

Psalm 103

Give Jesus 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 Him our all?" David gives us several answers which perfectly complement what we have been learning about in Ephesians.

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 text today, we will look at a Psalm of David who wants 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, or song, is introduced to us as a "Psalm of David".

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

A: He defeated Goliath and became the most famous king of Israel. While he might have been a tough guy on the outside, 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 benefits or blessings! Read on!

Psalm 103:3-6: Wow, this is 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. Remember all of the blessings we've learned about in the book of Ephesians so far? We can so easily forget about 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. It's like they had a severe case of spiritual amnesia! *

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! We also can suffer from this same problem, forgetting who we are in Christ! * But notice in v. 8-9 it talks about God being slow to anger and abounding in mercy! This was true then and is still true today!

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

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

Psalm 103:11-12: Wow! This is God's amazing grace on display in the Old Testament!

Teachers: Consider bringing in 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 first gave us His all!** Jesus Christ, God Himself, came down to earth as a baby, lived the perfect life, and died on the cross to take our punishment! This is what we especially remember this time of year as we celebrate Christmas!

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: 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. But I hope that this ride woke you up from any lingering spiritual amnesia! (**Teachers:** As you wrap up consider having the kids read v. 1 again with you, out loud)

Key Point: Like David, do YOU want to give God your all? I hope so!

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*".

Let's "wake up" from our spiritual amnesia this Christmas season and remember God's AMAZING lovingkindness towards us. Let's truly bless Him with all that we are!

How? Let's pray more, let's serve others more, let's read our Bibles more.

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! *

Bring It Home

Paul, an apostle of Jesus Christ by the will of God,

To the saints who are faithful in Christ Jesus:

*Greetings! Grace to you and peace from God our Father
and the Lord Jesus Christ.*

First

Read Psalm 103:2. What is David challenging himself to do and why is this good for us to do also?

Second

Read Psalm 103:10-12 and compare them to Ephesians 2:1-10. What similarities do you see?

Parent Challenge

How far is the East from the West (see Psalm 103:12)?

By His Grace,

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