

Psalm 149-150

Hallelujah!

Scripture: Psalm 149-150

Memory Verse: Psalm 150:6 *“Let everything that has breath praise the Lord. Hallelujah!”*

Lesson Focus: These last two Psalms of the Bible truly capture how we should respond to all that we have learned about God as we have studied through these Psalms the last few months. The right and only response is **“Hallelujah”**, or “praise the Lord”! As we wrap up our study of Psalms, we will see both how and why we should worship and praise God and challenge the kids to do so!

Activities and Crafts: “Praise the Lord” Coloring Picture, Word Search of different terms from lesson, Bring it Home Discussion for 3rd – 5th. Craft for 1st and 2nd: Trumpet Craft

Starter Activity: Is It Worship?

We will play a game with the kids to help them better understand what worship is. Sometimes even adults can be confused with worship thinking it is ONLY singing to God in a church building. While that is an important part, worship is ANYTHING we do to show God we love Him!

For this game, you will describe several activities and have the kids either stand up if they think it is worship or sit down if they think not. We will provide you with two signs (see the last page of the lesson) to help the kids visually. See below for a few examples (feel free to think of your own!) and be sure to explain why each is or isn't worship!

- 1) When I look at Pikes Peak, I tell God that He is a great Creator (worship)
- 2) When I eat French fries, I add ketchup (NOT worship)
- 3) I read the Bible and I ask God to help me understand and obey (worship)
- 4) Before I go to bed, I pray to God (worship)
- 5) When I bump my head, I get a headache (NOT worship)
- 6) I invited my friend to come to church (worship)
- 7) When it is time to sing songs to God, I goof off with my friends (NOT worship)
- 8) When it is time to sing songs to God, I participate! (worship)

Notice the last two were all about singing songs to God. While worship is more than just singing at church, singing/praising is a very important part! As we now look at the last two Psalms of the Bible, we are going to see just how much God loves it when we sing and praise Him. Let's take a look!

Bible Study:

Psalm 149:1a: Praise the Lord! Notice that in your Bible, there is a footnote next to this verse.

Q: What does the footnote say? A: **Hallelujah!**

This is a one of these strange words that you maybe have heard in church before, but didn't know what it meant. (**Teachers:** Consider writing this word on the board and having the kids shout it out with you as you encounter it throughout the lesson!)

This is a Hebrew word which is the language that the people of the Old Testament spoke and still speak today in the nation of Israel.

Hallelu means “*Let us praise!*” **Yah** is one of the Hebrew names for “*God or The Lord*” So together, **Hallelu-Yah** means, “*Let us praise the Lord!*” (**Teachers:** Have some fun by having one group of kids shout “**Hallelu**” and the other group shout “**Yah**”)

Psalm 149:1b: We are to sing to God a “new” song.

Why? Because through faith in Jesus Christ, we are made NEW. **2 Corinthians 5:17** says that, “*if anyone is in Christ, he is a NEW creation!*” All who come to faith in Jesus Christ (the saints) have been born-again into NEW life. True worship BEGINS here.

Psalm 149:2: Because we are saved through faith in Jesus Christ, we have A LOT to rejoice and be glad in.

Q: What does it mean to rejoice? A: Feel or show great joy and delight! The more we think about God and how great is His lovingkindness to rescue us from our sin, the more we will delight and rejoice in Him!

Psalm 149:3-4: Here is perhaps the most amazing reason why we should rejoice and delight in God: Because He delights or takes pleasure in us, His children! *

Jesus taught us to pray “***Our Father*** in heaven”. When we believe in Jesus Christ, God becomes our Father. * We are adopted into God's royal family. We can now run to our Father in heaven with absolute confidence in His love. Wow!

This idea is captured in a song that we often sing at church, “*What great love, the Father has given us, that we would be called His children.*” (taken from **1 John 3:1**)

This is the secret joy of the Christian life: That we are God's children through faith in Jesus Christ. Do you see God as your loving Father? *

Psalm 149:5: If so, then rejoice! Sing to God! Even in your bed at night when you cannot sleep, think about your heavenly Father and His love for you!

Psalm 149:6-9a: In v. 6, it describes a two-edged sword being in the hands of His people. Back when this was written, God actually called Israel to do real battle against the evil nations that were against God and His people. * But believers in Jesus Christ have a different “two-edged sword.” *

Q: Does anyone know what our two-edged sword is? A: **Hebrews 4:12** says the Word of God is like a two-edged sword which softens hearts and souls that people would be convicted of their sin and receive the gospel! *

Psalm 149:9b: God’s people today are all on mission to wield the sword of the Spirit with others, your friends, your neighbors, so that they would also join us in praising God. (**Teachers:** Have the kids chant **Hallelujah!** together as you end this Psalm)

Psalm 150:1: This is the last Psalm of the Bible now. Q: And how does it begin? *

Back in this day, the sanctuary referred to the temple where the people would gather. But when Jesus came, He taught us that we can worship God everywhere and anywhere! So it is not just when you come to church that God wants you to sing to Him! Sing to Him in the shower, or when you are doing your chores: anywhere and everywhere!

Psalm 19:1 says that the firmament, the expanse of stars above declare the glory of God! When you look up at the stars in wonder, consider how they are all there to praise God who created them all!

Psalm 150:2: This verse gives us two reasons why we should praise God:

- 1) For His mighty acts, what He has done. Q: What are some mighty things that God has done that we can praise Him for? A: #1 is **John 3:16**
- 2) For Who He is, His excellent character!

As we have been studying several of the Psalms, we have learned about God being our Teacher (Ps. 1), our Refuge (Ps. 16), our Shepherd (Ps. 23), the Awesome-est (Ps. 90), our King (Ps. 95), our Savior (Ps. 103), our treasure (Ps. 119), and our Creator (Ps. 139). As our understanding of His greatness grows, so will our worship!

Psalm 150:3-5: Here God’s people are encouraged to use musical instruments as they praise Him! (**Teachers:** Consider bringing in some of these instruments with you to class and demonstrating if you can!) *

Notice in v. 4 and also back in **Psalm 149:3** it talks about dancing. God wants us to use our whole bodies to praise Him which is why we often do motions when we sing to Him!

With all of these motions and instruments, however, we must remember that God also wants it all to be done for HIS glory. If we are just goofing off, it is about us, not Him! *

Psalm 150:6: This is the perfect final verse of the whole book of Psalms and also a peek into what heaven is going to be like. Everything and everyone in heaven is going to be praising the Lord for all He has done and for Who He is! * **Hallelujah!**

Key Point: Many times as we have read through the Psalms, we have made the point that the book of Psalms, as well as the whole Bible, is about God. It is about God who is the great KING over all of the universe! From Genesis to Revelation God is the central figure with Jesus Christ, the Son of God, being sent to rescue us and restore us to God.

When we worship and sing to God, we are proclaiming God as King and bragging about what He has done. Not “look at me and what I have done”, but “**look at God and what HE has done!**”

There is a song by [Casting Crowns called *Nobody*](#). And the chorus goes like this:

*I'm just a **nobody** trying to tell **everybody** all about **Somebody** who saved my soul.
Ever since you rescued me, You gave my heart a song to sing.
I'm living for the world to see **NOBODY** but Jesus.
I'm living for the world to see **NOBODY** but Jesus.*

This song very well summarizes what we have learned throughout the Psalms. Notice that Psalms 149 and 150 have no name (like David) attached to it. It was written by a **NOBODY** telling **EVERYBODY** about how great a **SOMEBODY** God is.

Boys and Girls: This is what we are created for. To give God glory and to enjoy Him forever as our King and loving Father forever!

If you do not know Jesus Christ as your Savior and Lord, make today the very first day of real worship and come before Him in faith.

Teachers: Consider closing the lesson by leading the kids in a song of worship or one last **Hallelujah!**

Bring It Home

Lesson Theme: Hallelujah!

Scripture: Psalm 149-150

Memory Verse: Psalm 150:6 *“Let everything that has breath praise the Lord. Hallelujah!”*

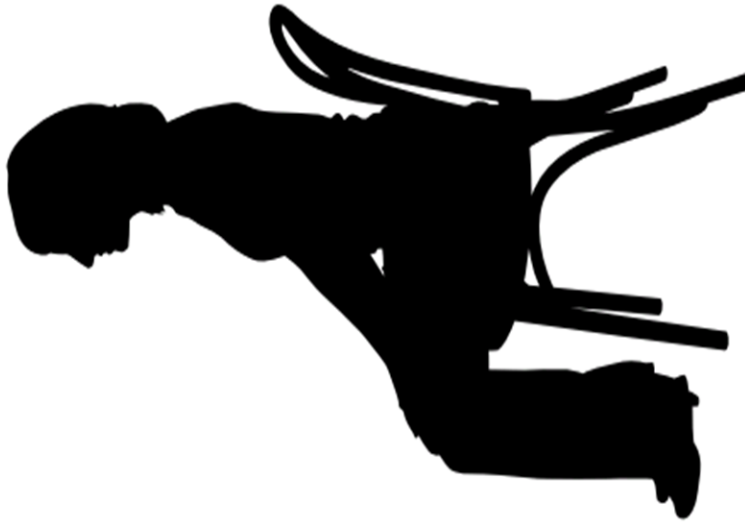
Teachers/Parents: We got our lesson going by playing a game asking kids to identify whether an activity was worship or not. A lot of them might have been surprised because it is common for us all to think worship is just singing to God at church. While singing to God is worship (as we see in these two Psalms), ANYTHING we do that shows that we love God is worship. What are some other things we do that show worship to God?

Discussion Questions:

- 1) What phrase do both Psalms 149 and 150 begin and end with? Notice that your Bibles likely have a footnote indicating what the original Hebrew word is. Have your kids find the footnote and have them tell you what the Hebrew is. Then consider shouting that word together as a family to the Lord!
- 2) Read **Psalm 149:4**. What does it say the Lord does towards His people? Think about that for a second. How does that make you feel?
- 3) In class we talked about how only through faith in Jesus Christ are we brought into the family of God and thus in this position of delight before God (**Psalm 149:4**). Do you treat God as your Father in heaven, loving, honoring, and obeying Him just as a good parent desires from the children that they delight in?
- 4) Read **Psalm 150:2**. In this verse we are given two reasons why we should praise God. What are they? Consider having each member of the family say either one thing about God’s character or one thing that God has done that you can praise Him for!
- 5) Read **Psalm 63:3-5** which shows David praising God. What are some of the actions that are described? Do you ever lift up your hands to God in worship? Why or why not?
- 6) These Psalms calling us to praise and worship are a fitting end to our study of Psalms as a church. Of all of the Psalms that we studied as a church, which were your favorites and why?
- 7) In class, we ended our lesson by discussing a Casting Crowns song called, *Nobody*. Look it up on YouTube and consider playing it and singing along to it together as a family. Or pick a different song you all know and sing it together!



WORSHIP



NOT WORSHIP