

Psalm 90

God: The ‘Awesomest’

Scripture: Psalm 90

Memory Verse: Psalm 90:2b *“Even from everlasting to everlasting, You are God!”*

Lesson Focus: This Psalm attributed to Moses teaches us some of the most amazing truths about God. One cannot read this Psalm and not come away in awe and wonder at Who God is. We will teach the kids what the word awesome used to mean and using this Psalm explain why that word should be reserved for God alone, the “awesomest”!

Activities and Crafts: Coloring Picture of a Shepherd, Word Search of different terms from lesson, Bring it Home Discussion for 3rd – 5th.
Craft/Activity for All Grades: New Years Resolution

Starter Activity: Is EVERYTHING Awesome?

The word “awesome” is a word that the kids are very familiar with for it has become a very common way of expressing something that is good or cool.

Teachers: Consider putting the word “awesome” on the board, maybe by playing hangman. But once you have it there, ask the kids what this word means to them or have them list examples of things that they think are “awesome”. *

Q: How many of you watched the first Lego movie? What was the famous song that was popular from that movie? A: *Everything Is Awesome!* (**Teachers:** Consider sharing an audio clip with the kids: <https://www.youtube.com/watch?v=AkLM7CJEeBg>).
Some of the things that the song said were awesome: dogs with fleas, allergies, rocks, clocks, and socks? Really?

While this movie was definitely fun and this song was really catchy and funny *, I think we need to ask the question, “Is **EVERYTHING** awesome?” Really?

The word “awesome” comes from the word “awe”.

Q: What does it mean to be in “awe” of something? A: It means having that feeling of respect and amazement with some fear and wonder mixed in!

The word “awesome” used to be reserved **ONLY** for things that gave you that feeling of amazement and wonder.

Q: Who do you think the Bible would have us reserve the word “awesome” for?

A: God! We will see some of God’s “awesomeness” in our Psalm today. Let’s take a look!

Bible Study:

This Psalm is introduced to us as a “prayer of Moses”.

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

A: He is most famous for leading God’s people Israel out of slavery from Egypt.

Teachers: Consider having the kids do a skit showing the final escape from Egypt. See the skit at the back of the lesson or summarize the story yourself. Afterwards read **Exodus 14:31** which characterizes the people’s response to what happened.

Q: How did the people respond to what God did? A: With fear and wonder! AWESOME! (**Teachers:** Consider having the kids proclaim along with you, “AWESOME”, as you progress through the lesson! See the various places it is added in below.)

I am sure Moses had memories of this fresh on his mind as he wrote Psalm 90!

Psalm 90:1-2: The God with the power to split the Red Sea is the same God who created all things with just a word! These verses agree with **Genesis 1**, the very first chapter of the Bible, which describes how God simply spoke and brought the whole universe into being out of nothing! AWESOME!

Q: v. 2 says that from everlasting to everlasting, God has been there. What does “everlasting” mean?

A: It means forever. From forever back to forever forward, God has ALWAYS been there! AWESOME!

Some people ask the question, where did God come from or who created God? The answer is NO ONE! God told us in the Bible that He is the great I AM! *

Psalm 90:3-4: Wow! A thousand years to God is like just a moment to us!

Teachers: Consider drawing on the white board something like the example picture shown at the end of the lesson. Ask the kids for some important dates, maybe even one of their birthdays to add to the timeline. Use this chart to show how God is outside of time and “sees” it all.

Do you know that you are all part of God’s grand design? God thought of you, knew your birthday, and who you would be all before you were even born! AWESOME!

Psalm 90:5-6: God looks down upon men and he sees our lives. Compared to God we are just like grass that grows and thrives for a little while but then withers and dies.

Q: What do you think God sees as He looks at the world and the mess man has made of it? Do you think God is happy with what He sees? (**Teachers:** Consider getting several kids to answer and get their thoughts on this) *

Psalm 90:7: The answer to the last question is that God is a holy, righteous, perfect God and He sees people that have turned their backs on Him in rebellion! And it both saddens Him and angers Him!

Q: Do you know what the people of Israel did shortly after He rescued them from Pharaoh's army?

A: They turned to false gods! They turned their back on God. Even after all that He did for them! And God punished them which is probably what Moses refers to here.

Psalm 90:8: This tells us something else very amazing about God. He KNOWS all things.

Q: Who has an Alexa in their home? They are pretty smart, but do they know everything about everything? NO! God does! AWESOME!

But that means He also knows everything about YOU. As it says in v. 8, this means He knows even your secret sins. * Are you doing bad things in secret thinking that no one knows? God does!

Psalm 90:9-11: These verses don't describe a pretty picture. Sin destroys! It destroys ourselves and those around us. God brought punishment upon Israel to teach them to turn from the sin that was destroying them and turn back to Him, the source of all goodness.

Psalm 90:12: And we begin to see this turning back to God here. Moses cries out to God: "Teach us! You, the AWESOME God Who knows all things: Teach us!"

Q: What does it mean to be taught by a teacher?

A: It means that you are ready to listen and learn. It also means that you are humbly admitting that you need the teacher's instruction! *

Proverbs 1:7 says that the "*fear of the Lord is the beginning of knowledge, but fools hate wisdom and instruction.*" If we want to be wise, we will recognize how AWESOME and good God is and cry out to Him with Moses: Teach me! That is both the beginning of the Christian life and the daily cry of the Christian! *

Psalm 90:13-14: When we turn from our sin and turn to God in faith, something changes inside of us. We are restored in relationship to God and we can expect His favor and grace to rest on us!

When you get punished by your Mom or Dad for doing something wrong there is anger and tension between you at first. But when you turn back to them with a genuine, "I'm sorry", they snuggle in with you and your relationship is restored!

Psalm 90:15-17: This Psalm closes with a beautiful prayer to the AWESOME God asking for His blessing. Notice in v. 17 the cry for the beauty or the "grace" of the Lord God to be upon them.

Key Point: That prayer was ultimately answered hundreds of years later when a certain someone entered the world in a manger.

Q: Who was that? Jesus! Immanuel: God with us!

The same AWESOME God who is:

- POWERFUL enough to split the Red Sea and create all things from nothing
- ETERNAL and always existing from everlasting to everlasting
- ALL-KNOWING, even knowing our worst and secret sins
- HOLY and perfect and fully just to punish us forever for our sin in hell

Is the same God who came down into this mess we created, lived among us as one of us, and went to the cross to die that we might be restored and forgiven through faith in Him! AWESOME! Such amazing love!

If you are worried about the wrath and punishment of God we read about in this Psalm, Jesus Christ came so that you do not need to worry anymore. God will punish because He is holy and just. But He also loves to save and forgive! When you believe and trust in Him, all of your sins, past, present, and future, are forgiven! That is why Jesus came!

Boys and Girls: Next time you hear the word awesome ask yourself, “Wait a minute. Is that REALLY awesome?” Remember WHO ALONE is worthy of your awe and wonder.

God is the AWESOME-EST! * Live for Him this week!

Bring It Home

Lesson Theme: God: The 'Awesomest'

Scripture: Psalm 90

Memory Verse: Psalm 90:2b *"Even from everlasting to everlasting, You are God!"*

Teachers/Parents: We got our lesson started by discussing how ordinary the word "awesome" has become in our culture. This is made very clear in the Lego movie that came out a few years ago with a song, *"Everything is awesome"*. But is that really true? The word used to be reserved for things that overwhelmed you with a sense of "awe" and wonder. What do you think of when you hear the word, awesome?

Discussion Questions:

- 1) Before we jumped into Psalm 90 we got some background on Moses, the human author. Read **Exodus 14:28-31** which is the conclusion to God's great rescue of Israel from Egypt. Notice how the people responded in v. 31. Imagine being there yourself. How would you have responded? Anything AWESOME about this?
- 2) Read **Psalm 90:2**. What do we learn about God in this verse? What do we learn about God in this verse that is AWESOME?
- 3) Read **Psalm 90:7** first. This might sound harsh, but it was not long after God rescued Israel from Egypt that they turned their backs on him. Read **Hosea 13:4-6**. What did Israel do that earned them God's anger and AWESOME justice?
- 4) Read **Psalm 90:8**. What kind of sins does it say that God sees and knows? Are there any such sins in your life that need to come out right now and be confessed? Read **Proverbs 28:13**. What does this say about the person who confesses and turns from his sin?
- 5) Read **Psalm 90:12**. This verse of the Psalm through the end is the cry of the broken and contrite heart. But notice it begins by asking the Lord to teach them. This is to be the daily cry of the Christian before his AWESOME God! Where are we to go to be taught by the Lord? Is that the cry of your heart?
- 6) Throughout our lesson we referred back to the word AWESOME to describe God. But the same word should also apply to Jesus Christ, the Son of God. Have a look at some of these verses: **Matthew 1:23, John 8:58, John 10:11, Hebrews 1:1-3, Hebrews 13:8, Revelation 1:17, Revelation 22:13**. As our lesson theme states, which do you think is the 'awesomest'?
- 7) This week: How can you show others that God is indeed the 'AWESOMEST'?

God Empowers Moses to Free Israel Skit (Exodus 14)

Characters: Moses (adult recommended), a few kids to be Pharoah's army, a few kids to be Israel, and a few kids to be the Red Sea

Start out by having 6-10 kids lie on the floor in a line on their bellies facing alternate directions. They will be the "Red Sea" and when God "splits" the Red Sea they will stand up facing each other shoulder to shoulder on each side with enough room for the other kids to pass thru.

Moses and the Israelites will be standing on the "shore" with Pharoah's army some distance away "coming after" them.

Army: Look! There they are! We got 'em this time! **Mwahaha!**

Israel (to Moses): Pharoah's arm is coming! We are trapped! What are we going to do? I want my Mommy!

Moses: Do not be afraid! Stand still and see the salvation of the Lord!

Moses then stretches his hand over the sea and the kids stand up!

Moses: Trust in the AWESOME power of the Lord! Now follow me!

Israel: WHOA! AWESOME!

Once Israel and Moses are through then the army follows.

Army: We are almost through. Let's get 'em! **Mwahaha!**

Moses: Umm.....I don't think so!

Moses then stretches his hand out again and the "Red Sea kids" collapse on Pharoah's army!

Israel: Now THAT was AWESOME!

