

Psalm 103

God: Give HIM Your All

Scripture: Psalm 103

Memory Verse: Psalm 103:1 *“Bless the LORD, O my soul; And all that is within me, bless His holy name!”*

Lesson Focus: This Psalm of David begins and ends with David expressing his utmost desire to give God His all. As we walk through this Psalm with the kids, we will constantly ask WHY: *“WHY should we give God our all?”* This Psalm gives us several answers and we will finish by challenging the kids to follow David’s example.

Activities and Crafts: Coloring Picture of Memory Verse, Word Search of different terms from lesson, Bring it Home Discussion for 3rd – 5th.
Craft for 1st and 2nd: “Don’t Give Up” Connect the Dots

Starter Activity: Giving Up or Giving All

In this activity we want to contrast “giving up” with “giving all” (i.e. persevering). Consider miming a few examples of activities that kids are familiar with. First have them guess what it is you are miming and then have them tell you whether you “gave up” or you “gave all”. A few ideas:

- 1) Tying your shoes
- 2) Doing math problems
- 3) Running a race
- 4) Reading your Bible

Really “ham it up” to make it fun. For example, if you want to demonstrate “giving up” on tying your shoes, pretend to get really frustrated and throw the shoe across the room!

Afterwards, have some discussion to transition into the lesson:

Q: Why do you sometimes feel like “giving up”?

A: Maybe it seems like what you are doing is too hard.

But maybe you give up because you are not convinced that what you are “giving your all” to is actually worth it! (i.e. You might think, “Do I really need to learn how to tie my shoes?”)

In our Psalm today, we are going to read about David who desires to “give his all” to God. As we read this Psalm, we will continually ask “why”. Why should we give our all to God and “keep on” as Christians? Let’s take a look!

Bible Study:

This Psalm is introduced to us as another “Psalm of David”.

Q: Who was David? What was he known for?

A: He defeated Goliath and became the most famous king of Israel. And as we have seen in previous Psalms, he might have been a tough guy on the outside, but he was a softy on the inside before God.

Psalm 103:1-2: David starts this Psalm out by reminding himself to **give God his all** and not to forget Him and what He has done. *

Q: What does it mean to forget? What are some things that you might forget?

A: Clean your room, do your chores, read your Bible. We need to be reminded!

So what is David reminding himself of? God’s blessings! Read on!

Psalm 103:3-6: Wow, this quite a list of blessings from God.

It is God who has forgiven him his sins. It is God who has healed his sicknesses. It is God who has rescued him from death.

Boys and Girls: David recognizes God as the great and kind King over all Who has given him all of these good things. We also need to be REMINDED that it is the same God who has given us many of the same good things. For we can so easily forget God and think whatever good things we have are because of our own goodness. *

Q: So WHY should we give God our all? **A1: Because He is a giving God!** *

Psalm 103:7-9: This is a brief history lesson on the people of Israel. God chose the people of Israel, rescued them from Egypt and showed them His ways and love, but they grieved and angered God by constantly forgetting Him and chasing after false gods.

Last week we talked about how the people of Israel suffered from spiritual amnesia. This really is the story of most of the Old Testament!

Q: What is amnesia? A: Forgetting who you are. The people of Israel kept forgetting they were God’s people and what He had done for them! But notice in v. 8-9 it talks about God being slow to anger and abounding in mercy! In fact, read on to see more of this.

Psalm 103:10: Teachers: Consider having the kids read this verse out loud with you.

Q: How did God deal with them? They kept forgetting Him and chasing after sin. How did God respond? A: MERCY: Not getting what they deserved!

Psalm 103:11-12: These are some of the most amazing verses in all of the OT!

Teachers: Consider having the kids read v. 12 out loud with you and illustrate to the kids that east and west are INFINITELY apart. Bring a globe with you and demonstrate that if you go north, eventually you will reach the North Pole and begin going south. It is a long way to the North Pole, but it is not infinite. But if you go east, you will NEVER reach the west! In the same way, God's love is INFINITE towards us.

Boys and Girls: This is what Jesus Christ came to do: wipe away ALL of our sins! This is God's GRACE: Getting what we don't deserve, forgiveness! On the cross, Jesus took the punishment we deserve! God offers this to all people through faith in His Son, Jesus! *

Q: So WHY should we give God our all? **A2: Because He gave us His all!** Jesus Christ, God Himself, came down and died on the cross to take our punishment!

Psalm 103:13-16: When we forget God, we also forget who we are and start to think that we are "such a much". David here reminds himself and us that we are like grass. We grow for a little while and then the winds of time come and we die. *

Psalm 103:17: And yet what is amazing is that though we are infinitely small compared to God, God has infinitely great love, from everlasting to everlasting, for those who turn to Him in faith! *

Psalm 103:18: Those who turn to God in faith are those who respond to God's infinite love for them and obey His commandments!

Boys and Girls: Jesus Himself told us what the greatest commandment is.

Q: What is it? A: LOVE!

Matthew 22:37 says that we are to LOVE God, with ALL of our heart, soul, and mind.

Q: So WHY should we give God our all? **A3: Because Jesus told us to!**

Psalm 103:19: Remember that David was the most famous King of Israel.

Q: What do you think it would be like to be king (or queen)? Do you think it would be easy to get bossy and proud having people think you are "such a much"? I do! Here David wisely reminds himself who is the real boss. Who is the true King over all? God! Like David, we need to remind ourselves of this truth every day!

Psalm 103:20-22: These last few verses bring us right back to where the Psalm began.

Q: When you go on an amusement ride like a roller coaster or a ferris wheel, where do you end up? A: Right where you started! *

Boys and Girls: David took us on a beautiful ride reminding us WHY we should give God our all. Now the ride is over and we are back to where we started. (**Teachers:** Consider having the kids read v. 1 again with you, out loud)

Key Point: Like David, do YOU want to give God your all?

On this Psalm 103 ride, we have seen three reasons why we should give God our all.

- 1) Because God is a giving God and has given us many good things.
- 2) Because God has given us His ALL in Jesus Christ Who came Himself to make it possible for us to be saved.
- 3) Because Jesus told us this is what He wants us to do. He says in **John 14:15** that *“if you love me, you will keep my commands”*.

This last reason is so important. Jesus wants us to show everyone that we indeed belong to Him by loving Him and loving others. What does this look like? Here are two simple habits that you can try every day:

- 1) Daily praying and reading your Bible to grow in your love for God
- 2) Treating others the same way you want them to treat you

But let me give you one more reason to give God your all: **God will NOT give up on you!** Once you are His through faith in Jesus Christ, you are His child forever and He will HELP you keep His commands by the power of the Holy Spirit. *

There is a song that we often sing at church that goes like this:

“Your love never fails, it never gives up, never runs out on me.”

This is exactly what we read about today. Because God’s lovingkindness is from everlasting to everlasting to those who fear Him (v. 17), it will NEVER run out!

Teachers: Consider finishing your lesson singing this song with the kids).

Bring It Home

Lesson Theme: God: Give HIM Your All

Scripture: Psalm 103

Memory Verse: Psalm 103:1 *“Bless the LORD, O my soul; And all that is within me, bless His holy name!”*

Teachers/Parents: We introduced our lesson by contrasting “giving up” with “giving all”. Think of some experiences where you had “given up” and also some experiences where you had “given all” and share them with each other. Why did you decide to “give up” in certain cases and “give all” in those other cases?

Discussion Questions:

- 1) Read **Psalm 103:1-2**. David is speaking directly into his own heart and soul in this Psalm. Notice how David is doing the hard prayer work of filling his heart and soul with Truth. What is he challenging himself to do in v. 2 and why is this important?
- 2) In class we talked about how much of the Old Testament is about a people suffering from spiritual amnesia. They are always forgetting God and what He has done while God is always remembering them. Read **Judges 3:7, Psalm 106:21, and Hosea 13:4-6** for a few examples. What are some things that you can do to help you remember God and what He has done for you?
- 3) Read **Psalm 103:3-5**. David is reminding himself of many of the good things that God has given him. Perhaps the first step in giving God your all is stopping to consider what God has given you with an attitude of gratitude. What are some things that you can really, really thank God for?
- 4) Read **Psalm 103:10-12**. These are some of the most amazing verses of the Old Testament. In class we talked about how the amazing truths of these verses were made possible only by Jesus Christ coming Himself and taking our punishment on the cross. In other words, God gave us **HIS** all! Do these verses stir your heart to want to give God your all? Why or why not?
- 5) In **Psalm 103:17**, it is repeated how God’s lovingkindness is from everlasting to everlasting. But in **Psalm 103:18**, how does God expect His people to respond?
- 6) Read **Matthew 22:36-38**. Jesus Himself told us that the greatest commandment of all is that we give God our all (our heart, soul, and mind)! This echoes the cry of David’s heart in v. 1. What are some practical ways that you can give God your all this week?