

## LESSON 5

## I CAN PRAISE GOD WITH A JOYFUL HEART

## LESSON AT A GLANCE

WONDER TRUTH: God Is Worthy of Praise

SCRIPTURE: [Psalm 63](#); [108](#)

GOD'S BIG STORY: Throughout the Psalms, David expresses that God is worthy of praise. He models that no matter our circumstances, we can praise God with a joyful heart!

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

## FOUNDATION BUILDING BLOCKS

## WHO?

Israel's King David is attributed with writing [Psalms 63](#) and [108](#), which are among the 73 psalms he is believed to have penned. Throughout the psalms, David praised God in a variety of ways—calling to God for help, bringing Him his questions, and offering Him praise.

## WHAT?

David had many enemies who wanted to kill him, and he spent a good part of his life fleeing from those who wanted to take his life. Both [Psalm 63](#) and [Psalm 108](#) speak of how God helped and delivered David from his enemies.

## WHERE?

David wrote [Psalm 63](#) when he was in the Desert of Judah. David spent a lot of time in the Judean wilderness—as a boy when he was fleeing from Saul, the king who wanted him dead—and when he was fleeing from his own son, Absalom.

## WHEN?

Because David is mentioned as the king in [Psalm 63](#) (v. 11), it is thought that David wrote this psalm when running from his son. Absalom was attempting to take the throne from David, and David and those loyal to him had to flee ([2 Samuel 15–19](#)).

## CONNECTING TO GOD'S BIG STORY

David wrote [Psalm 63](#) in the wilderness of Judah, likely while fleeing from his son Absalom. In that desolate place, he sought God's strength and praised Him. Centuries later, the Spirit led Jesus into the *ere mos*—a lonely wilderness—where, like David, He looked to the Father for sustaining strength.

# Curiosity

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## 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: Musical Instruments

**Set up:** Set out various musical instruments or other items that make noise (such as something kids can bang on like a drum, dry beans in a plastic egg or container that they can shake, etc.).

**Play:** Invite kids to use the instruments independently and together as a group. Encourage them to play a beautiful song.

### Play Station: Building Praise Towers

**Set up:** Set out connecting blocks.

**Play:** Let the kids play with the connecting blocks and encourage them to build towers of praise. As they work, tell them Psalm 108:4–5 says that God's love is so great, it's higher than the heavens—it reaches to the skies! We can praise God up to the sky. Encourage the kids to build tall towers that reach up high as they talk about why we can praise God.

### Play Station: I Can Praise God with a Joyful Heart Coloring Sheet

**Set up:** Ahead of time, print a copy of the coloring sheet for each kid and set out coloring utensils.

**Play:** Let the kids color. The kids can also turn the sheet over and draw something that makes them feel joyful.

### Craft: Paper Plate Tambourines

**Leader Tip:** Make a tambourine ahead of time to show the kids. To make it easier, each kid can make the craft with only one plate. Use the hole punch to make holes along the edge of the plate. Then tie string to bells and tie the strings to the holes in the plate.

Ahead of time, use a hole punch to make holes along the edges of plates, a few inches apart. Put two plates together, facing each other, and punch the holes with the plates together so the holes align. Then cut about five pieces of yarn or string for each kid ( just long enough to tie the bells onto the plates) . Set the bells and string on the extra plates ( without holes) out for the kids.



Give each kid two plates and invite them to decorate the bottom of each plate using colored pencils or stickers.

**We're learning in God's big story about how David praised God. David was so thankful to God that he wanted to sing to God! God is amazing and is worthy of praise. That means He deserves praise and celebration. We're going to make our own tambourines that we can use to make a beautiful sound to worship and praise God, just like David did!** When kids are done decorating the plates, help them line up the holes and put the string through the holes. Put a bell on the string before tying it. Each plate should have about five bells.

Show kids how to shake their tambourines against the palm of their hands to make the bells ring. **Those tambourines all look great! They look as good as they sound. Let's use them now to praise God! You can sing or cheer and shake your tambourine. God loves to hear any noise that we make to praise Him and tell Him He's awesome! You can take this home with you and use it to praise God any time you want. When you do, remember how we can praise God all the time because He's worthy of our praise.**

## Game: Freeze Dance

Gather the kids in the middle of a big, open space. Have someone ready to cue the music and press pause.

**David praised God with joy. God was faithful to David. God loved David and cared for him, and God kept His promises. God does the same for us. God loves us so much, like He loved David. We're going to play Freeze Dance! When you hear music playing, you can run around and dance, jump, and move. But as soon as the music stops, you must freeze. If I see anyone move, that person must do five jumping jacks to get back in the game! Ready, cue the music, and go!**

Play music from the [Wonderfully Made Early Childhood Spotify playlist](#) for the kids to sing and dance along to. Pause the music periodically for a few seconds at a time, and if any kids move after the music pauses, have them jump.

**Make It Inclusive:** Instead of having kids do jumping jacks to get back in the game, you could have them sit on the sidelines and help look for people who move when the music stops.

Let the music play for varying lengths of time. Be sure to model crazy dance moves for the kids while music is playing and while moving around the room! You can play as long as you like, or for as long as the kids are interested.

**Those were some amazing dance moves! David danced for joy while he worshiped God. We can dance in praise of God too!**

## Identity

### Prayer and Blessing

After the kids finish their activity, pray with them, being sure to praise and thank God for who He is and what He has created.

**As we pray and talk to God, when I say, "praise," clap your hands to show that you're cheering to praise God.**

**God, we thank You and p raise ( clap) You for being so awesome! We p raise ( clap) You because You are faithful and good! Help us always remember to p raise ( clap) You throughout the day! 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 did good work when He created each of you. He is good and worthy of our praise all the time. May you go with a heart of celebration and excitement, praising God often!