

How To Worship God, God's Way

(Psalm 103)

Pre-Session Warm Up

Have you ever been ungrateful to someone who has been kind and loving to you? Do you ever complain about anything? What kinds of things do you complain about in your life?

Sometimes we just have really bad days when nothing seems to go right. But, I think that it is far too easy for us to find fault in people and situations in life.

God wants us remember His goodness. He knows what is best for us and will turn even the worst situations around in our life for our good if we will just trust Him. Today we will learn about God's Goodness by studying Psalm 103.

Opening Prayer

Father, as we remember Your goodness today, may we just want to praise You with our whole being. In Jesus' name, we pray. Amen.

Memory Verse

Give to the Lord the glory he deserves! (1 Chronicles 16:29)

Lesson

Last week we studied Psalm 139, a song written by a man named David that praises God for His greatness and personal concern for us. In this song, David marvels over the fact that God **knows everything**, He is **everywhere at all times**, and He **has all power** in heaven and earth.

David loved to praise God. He spent a lot of time worshiping God by singing songs to Him. Today we are going to study another one of David's songs, Psalm 103, which tells of God's goodness.

Psalm 103:1

*Let **all that I am** praise the Lord; **with my whole heart**, I will praise his holy name.*

What do you think it means to worship God with "all that I am" and "with my whole heart?"

Satan will try to get you to use your mind, your mouth, your eyes, and your ears, your heart, your hands, and your feet for anything except to honor God. But God gave you your body and mind so you could use them to worship Him.

How do you think you can use these different parts of your body to praise God?

- **Mind**—You can use your mind to think about God and His word. (Philippians 4:8)
- **Mouth**—You can use your mouth to praise Him by telling Him and others how wonderful He is. (Psalm 146:1-2) What are some wonderful things that God has done in your life that you praise Him for? [Teacher, allow some discussion.]
- **Eyes**—You can use your eyes to notice what He has made.
- **Ears**—You can use your ears to hear the beautiful sounds of His creation and to listen to others as they praise Him.
- **Heart**—You can use your heart to love Him for who He is and all that He has done.
- **Hands**—You can use your hands to play songs of praise on a musical instrument, write poems about His greatness, or draw pictures of what He's done for you.
- **Feet**—You can use your feet to take you places where you can praise Him publicly. Where are some places you could praise God to others? (Sunday school, family dinner table, school, etc.)

David urges us to give praise to the Lord with our whole being—with all that we are! 1 Chronicles 16:29 says, "Give to the Lord the glory he deserves!"

David lists off many blessing of the Lord that we can praise Him for: [Teacher, as you read the following verses, write the attributes on the board.]

Psalm 103:2-6

*Let all that I am praise the Lord; may I never forget the good things he does for me. He **forgives** all my sins and **heals** all my diseases. He **redeems me** from death and crowns me with **love and tender mercies**. He fills my life with good things. My youth is renewed like the eagle's! The Lord gives **righteousness and justice** to all who are treated unfairly.*

- Forgiveness (vr 3)
- Physical healing (vr 3)
- Protection from danger (vr 4)
- Love and tender mercies (vr 4)
- Daily provision (vr 5)
- Help when treated unfairly (vr 6)

Psalm 103:7-10

*He revealed his character to Moses and his deeds to the people of Israel. The Lord is **compassionate** and **merciful, slow to get angry** and filled with unfailing love. He will not constantly accuse us, nor remain angry forever. He does not punish us for all our sins; he does not deal harshly with us, as we deserve.*

- Compassionate and Merciful (vr 8)
- Patient (slow to anger) (vr 8)
- Forgiveness (vr 10)

Psalm 103:11-12

*For his **unfailing love** toward those who fear him is as great as the height of the heavens above the earth. He has **removed our sins** as far from us as the east is from the west.*

- Unfailing love (vr 11)
- Salvation (vr 12)

David was especially thankful for God's promise to forgive his sins. He understood what a wonderful blessing it is to be cleansed and forgiven.

It is because God wants to cleanse and forgive your sin that He sent Jesus to die on the cross. You can come to the Lord Jesus for salvation by simply admitting to Him that you are a sinner, asking Him to forgive you and then asking Him to save you and make you His child. God has promised that He will receive all who come to Him in this way (John 6:37b).

David believed in God's promise and was very glad for what God had done for him.

Psalm 103:13-14

*The Lord **is like a father** to his children, **tender and compassionate** to those who fear him. For He **knows how weak we are**; he remembers we are only dust.*

- Like a father (vr 13)
- Tender and compassionate (vr 13)
- Understands human weaknesses (vr 14)

Psalm 103:15-19

*Our days on earth are like grass; like wildflowers, we bloom and die. The wind blows, and we are gone—as though we had never been there. But the **love of the Lord remains forever** with those who fear him. His **salvation** extends to the children's children of those who are faithful to*

*his covenant, and of those who obey his commandments! The Lord has made the heavens his throne; from there he **rules over everything**.*

- Everlasting love (vr 17)
- Salvation (vr 17)
- Supreme Ruler (vr 19)

When David thought about God's goodness, he couldn't help worshiping Him. To worship means to tell God how much you love and admire Him for who He is.

Psalm 103:20-22

Praise the Lord, you angels, you mighty ones who carry out his plans, listening for each of his commands. Yes, praise the Lord, you armies of angels who serve him and do his will! Praise the Lord, everything he has created, everything in all his kingdom. Let all that I am praise the Lord.

As David was thinking about God's goodness, he was so filled with praise he felt unable to express himself. He called upon the angels and all the other created beings on earth to help him tell God how wonderful He is.

How can remembering that God is good help you in life? Sometimes God allows certain things to happen to you in life and you won't understand why.

Can you think of troublesome things that can happen to kids your age? (Parents get a divorce, parents lose their job, a friend dies, etc.)

When you are in a situation like this, why might it be hard for you to trust in God's goodness? You may think God is punishing you for doing something bad. That is NOT God's character! He loves you with an everlasting love. Why do you think He allows hard things to come into our lives? He wants to strengthen our faith in His goodness! He wants us to remember that His plans are always good, that He loves and cares for us and that He promises to help us and protect us.

If you remember that God is good all the time, it will help you trust that God has a good plan and purpose for everything that He allows into your life, even the bad stuff.

When David remembered God's goodness, he couldn't help but burst into praise and thanksgiving. And that's how it should be for us, too! 1 Chronicles 16:29 says, "Give to the Lord the glory he deserves!"

One way you worship God is to **praise Him**. Tell Him how much you appreciate His greatness and beauty and all that He does for you.

Another way to worship God is to **give Him thanks** for the things He has given you.

When you study God's Word, the Bible, you begin to learn how wonderful God really is. Only as you get to know God, will you be able to worship Him the way He deserves to be worshiped. Only then will you find the special joy God gives to those who know Him well.

We all need to take time regularly to worship God as David did. Look at all reasons we can praise Him. [Teacher, point to your list on the board.]

How awful it is to ignore Someone who has been so very kind and loving to you. Have you been ignoring His goodness to you? This week, set aside a time to get alone with God. Perhaps you can take a walk. Use your time alone to remember as much as you can of all you have learned about God. Think about what God has done for you and what He is like. Then think about how you can best worship Him. Talk to Him and tell Him how wonderful He is and how much you appreciate all He has done.

Let's pray one- or two-sentence praises to God in appreciation for who He is.

Closing Prayer

[Teacher, have the children say prayers of praise to God specifically for these attributes taught in this lesson.]

Father, You are so good to us! You are a loving, forgiving, compassionate God who has good plans for our lives. May we want to give You our whole life: our hearts, our minds, our lips. We want our lives to bring Your name all the glory that You deserve. In Jesus' name, we pray. Amen.

Learning Activities

Craft Corner

God Appreciation

Make a list of the things you appreciate about God. [Teacher, suggest a few uncommon things that the children can be thankful for such as the fillings in their teeth, backyards to play in.]

Now as an act of worship to Him, choose some way to express your love for God's goodness.

- Write a praise song or a poem about His greatness.
- Draw a picture of what He's done for you or that shows His marvelous creation.
- Make a *Thank You* card and write a love note to Him in it telling God how much you appreciate His greatness and beauty or thanking Him for the things He has given you and all that He does for you.

Then, you can share your song, poem or picture with the rest of the class.

Game Center

Use the following review questions in a time of discussion or a game of your choice:

1. What do you think it means to worship God with "all that I am" and "with my whole heart?"
2. How do you think you can use these different parts of your body to praise God?
 - **Mind** (You can use your mind to think about God and His word.)
 - **Mouth** (You can use your mouth to praise Him by telling Him and others how wonderful He is.
 - **Eyes** (You can use your eyes to notice what He has made.)
 - **Ears** (You can use your ears to hear the beautiful sounds of His creation and to listen to others as they praise Him.)
 - **Heart** (You can use your heart to love Him for who He is and all that He has done.)
 - **Hands** (You can use your hands to play songs of praise on a musical instrument, write poems about His greatness, or draw pictures of what He's done for you.)
 - **Feet** (You can use your feet to take you places where you can praise Him publicly.)
3. What are some wonderful things that God has done in your life that you praise Him for?
4. Where are some places you could praise God to others? (Sunday school, family dinner table, school, etc.)
5. Have you been ignoring His goodness to you?
6. What are some good reasons to praise God?
7. What are some ways God shows His goodness? (He helps us know what to do and gives us wisdom when we ask for it.)

8. What is a way you can show you are thankful for the good things God does? (Say, "Thank You" to Him.)
9. When someone is having a hard time or is in a difficult situation, how might they feel about God? (They may feel that God doesn't love them anymore and that nothing good will ever happen to them again.)
10. When are some times we need to trust in God's goodness?

