

Beginning Our Day in Prayer

Psalm 5

MEMORY VERSE

PSALM 5:3

“My voice You shall hear in the morning, O LORD; in the morning I will direct it to You, and I will look up.”

WE WILL PROVIDE:

A plastic baseball bat.

CRAFT for 1st/2nd graders:

Prayer Booklet

STARTER ACTIVITY:

Prayer is important, and prayer in the morning is especially important! This game will help to show the children what happens when we do not pray. Our day can be kind of confusing. You will need a plastic baseball bat.

Have all of the children join together at one side of the room. Lay the plastic baseball bat on the floor about ten feet from your group of children. Tell them that they will run to the baseball bat, one at a time. When they get to the bat, they are to lift the handle so the bat is resting on the floor vertically with the handle up.

Then have them place their forehead on the bat. Without lifting the bat from the floor, run around the bat ten times and then dash back to the group. Continue until all children have had a chance to run in this fun relay. The children will feel dizzy from going in a circle 10 times. Introduce your lesson by sharing with them that this is what it is like when we do not start our day with prayer. We tend to run around in circles without direction. **God wants us to pray to Him every day.**

LESSON TIME!

What a privilege it is for us to be able to go to the Lord in prayer at any time. God loves us and wants to hear from us! A good prayer life is one of the best habits we can develop.

David had such a good habit. In Psalm 5, David directs his prayer to God in the morning. God wants us to pray to Him every day.

PSALM 5:1-3

Give ear to my words, O LORD, consider my meditation.

Give heed to the voice of my cry, my King and my God, for to You I will pray.

My voice You shall hear in the morning, O LORD; in the morning I will direct it to You, and I will look up.

David directed his prayer to God in the morning. As we study the psalms, we realize that worshipping God in the morning was part of David's lifestyle (see Psalm 59:16, Psalm 88:13, and Psalm 143:8). Note also: God gave Moses a set of rules for worshipping Him when the Israelites left Egypt. One rule was to keep a morning sacrifice. It is a good thing to "look up" as David did in the morning, before we face all the issues, circumstances, and distractions of the day.

David directed his prayer to God. God loves to hear from us. We were created to fellowship with God; thus, prayer brings God great pleasure. Prayer develops a deep bond between the Father and His needy children. God uses the communication of prayer as the means by which He accomplishes His work in our lives and the world.

Will prayer change things? Yes! 1 John 5:14 states "This is the confidence we have in approaching God: that if we ask anything according to His will, He hears us." God desires that we bring all our concerns to Him and find His provision, strength, and peace. Philippians 4:6,7 states: "Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus." God has promised to direct us and give us wisdom as we pray. Proverbs 3:5,6 states, "Trust in the Lord with all your heart, and lean not on your own understanding; in all your ways acknowledge Him, and He shall direct your paths." James 1:5 states, "If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him."

We need His help to get through each day. If we try to do everything on our own or in our strength, we might just mess everything up. We need to acknowledge the Lord in everything we do and that begins with starting our day off asking for His help and blessing. [God wants us to pray to Him every day.](#)

Certainly, David knew his need to pray—to seek God for the wisdom to be a good leader to His people, to receive the power of God, and to enjoy the presence of God each day. [God wants us to pray to Him every day.](#)

PSALM 5:4-10

For You are not a God who takes pleasure in wickedness, nor shall evil dwell with You.

The boastful shall not stand in Your sight; you hate all workers of iniquity.

You shall destroy those who speak falsehood; the LORD abhors the bloodthirsty and deceitful man.

But as for me, I will come into Your house in the multitude of Your mercy; in fear of You I will worship toward Your holy temple.

Lead me, O LORD, in Your righteousness because of my enemies; make Your way straight before my face.

For there is no faithfulness in their mouth; their inward part is destruction; their throat is an open tomb; they flatter with their tongue.

Pronounce them guilty, O God! Let them fall by their own counsels;

cast them out in the multitude of their transgressions, for they have rebelled against You.

David compares his situation with those who are wicked--the workers of iniquity. God has no pleasure in wickedness—they will not dwell with Him. In contrast, David fears (reverences, respects) God; he will come into God’s house in the multitude of His mercy.

David defines some characteristics of the wicked—those that are boastful (proud), deceitful (lying to themselves and others), and bloodthirsty (quick to destroy others). God is set against those that practice such things.

Though wickedness flourishes around him, David prays that God will lead him in righteousness (a right relationship with God) and that God will make his path straight—in line with all that brings God pleasure.

Do you have enemies in your life? Probably not in the same way David did; perhaps you think your enemy is someone at school who teases you. As a Christian attempting to live our life devoted to God, our enemies could also be things like TV or Video games—really anything that distracts or pushes us away from a close relationship with God. Like David in the midst of his enemies, let us bring ourselves to the Lord, praying nothing will hinder our pursuit of a righteousness—a right relationship with God.

PSALM 5:11-12

But let all those rejoice who put their trust in You; let them ever shout for joy, because You defend them; let those also who love Your name be joyful in You.

For You, O LORD, will bless the righteous; with favor You will surround him as with a shield.

David praises the Lord for His care over those who fear His name. He uses the word “shield,” as a warrior would, to understand the protection that God provides. Did you know these shields were almost as tall as a man was? How protected David must feel. How protected we should feel! Those of us who love the Lord and have our trust in Him are surrounded as with a shield. May we rejoice and “shout for joy” as David did.

Let us remember to direct our prayers to God—“to look up” in the morning and continue to seek Him through the day. We will dwell with Him, be led by Him, be shielded by Him, and experience a life lived in His favor.

Prayer Booklet for 1st/2nd graders

You will need one piece of white construction paper and two sheets of regular copy paper for each child, pencils, and markers.

Fold a piece of white construction paper crosswise in half. Place left hand with wrist near fold and trace their hand or allow them to. Do the same with the right hand. This makes praying hands when the book is closed. The children can write “My Prayer Booklet” on the front cover and decorate.

Fold 1 – 2 pieces of regular copy paper the same shape as the cover. These will be the inside pages of the booklet. Print “My Morning Prayers” on the first page of the book. Staple to cover at fold. Encourage the children to write down their prayers each morning. Optional: They can write the following prayer on their inside front cover as a reminder.

MORNING PRAYER

I thank Thee, Lord, for morning light.
I thank Thee for the world so bright. May everything
I do today
Be pleasing to Thee, Lord, I pray.

PRAYER

Lead the children in a prayer to commit to a life of prayer, in the morning and throughout the day. If there are any children who have not yet responded to the Gospel, give them opportunity.

Small Group Time for 3rd-5th graders

Considering sharing with your kids some of the prayer habits that you have established either as an adult or as a kid. If you are not in a habit of prayer, then you won’t be able to inspire the kids to be either! If that is the case, then be honest about that and consider challenging the kids to join you in establishing good habits! Ask the kids to share some of their prayer habits, either individually or as a family.