

# Psalm 95

## God: Brag about HIM!

**Scripture:** Psalm 95

**Memory Verse:** Psalm 95:6 *“Oh come, let us worship and bow down; Let us kneel before the Lord our Maker.”*

**Lesson Focus:** This Psalm is an invitation to come before God in genuine praise and worship. As we unpack this Psalm we will focus on the heart, contrasting just doing the motions of worship from a hard heart vs. having your worship be a true expression of a soft heart where God reigns and lives. We will even show how the Bible encourages us to brag as long as you are bragging about God and not yourself!

**Activities and Crafts:** Coloring Picture of Singing Kids, Word Search of different terms from lesson, (NO Bring it Home).

Craft for 1<sup>st</sup> & 2<sup>nd</sup>: God is #1 Finger

**Starter Activity:** One-up Game

We will get our lesson started by playing “one-up”. This game starts by throwing out a simple starter statement and then having the kids respond by out-doing each other. One example would be to throw out a starter like “I have one pet” and asking the kids if they can “one-up” you. Does anyone have two, three, four, five? A few more examples are below and feel free to bring your own:

- 1) How many times have you moved cities?
- 2) How old is your oldest living relative?
- 3) How many brothers/sisters do you have?
- 4) How many Star Wars movies have you seen?

**Teachers:** Play a few rounds and make it fun! The point of this is to get kids bragging/boasting just a LITTLE bit so be sure to select softer topics like these above that are less likely to make kids feel bad if they get “one-up’d”. (It’s probably not a big deal to get one-up’d on the age of grandma vs getting one-up’d on the number of pretty outfits or video games that you!). Then use questions below to connect this game to our study.

Q: When we play games like this, what is it that we end up doing? A: BRAGGING!

Q: And who are we bragging about? A: OURSELVES! \*

Q: It is really easy to BRAG about OURSELVES. Why do you think that is? \*

We all know that it is no fun to be around people who are bragging about themselves all day long. But today you are going to see that bragging itself isn’t the problem, but WHO we are bragging about!

## Bible Study:

**Psalm 95:1:** This Psalm begins with an invitation.

Q: What is an invitation? What might you be invited to? (i.e. birthday party)

This Psalm invites us to come and gather with others to a “party” where we celebrate who God is and what He has done! \*

This is why we begin our time together every week singing to the Lord. We invite all of you to come before the Lord in faith and SHOUT out to Him that He is great!

**Psalm 95:2:** So we’ve been invited and now we see how we are to join the party.

Q: What should be our **attitude** as we enter into this celebration?

A: Thanksgiving! Gratitude! This talks about the condition of our hearts.

**Teachers:** Consider writing **attitude** on the board and asking the kids what this word means. Then replace the first “att” in the word with “brat”. Ask them what this means (BRATitude) and if this is what being thankful looks like. Then erase the “b” and replace with “g” (gratitude). It is from an “**attitude of gratitude**” that God would have us enter into worship of Him.

Just singing or shouting to the Lord is nothing if our hearts are not in the right place! \*

**Psalm 95:3:** Here is WHY we are to enter into worship with gratitude! God ALONE is great!

Last week in Psalm 90 we learned about how God is the “awesome-est”. We saw how He ALONE is the all-powerful, eternal, all-knowing God. Here it says that He ALONE is the King over the whole universe and that there are no other true “gods” besides Him!

Boys and Girls: This is what this book, the Bible, is all about! From beginning (**Genesis 1**) to end (**Revelation 22**), it is about God who is the KING over all of the universe! \*

**Psalm 95:4-5:** Notice what the Psalmist is doing here. He is BRAGGING!

Q: Is he bragging about himself? NO! He is bragging about God! Instead of saying “look at me and what I’ve done”, he is saying, “**look at God and what HE has done!**”

**Psalm 44:8** says, “*In God we **boast (or brag)** all day long, and praise Your name forever.*”

Q: What did this verse say they are doing “*all day long*”? A: **Bragging!** Not about themselves, but about God! \* So you see bragging itself isn’t necessarily bad, but it is WHO you are bragging about that matters!

**Psalm 95:6:** Here we have another invitation to come, bow down, and kneel before God.

Q: Why do you think kneeling is something that is good to do before God?

A: It demonstrates surrender and admits to God that He is the boss, the King! \*

**Teachers:** Consider kneeling yourself and inviting the kids to kneel with you. At the end of the lesson there is a popular bumper sticker of Calvin (from Calvin & Hobbes) kneeling before the cross. Consider showing that picture and talking a little about how kneeling, again, is nothing if it doesn't represent the posture of our hearts.

Notice also that in v. 6 it refers to God as our Maker. Some people think that people made up God. But the Bible, history, and common sense clearly teach otherwise. God made you and me and we are living in His world!

**Psalm 95:7a:** A few weeks ago we went through **Psalm 23** where David said the Lord is his shepherd. There we saw the great LOVE between God and David. Here in this verse we see believers in God, His people, described as sheep, His flock that He loves and cares for. And Jesus Himself, the Son of God, said that He is the good shepherd and came to die for the sheep! (**John 10:11**)

Boys and girls: So here is the BIG question. Do YOU see and believe in Jesus as your Maker? As your King? As your Savior and Shepherd that you love and Who loves you? I hope the answer is YES! Because the rest of this Psalm describes what happened to people who said NO!

**Psalm 95:7b-8:** These people who said NO to God "*hardened*" their hearts.

This is the heart that pushes God out! The hard heart that keeps God out is letting something else reign there instead (maybe sin, maybe pride, maybe your iPhone). \*

**Psalm 95:9:** These people who said NO to God even saw God's power on display! \*

Last week we talked about how God used Moses to rescue the people of Israel from Egypt by parting the Red Sea. Yet they still turned their backs on God!

**Psalm 95:10:** These people who said NO to God continued saying NO for 40 years!

God loved these people and He was sad that their hearts had turned "astray" from Him. All they had to do was turn from their ways, and turn back to God and His ways. \*

**Psalm 95:11:** Finally, God's patience ran out and He punished those who said NO to Him.

Q: Who knows what amnesia is? A: It is forgetting who you are! These people had a case of spiritual amnesia. They forgot what God had done and that God loved them! They forgot how great God was as we read earlier in this Psalm.

**Key Point:** I hope all of you want to say YES to God! By doing that, you are believing in Him, but also surrendering to Him as King and Lord and this all begins with the heart.

All throughout this lesson we have been talking about our hearts.

When we sing, are we singing from our hearts to God or going through the motions?

When we kneel to pray, do we have a humble “attitude of gratitude” before God or are we just pretending or faking?

We introduced our lesson by talking about bragging. Whatever is really crowned King in your heart is what you will brag about. What is King of your heart? \*

**Jeremiah 9:23-24** says (slightly paraphrased), “*Thus says the Lord:*

*Let not the wise man BRAG about his wisdom,*

*Let not the mighty man BRAG about his might,*

*Let not the rich man BRAG about his riches. \**

*But let him who BRAGS do so about Me. That I am the Lord who exercises love, justice, and goodness on the earth. For I delight in these things.”*

God delights in that love, justice, goodness. And He proved that by coming Himself and dying on the cross for us.

Soften your hearts and turn to Him in faith! Open up your hearts more to Him! Let Him be the one you BRAG about this week!

