

LESSON 3

GOD'S WORD IS A LAMP TO MY FEET

LESSON AT A GLANCE

WONDER TRUTH: God Gives Us the Bible to Know Who He Is

SCRIPTURE: [Psalm 119](#)

GOD'S BIG STORY: The writer of Psalm 119 tells how wonderful it is to follow God's ways. His Word is like a light that guides us and shows us what God is like so we can know Him better!

WORD OF WONDER: How God made me is amazing and wonderful. —from [Psalm 139:14](#)

FOUNDATION BUILDING BLOCKS

WHO?

We don't know the author of [Psalm 119](#), but he was clearly an Israelite who loved God's Word and took joy in obeying it. Some think the author was a priest who used the psalm to help show others how to walk in God's way.

WHAT?

[Psalm 119](#) has 176 verses and is the longest chapter in the book of Psalms and in the entire Bible. It's an acrostic poem that uses the whole Hebrew alphabet to tell about the wonder of God's Word. The Law of God was the author's highest joy!

WHERE?

Some believe [Psalm 119](#) was written in Israel after the exile—when God's people returned to the land of Israel and became more committed to following Him and His way. This psalm encourages God's people to rejoice in His good Word.

WHEN?

The Psalms were written over hundreds of years—from the time of Moses to after the exile from Babylon. People believe this psalm was likely written after God's people returned to Israel from exile, starting in 538 BC.

CONNECTING TO GOD'S BIG STORY

Many years later, John described Jesus as “the Word” who was “the light for all people” ([John 1:1, 4](#)). Jesus is the living Word of God and the “light of the world” ([John 8:12](#)).

Play Stations

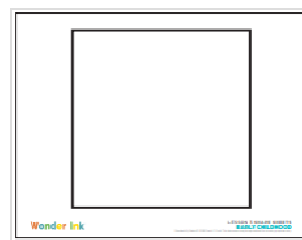
Greet the kids warmly and briefly explain the play stations to them. Invite them to play at any of the stations.

Welcome to church! While we're getting ready to start, you can play at any of these stations to help you get ready for our lesson today. Do you have any ideas about what we'll be learning today?

Play Station: Trace the Shape

Set up: Ahead of time, print a set of the [Shape Sheets](#) and set them out, along with a few flashlights and coloring utensils.

Play: Let the kids take turns using the light from their flashlight to trace the different shapes on the papers.



Play Station: Follow the Path

Set up: Use painter's tape to create a simple path on a table or floor (or draw a path on butcher paper) . Set out a few cars and dolls.

Play: Invite the kids to take turns driving the cars or walking the dolls along the path. They can have races or make up scenes that the cars or dolls may see along the path.

Play Station: God's Word Is a Lamp to My Feet Coloring Sheet

Set up: Print one copy per kid of the [coloring sheet](#) and set out the coloring utensils.

Play: Let the kids color. The kids can also turn the sheet over and draw a picture using highlighters. Encourage kids to draw pictures of lights, candles, or other things that light up and glow.

Faith

Craft: Lanterns

Hand out a water bottle to each kid. Put out a wide variety of stickers for kids to decorate their water bottles.



We're learning from **Psalm 119** that God gives us the Bible to help us know who God is and what He's like! This psalm tells us how wonderful it is to follow God. God's Word lasts forever. The Bible teaches us that God never changes.

We're going to make our own lanterns. A lantern is like a fancy flashlight. To begin, you can take some of these stickers and decorate your water bottle. Give kids time to decorate their water bottles with stickers.

After kids have had time to decorate their bottles with stickers, give each kid a glow stick and show the group how to crack the glow stick to make it glow. Help each kid remove the lid from their water bottle, put the glowstick inside, and replace the lid.

To prevent accidental spills, place some glue under the lid of the bottle or place some tape over the lid.

Once everyone has finished their lanterns, turn off the lights and let the kids admire their new lanterns. In God's big story today, we learned how **Psalm 119** says God's Word is like a light for us to follow. Now you can take your light home to remind you to follow God's Word!

Game: Footprint Fun

Ahead of time, print copies of the Footprint Sheets. You'll need enough to have one Footprint Sheet set per kid (all four colors per kid). Spread the footprints around on the floor in a large, open space. Alternatively, you could put different colored sheets of paper down on the floor rather than printing the Footprint Sheet.



The Bible is like a light on a path because the Bible is God's Word. When we do what the Bible says, we get to know God and can have joy in our heart. When we're sad, scared, or don't know what to do, reading the Bible will help us know what to do. The Bible is the true story of God's big love for His people. The footprints on the floor remind us of our path—where we go and what we do. We can follow God each day and walk with Him. And God will lead us.

I'm going to call out different colors, and then you'll run and stand on a set of footprints that matches the color that I call out. So, if I say, "red," what color are you going to run to? Allow kids to respond. **Right, red! OK, let's play!**

Call out one of the following colors: red, green, yellow, or blue. Once kids have each found a set of footprints to stand on, say: **The Bible tells us that Jesus loves us! On the count of three, let's say, "Jesus loves me!" One, two, three ... Jesus loves me!**

Repeat with different colors and the following statements:

The Bible tells us that God knows us! On the count of three, let's say, "God knows me!" One, two, three ... God knows me!

The Bible tells us that the Holy Spirit leads us! On the count of three, let's say, "The Holy Spirit leads me!" One, two, three ... The Holy Spirit leads me!

The Bible tells us that we're children of God! On the count of three, let's say, "I am a child of God!" One, two, three ... I am a child of God!

Identity

Prayer and Blessing

After the kids finish their activity, pray with them, thanking God for giving us the Bible to help us know Him.

When I say, "Bible," hold your hands open like a book. Let's pray and talk to God.

God, thank You for giving us the Bible (hold hands open like a book) to help us know who You are. Thank You for giving us the Bible (hold hands open like a book) to remind us how much You love us! We love You. In Jesus' name, Amen.

Encourage the kids to hold their hands out in front of them, with palms up, as if their hands are open to receive something. Tell them to listen and receive the blessing as you speak it over them.

Blessing: God knows you and wants you to know Him too! And He loves you and wants you to love Him as well! May you always know God and remember that He loves you!