY 3

INTRO:

When you praise God what aspects of his character do you generally praise him for?

RECAP:

Why would it have been difficult for Israel to sing this psalm while they were in exile?

REREAD PSALM 96 from the perspective of Jesus

EXPLORE:

What is all creation called to do in verses 11-13? (*Rejoice*)

Why should all creation rejoice? (*The Lord is coming in judgement*)

Why should all creation rejoice in this according to the end of verses 10 & 13? (*He will judge the world justly, rightly and faithfully*)

APPLY:

The fact that God will judge the world is probably not something we think much about let alone praise him for! It is a pretty strange thought that 'all the trees of the forest sing for joy' because the 'the Lord comes to judge the earth'! Nonetheless the fact that our Saviour will also be our judge should fill us with comfort: the one who died for us will judge us faithfully and fairly, and we should praise him for this!

PRAY:

Thank our Heavenly Father that he has chosen our Saviour Jesus to judge the world. Pray that we will be excited by this, for Jesus' love for us shows that he will judge us faithfully and with justice.

MEMORY VERSE: (OPTIONAL ACTIVITY TIME PERMITTING)

Sing to the LORD, praise his name; proclaim his salvation day after day. Psalm 96:2

Sing this week's verse and do its actions each day before you head off to school or work to remind you to proclaim the Lord's salvation in every opportunity.

WEEK 10: September 9-15

READ PSALM 110

Of David. A psalm.

¹The LORD says to my lord:

"Sit at my right hand
until I make your enemies
a footstool for your feet."

²The LORD will extend your mighty sceptre from Zion, saying,

"Rule in the midst of your enemies!"

³Your troops will be willing

on your day of battle.

Arrayed in holy splendour,

your young men will come to you
like dew in the dawn.

⁴The LORD has sworn

and will not change his mind:

"You are a priest forever,
in the order of Melchizedek."

⁵The Lord is at your right hand;

he will crush kings on the day of his wrath.

⁶He will judge the nations, heaping up the dead

and crushing the rulers of the whole earth.

⁷He will drink from a brook along the way,

and so he will lift his head high.

WEEK 10: September 9-15

DAY 1

INTRO:

What is the last thing you won - was it a competition, a race, a game? Tell your family about it, including whether you won by a lot or a little.

RECAP:

What did your children learn about at church on Sunday?

READ PSALM 110 from the perspective of David

EXPLORE:

What promise did God make in the first two verses of this psalm? (*That he would give the king success over his enemies*)

Who would do the actual work to help the king win? (*God himself (v1)*)

What does verse 5-6 say the result would be? (*Other kings and rulers crushed, nations judged, the dead heaped up*)

APPLY:

This seems like a pretty gruesome psalm; it is no surprise David wanted the kings of Israel to win their wars, but to imagine Israel's enemies dead in piles seems a bit much! However if this psalm is read in the context of Psalm 2 (which teaches that the kings of the earth are those who stand against God) then it starts to make a little more sense. Acts 2:30 shows that David was prophesying about Jesus, and 1 Corinthians 15:24-26 that the dead that David wanted to see heaped up are the evil powers of this age (including death). When we understand this it makes it a lot easier to say 'Amen' to this psalm, for we all want to see an end to death and evil!

PRAY:

Thank our Heavenly Father that Jesus has won the war against sin, death, Satan and evil. Pray that we might take up the battle each day this week by standing strong in the Lord's power, by putting on his full armour and through prayer (Eph 6:10-18).

MEMORY VERSE: (OPTIONAL ACTIVITY TIME PERMITTING)

The LORD says to my lord "Sit at my right hand until I make your enemies a footstool for your feet." Psalm 110:1

Often when we put our feet up we use a cushion or pillow. Write this week's verse on post-it notes and stick them on the cushions on your couches so that each time you see the note this week you can remind yourself of the verse.

WEEK 10: September 9-15

DAY 2

INTRO:

Play 'Guess Who' either at <http://www.agame.com/game/guess-who> or by using the board game if you have it.

RECAP:

What did God promise in this week's psalm?

REREAD PSALM 110 from the perspective of the people of Israel in the exile

EXPLORE:

Who are the 'lords' in the first verse? (*The LORD = God, my Lord = the king of Israel*)

* What made this psalm's fulfilment unlikely in the exile? (*There was no king on Israel's throne*)

What other problem does Jesus raise about this psalm in Matthew 22:41-46? (*Why would David call his descendant his lord?*)

APPLY:

There are many difficulties to overcome when one tries to guess of whom this psalm is speaking! Jesus however addresses them all: he is both the Son of David and David's Lord, and the throne that he sits upon is not of this world (John 18:36). There is one more problem to solve however; we will look at this in the following devotion.

PRAY:

Thank our Heavenly Father that because Jesus is both human (the Son of David) and divine (David's Lord) he is our perfect representative. Pray that we might appreciate more that this means that he can perfectly sympathise with us but also perfectly intercede for us with his Father.

MEMORY VERSE: (OPTIONAL ACTIVITY TIME PERMITTING)

The LORD says to my lord "Sit at my right hand until I make your enemies a footstool for your feet." Psalm 110:1

Show one of the difficulties in this week's verse by acting it out: get a parent to seat one of the children in your family on their right hand, address them as 'my lord' and then say the rest of the bible verse.

WEEK 10: September 9-15

DAY 3

INTRO:

Briefly discuss your family tree: what job/s did your ancestors have?

RECAP:

Why was Jesus the perfect fulfilment of this psalm?

REREAD PSALM 110 from the perspective of Jesus

EXPLORE:

What job would he do in verse 2? (*Rule in the midst of his enemies*)

What job would he do in verse 4? (*Be a priest*)

What job would he do in verse 6? (*Judge the nations*)

APPLY:

This psalm makes a lot more sense when it is read from Jesus' perspective, for as we've seen he fulfils this psalm perfectly. The remaining difficulty however is that Jesus' job was to be a priest-king, and in the Old Testament kings came from the tribe of Judah and priests from the tribe of Levi – they had two different family trees! The writer to the Hebrews explains how Jesus could fulfil this part of the psalm because God promised he would be a priest like Melchizedek, who was not a normal priest (Heb 7:14-16). Jesus then perfectly fits the job description in this psalm for king, priest and judge!

PRAY:

Thank our Heavenly Father that Jesus was our perfect priest: he was able to offer a sacrifice that cleansed us from sin for all time! Pray that we will show our thanks to Jesus for doing this job by resisting temptation and saying 'no' to sin for the rest of the week.

MEMORY VERSE: (OPTIONAL ACTIVITY TIME PERMITTING)

The LORD says to my lord "Sit at my right hand until I make your enemies a footstool for your feet." Psalm 110:1

Draw a picture of Jesus fulfilling this week's verse by sitting at the right hand of God's throne. See if you can picture Jesus as a king, a priest and a judge all at the same time!

WEEK 11: September 16-22

READ PSALM 114

- ¹When Israel came out of Egypt,
 Jacob from a people of foreign tongue,
²Judah became God's sanctuary,
 Israel his dominion.
³The sea looked and fled,
 the Jordan turned back;
⁴the mountains leaped like rams,
 the hills like lambs.
⁵Why was it, sea, that you fled?
 Why, Jordan, did you turn back?
⁶Why, mountains, did you leap like rams,
 you hills, like lambs?
⁷Tremble, earth, at the presence of the Lord,
 at the presence of the God of Jacob,
⁸who turned the rock into a pool,
 the hard rock into springs of water.

WEEK 11: September 16-22

DAY 1

INTRO:

Brainstorm with your family: what amazing things did God do between bringing his people out of the land of Egypt and bringing them into the Promised Land?

RECAP:

What did your children learn about at church on Sunday?

READ PSALM 114 from the perspective of its writer

EXPLORE:

Which amazing things did the writer recall? (*God bringing his people through the Red Sea (Exodus 14), God dividing the Jordan to bring his people into the land (Joshua 3), the earthquake at Mount Sinai (Exodus 19) and God bringing water from a rock (Numbers 20)*)

What question did these events lead the writer to ask? (*Why did these things happen?*)

What answer is given? (*The earth trembled at the presence and power of the Lord*)

APPLY:

This poetic psalm pictures our natural world responding to the powerful presence of the Lord in fear and excitement. If water and hills respond in this way, how much more should we whose hardened hearts have undergone a life-giving transformation much like the rock from which God gave water?

PRAY:

Thank our Heavenly Father that he can produce life in us as he did for his people in the wilderness. Pray that we will respond in awe and joy at the transformation that he has done and is doing in each one of us.

MEMORY VERSE: (OPTIONAL ACTIVITY TIME PERMITTING)

Tremble, earth, at the presence of the Lord. Psalm 114:7

Draw the scenes from this psalm and write above them this week's verse.

WEEK 11: September 16-22

DAY 2

INTRO:

Share with your family one thing that you hope will happen this week.

RECAP:

Why did the writer of psalm 114 say that the earth and sea leapt & fled from the Lord?

REREAD PSALM 114 from the perspective of the nation of Israel during the exile

EXPLORE:

How is the situation in the first verse the same as Israel's situation in the exile? (*God had brought his people out from a people of a foreign language; they hoped he would do the same again!*)

What did God do when he brought his people out of Egypt in the second verse? (*He made them his sanctuary [which means he made them holy]*)

Why did Israel hope that he would do this again according to verse 7? (*They longed for the Lord to live amongst them once more*)

APPLY:

In this psalm the writer skilfully uses Israel's past to encourage them about the future. Just as God had rescued them from a foreign nation so Israel had good reason to hope he would do so again. As God had made them holy so he could live among them so they had a sure hope that he would do so again. In the same way we can have a certain hope that just as God rescued us through Jesus so he will make us holy and live with us one day!

PRAY:

Thank our Heavenly Father that what he has done for us in the past gives us confidence for the future. Pray that we might strive each day to live his way and be holy, knowing that one day he will make us so in order that we might live with him forever!

MEMORY VERSE: (OPTIONAL ACTIVITY TIME PERMITTING)

Tremble, earth, at the presence of the Lord. Psalm 114:7

Practise saying this week's verse, first in your most scared, then excited, and finally in your most confident voice.

WEEK 11: September 16-22

DAY 3

INTRO:

Who did you really enjoy spending time with this week?

RECAP:

What hope could Israel have according to this psalm?

REREAD PSALM 114 while considering the work of Jesus

EXPLORE:

When you think about verse 1, who has Jesus called us out from? (*The people around us who don't know him*)

When we consider verse 2 how has Jesus made us holy? (*By taking away our sin and giving us his righteousness*)

When we reflect on verse 7 how is Jesus present in our lives now? (*Through the presence of his Holy Spirit*)

APPLY:

Psalm 114 is ultimately a psalm about what Jesus has done for us! He has called us to be different or holy from those around us, and given us the Holy Spirit so we can be! This should cause us to tremble with excitement that the God of life-giving power is not only at work in us but with us. This gives us a sure hope and confidence that what Jesus has done for us will be carried through to completion so that we can continue to live with God forever.

PRAY:

Thank our Heavenly Father that he and his Son dwell in us through his Holy Spirit. Pray that our excitement about this might cause us to strive for holiness each day.

MEMORY VERSE: (OPTIONAL ACTIVITY TIME PERMITTING)

Tremble, earth, at the presence of the Lord. Psalm 114:7

Collect some earth in a container and label it with this week's verse. Each time you see it in the rest of the week ahead thank God that he lives in you by his Holy Spirit!

WEEK 12: September 23-29

READ PSALM 137

- ¹ By the rivers of Babylon we sat and wept
when we remembered Zion.
- ² There on the poplars
we hung our harps,
- ³ for there our captors asked us for songs,
our tormentors demanded songs of joy;
they said, "Sing us one of the songs of Zion!"
- ⁴ How can we sing the songs of the LORD
while in a foreign land?
- ⁵ If I forget you, Jerusalem,
may my right hand forget its skill.
- ⁶ May my tongue cling to the roof of my mouth
if I do not remember you,
if I do not consider Jerusalem
my highest joy.
- ⁷ Remember, LORD, what the Edomites did
on the day Jerusalem fell.
"Tear it down," they cried,
"tear it down to its foundations!"
- ⁸ Daughter Babylon, doomed to destruction,
happy is the one who repays you
according to what you have done to us.
- ⁹ Happy is the one who seizes your infants
and dashes them against the rocks.

WEEK 12: September 23-29

DAY 1

INTRO:

What is something you hope you will never forget?

RECAP:

What did your children learn about at church on Sunday?

READ PSALM 137 from the perspective of the people of Israel in exile

EXPLORE:

What did the Israelites hope they would never forget? *(That Jerusalem gave them great joy)*

Why were the Israelites weeping then in verse 1? *(Because they were not in Jerusalem and they were being mocked about it)*

What did they ask God to remember? *(To punish those who mocked them)*

APPLY:

The Israelites had gone through some terrible things when they were exiled which made it very hard for them to feel happy when they remembered them. Worse still their mockers asked them to sing for joy about their God! This would have been extremely hard considering it looked like God had either left them or been beaten by the gods the Babylonians worshipped. The Israelites sang this song to ask God to help them not to forget how he had been with them when they had lived in Jerusalem.

PRAY:

Thank our Heavenly Father that he gives us many good reasons to sing for joy. Pray that when bad things happen to us he will help us to remember the good things he has done for us so that we might be filled with joy again.

MEMORY VERSE: (OPTIONAL ACTIVITY TIME PERMITTING)

How can we sing the songs of the LORD while in a foreign land? Psalm 137:4

Draw the first few verses of this psalm: the Israelites asking this week's verse by the rivers of Babylon as they hung their harps on the trees.

WEEK 12: September 23-29

DAY 2

INTRO:

Which stories in the bible do you find it really hard to understand from a Christian point of view?

RECAP:

What did the Israelites want to remember while they were in exile?

REREAD PSALM 137 from the perspective of Jesus

EXPLORE:

Which verses in this psalm are hard to reconcile with a Christian point of view? (Verses 8-9)

Which part of these verses is especially difficult to say 'Amen' to? (*"Happy is the one who seizes your infants and dashes them against the rocks"*)

Which part of these verses is easier to match up to the teachings of Jesus? (*"Happy is the one who repays you according to what you have done"*)

APPLY:

When we come across bible verses that we don't understand it is important we use the parts that we do to try to understand the parts that we don't (rather than just rejecting and ignoring it all). In the New Testament we come across the ideas in verse 8 in Rev 18 (especially v6,10). This teaches us that the main idea of this passage is that evildoers will be punished according to how they have treated others. This is particularly awful for the Babylonians (Ps 137:9) but is actually just!

PRAY:

Thank our Heavenly Father that he will judge everyone fairly AND that those in Christ Jesus will receive grace. Pray that in light of the judgement to come during the week ahead we might treat others how we ourselves would like to be treated.

MEMORY VERSE: (OPTIONAL ACTIVITY TIME PERMITTING)

How can we sing the songs of the LORD while in a foreign land? Psalm 137:4

Come up with a tune and actions for this week's verse.

WEEK 12: September 23-29

DAY 3

INTRO:-

Have you ever been asked a question by someone who you felt didn't really care about the answer? What happened? How did you feel?

RECAP:

How will the Lord judge us according to the closing verses of Psalm 137?

REREAD PSALM 137 from our perspective

EXPLORE:

What did the captors of God's people ask for but not really want to hear? (*Songs of joy about Zion*)

Why would they do this? (*They were tormenting God's people (v3)*)

How did it make God's people feel? (*Sad (v1), confused about what to do (v4)*)

APPLY:

Sometimes people ask about our church or our beliefs and sincerely want to know the answers. This is a chance for us to speak about Jesus to those who want to know more! However at other times some people might ask us about these things so that they can make fun of us or hurt us. It can be really hard to know which person is which! We need to ask God for courage to speak up for Jesus even when we don't know which way the conversation might go.

PRAY:

Thank our Heavenly Father that he gives us opportunities to tell others about his Son. Pray that we will bravely "sing the songs of the Lord" whether or not we suspect the outcome will be good for us.

MEMORY VERSE: (OPTIONAL ACTIVITY TIME PERMITTING)

How can we sing the songs of the LORD while in a foreign land? Psalm 137:4

The following verse to our verse for the week says: "If I forget you, Jerusalem, may my right hand forget its skill". Trace around your right hand and write on it these two verses to act as a reminder that we must speak out about Jesus each day God gives us an opportunity to do so.

WEEK 13: September 30- October 6

READ PSALM 122

A song of ascents. Of David.

- ¹I rejoiced with those who said to me,
"Let us go to the house of the LORD."
- ²Our feet are standing
in your gates, Jerusalem.
- ³Jerusalem is built like a city
that is closely compacted together.
- ⁴That is where the tribes go up—
the tribes of the LORD—
to praise the name of the LORD
according to the statute given to Israel.
- ⁵There stand the thrones for judgment,
the thrones of the house of David.
- ⁶Pray for the peace of Jerusalem:
"May those who love you be secure.
- ⁷May there be peace within your walls
and security within your citadels."
- ⁸For the sake of my family and friends,
I will say, "Peace be within you."
- ⁹For the sake of the house of the LORD our God,
I will seek your prosperity.

WEEK 13: September 30- October 6

DAY 1

INTRO:

How do you feel about going to church each week?

RECAP:

What did your children learn about at church on Sunday?

READ PSALM 122 from the perspective of David

EXPLORE:

How did David feel about going to the house of the Lord? (*He rejoiced*)

Why was David going to the house of the Lord with the tribes of Israel? (*To praise the name of the Lord (v4) and to receive justice (v5)*)

What did David urge those around him to do as they entered the city gates? (*Pray for the peace of Jerusalem and the safety of those who loved it*)

APPLY:

In David's time the Israelites had been commanded to journey to Jerusalem three times a year to worship the Lord (v4). The sense of excitement as everyone travelled together up the hill to the temple must have been amazing! While most of us gather a lot more regularly to worship the Lord this should add to our sense of excitement, not take away from it. What can you practically do each Sunday morning to help yourself recapture this sense of thankfulness and joy that we can gather together to worship the Lord?

PRAY:

Thank our Heavenly Father that we can approach him in the name of Jesus. Pray that each weekend we might find this a joy rather than a hassle or something we HAVE to do.

MEMORY VERSE: (OPTIONAL ACTIVITY TIME PERMITTING)

I rejoiced with those who said to me, "Let us go to the house of the LORD." Psalm 122:1

Draw a picture of this week's verse by showing King David going up a hill to the temple as he says these words to a crowd around him.

WEEK 13: September 30-October 6

DAY 2

INTRO:

What does your family generally do about church when you are on holidays? Do you go to other churches? Do you have a break? How do you all feel when you return to St Paul's?

RECAP:

How did David feel about going to the worship the Lord?

REREAD PSALM 122 from the perspective of Israel in the exile

EXPLORE:

According to this psalm which of God's commands couldn't the Israelites obey while they were in exile? (*To gather together to worship the Lord*)

Why couldn't the Israelites obey this command? (*Jerusalem had been destroyed!*)

What then did this psalm remind them to do? (*Pray for the peace and prosperity of the city so they could return to worship the Lord*)

APPLY:

This psalm must have been very difficult for Israel to sing. However it's placement towards the end of the book of psalms makes it a psalm of hope: it not only reminded Israel to pray for the city of Jerusalem but they obviously felt like they would return to sing this song on their way to the city again! Similarly we should pray hopefully for our city as Paul commands us in 1 Timothy 2:1-4.

PRAY:

Thank our Heavenly Father that we can gather together in Christ to worship him. Pray that this will continue to be the case in our city.

MEMORY VERSE: (OPTIONAL ACTIVITY TIME PERMITTING)

I rejoiced with those who said to me, "Let us go to the house of the LORD." Psalm 122:1

Practise saying this week's verse by dividing it in half. Have one person say the first half and the rest of your family say the second.

WEEK 13: September 30- October 6

DAY 3

INTRO:

How often do you pray for our church? For the people who attend? For God's people? What do you generally pray for when you do pray for these things?

RECAP:

What did Psalm 122 urge God's people to do since they couldn't gather to worship God while in exile?

REREAD PSALM 122 from the perspective of Jesus

EXPLORE:

From v1 what did David do as he approached Jerusalem? (*Rejoiced with those with him*)

What did he encourage God's people to do as they arrived at Jerusalem? (*Pray for its peace*)

What did Jesus do as he approached the city according to Luke 19:41-43? (*Wept over the city for it would soon be destroyed again*)

APPLY:

Looking at this psalm from Jesus' perspective reminds us that we no longer gather to meet with the Lord in Jerusalem. Rather, since its temple has been and is still destroyed, Jesus is the place where we meet God. We should therefore pray today for the peace of his people, whether they be those in our Small Group, those at our church, those in our local churches, those in our city... the church needs SO much prayer!

PRAY:

Thank our Heavenly Father that we no longer need to travel to Jerusalem to meet with him but we can do it anywhere at any time through Jesus. Pray for the peace of Christ's church today.

MEMORY VERSE: (OPTIONAL ACTIVITY TIME PERMITTING)

I rejoiced with those who said to me, "Let us go to the house of the LORD." Psalm 122:1

Write this week's verse somewhere to remind you to pray for the peace of the church as you drive there each Sunday.

WEEK 14: October 7-13

READ PSALM 131

A song of ascents. Of David.

¹My heart is not proud, LORD,
my eyes are not haughty;
I do not concern myself with great matters
or things too wonderful for me.

²But I have calmed and quieted myself,
I am like a weaned child with its mother;
like a weaned child I am content.

³Israel, put your hope in the LORD
both now and forevermore.

WEEK 14: October 7-13

DAY 1

INTRO:

How do you generally feel when you're with your mum, and why is that?

RECAP:

What did your children learn about at church on Sunday?

READ PSALM 131 from the perspective of David

EXPLORE:

What didn't concern David? *(Things too great or wonderful for him to understand)*

How did he feel instead? *(Calm and quiet when confronted with concerning things)*

Why was this? *(He was content to leave such things in the hands of the Lord)*

APPLY:

This simple psalm pictures David as a child content with his mum because she is in charge. Such a straightforward image challenges us when we feel overwhelmed, worried or stressed: God is in charge; we need to calm and quiet ourselves and be content to leave the things that concern us with him.

PRAY:

Thank our Heavenly Father that he is in charge and will care for us. Pray that we might remember this and be content to leave our worries with him.

MEMORY VERSE: (OPTIONAL ACTIVITY TIME PERMITTING)

Put your hope in the LORD both now and forevermore. Psalm 131:3

Trace around your mum's hand and then, inside it, trace around your own. Write this week's verse inside your own hand.



WEEK 14: October 7-13

DAY 2

INTRO:

What is something you hope will happen within the next week? What are you doing to help ensure this happens?

RECAP:

How did David feel when he left things in the hands of the Lord?

REREAD PSALM 131 from the perspective of Israel in the exile

EXPLORE:

* Where were God's people living when they were exiled? (*Babylonia*)

* What do you think they were hoping would happen soon? (*They would return to their land*)

What does this psalm encourage the Israelites to do? (*Not concern themselves with matters too great for them but to put their hope in the Lord*)

APPLY:

In the previous devotion we saw that David felt like a child trusting his parent to care for him. Today we see that Israel used this psalm to encourage them to trust the Lord with their future. They could be calm and quiet too if they were content to leave their desires in the Lord's hands.

PRAY:

Thank our Heavenly Father that we can put our hopes and dreams in his hands, trusting him to care for us. Pray for the hopes your family shared, and leave them with the Lord content that he will bring about these things if they are in accordance with his will.

MEMORY VERSE: (OPTIONAL ACTIVITY TIME PERMITTING)

Put your hope in the LORD both now and forevermore. Psalm 131:3

Design a poster for this week's verse by putting the words 'your hope' in 'the Lord'.

WEEK 14: October 7-13

DAY 3

INTRO:

Share with your family something that you have done recently that you are proud of.

RECAP:

What does Psalm 131 encourage God's people to do with their hopes?

REREAD PSALM 131 from the perspective of Jesus

EXPLORE:

What did David say he wasn't? (*Proud or haughty*)

Why did David say this? (*Because he was content to leave things with the Lord and didn't feel like he had to concern himself with matters too great for himself*)

* How does Philippians 2:5-8 describe Jesus? (*The opposite of proud or haughty; humble*)

APPLY:

This psalm perfectly describes our Lord Jesus! Although he was equal with God he was content to trust his Heavenly Father and to put his hope in him. The New Testament challenges us repeatedly to follow Christ's example and to be humble, trusting the Lord to raise us up. It is okay to be proud of our achievements; but not to the extent that we trust ourselves rather than the Lord God.

PRAY:

Thank our Heavenly Father that Jesus shows us what it is like to be humble and to trust him perfectly. Pray that our hope might be in the Lord and not in ourselves or our abilities.

MEMORY VERSE: (OPTIONAL ACTIVITY TIME PERMITTING)

Put your hope in the LORD both now and forevermore. Psalm 131:3

Be humble as you say this week's verse by repeating it as you kneel, crouch and then stand upright.

WEEK 15: October 14-20

DAY 1-3

READ PSLAM 150

¹ Praise the LORD.

Praise God in his sanctuary;
praise him in his mighty heavens.

² Praise him for his acts of power;
praise him for his surpassing greatness.

³ Praise him with the sounding of the trumpet,
praise him with the harp and lyre,

⁴ praise him with timbrel and dancing,
praise him with the strings and pipe,

⁵ praise him with the clash of cymbals,
praise him with resounding cymbals.

⁶ Let everything that has breath praise the LORD.
Praise the LORD.

DAY 1:

Use this psalm to praise God for who he is!

DAY 2:

Praise God for all that you have learnt in this series.

DAY 3:

Finally share your favourite psalm from this series with your family and use it together as a song to praise the Lord.



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