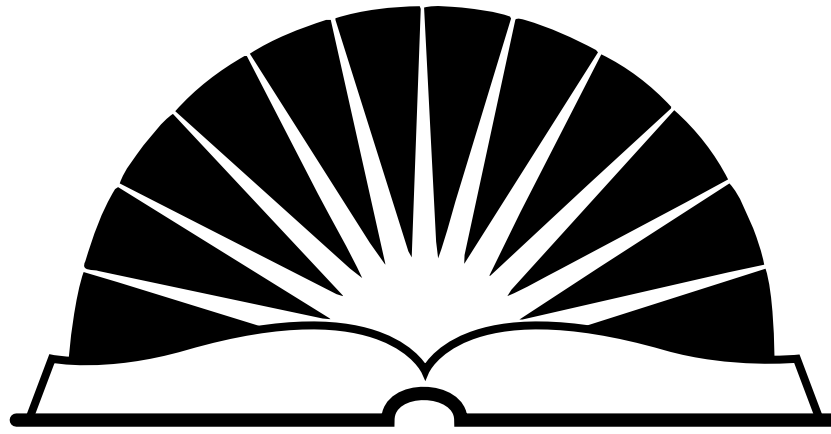


PSALEL



JOY OF LIVING
BIBLE STUDIES

PSALMS

Youth Bible Study

by Pat Kampenga

Sample
Lesson

PSALMS WEEK ONE
NO LESSON DISCUSSION

15 - 20 min. free time - games, fellowship;

15 - 20 min. snack and group recreation: CHAIN TAG

Two players are chosen to be "IT". They join hands and with their free hand try to tag the other players. The first player tagged joins hands between the two "IT". The remaining players, when tagged, join the tag line between the original two "IT". Only end players (IT) may tag. It is permissible for a player to break through or go under the joined hands of the line. When the chain has been broken, it must unite again before tagging resumes. The game ends when the last player is caught or when a time limit has been reached. The last two players tagged become "IT". Set boundary lines to restrict play to a small area.

15 - 20 min. Since there is no lesson for them to discuss, this is a good time to go over the class rules. You may wish to have them share something about themselves, i.e. brothers, sisters, where they live, what they did over the summer, etc.

to end of class CRAFT: Mod Podge Bookmark

card stock (or heavy paper) 2 colors 2" x 7"

ribbon 1" wide (optional)

craft glue

Mod Podge

plastic bag

sponge brush, 1"

small magazine pictures or stencils to design & color

sequins

glitter

felt tip markers/crayons

Cut out magazine pictures, small enough to fit on card stock, or use stencils to create own design. If using stencils, color before gluing to bookmark. Glue ribbon to back of card stock. Next, lay card stock on plastic bag. Choose design pieces and lay on bookmark so it is well-planned. Remove design pieces, remembering where each piece was, and brush a generous coat of gloss sealer (Mod Podge) on front of bookmark. This acts as glue. Now, replace design pieces where they were before. Allow a few minutes for the sealer to set. Then brush a very thick coat of sealer on the front of the bookmark, covering the design pieces completely. It will look very thick and white, but when it dries, it will be clear. It will take about 24 hours to dry. When dry, trim excess sealer from around the outside edges of the bookmark.

PSALMS - LESSON 1

Before you begin your lesson:

- a. Pray for God's Holy Spirit to help you answer the questions.
- b. Some questions may be too hard; it's ok to write "I don't know."
- c. Think about what God's Word is telling you for today.
- d. With some questions, it might be helpful to write the scripture verse on your paper.

Read Psalm 16 verses 1 - 4.

1. In verse 1 what does David ask of the Lord?
2. Using your dictionary, what is the meaning of preserve?
3. According to Psalm 32:7 what else does the Lord do for us?
4. Who does David turn to for help?
5. What kind of people does David want to hang around?
6. Who are these people according to 1 Corinthians 1:2?
7. What happens to those who don't believe in Jesus according to Psalm 16:4a?
8. What does David promise the Lord in Psalm 16:4b? [Libation is a pouring out of wine or other liquid in honor of a god.]

Read Psalm 16 verses 5 - 8.

1. *The Bible for Children, Simplified Living Bible Text* says in Psalm 16:5-6: “The Lord Himself is all I need. He is my food and drink, my highest joy! He guards all that is mine. He sees that I am given pleasant brooks and meadows! He has given me a beautiful portion!” What else does the Lord give us according to Lamentations 3:22-23?
2. Using your dictionary, what does counsel mean?
3. Who counsels David?
4. What does David say happens to him during the night?
5. **CHALLENGE:** If we are afraid at night, what do you think would be a good thing to do?
6. In Psalm 16:8 David says the Lord is always before him. What does Psalm 73:23 say about God’s closeness?

Read Psalm 16 verses 9 -11.

1. What does David say he will do because he knows the Lord is at his right hand helping him? See Psalm 16:9 for your answer.
2. The Psalms are filled with songs of praise to the Lord for all He does for His own. What do these verses say about rejoicing? Do you have them memorized? If not, why don’t you do that this week?

1 Thessalonians 5:16

Philippians 4:4

3. In Psalm 16:11, David says the Lord showed him the path of life. What do these verses say about the path of life?

Matthew 7:13-14

John 14:6

4. What is this life these verses are talking about?

PSALMS WEEK TWO

DISCUSSION LESSON 1

15 - 20 min. free time - games, fellowship

;

15 - 20 min. snack and group recreation: CHAIN TAG

Two players are chosen to be "IT". They join hands and with their free hand try to tag the other players. The first player tagged joins hands between the two "IT". The remaining players, when tagged, join the tag line between the original two "IT". Only end players (IT) may tag. It is permissible for a player to break through or go under the joined hands of the line. When the chain has been broken, it must unite again before tagging resumes. The game ends when the last player is caught or when a time limit has been reached. The last two players tagged become "IT". Set boundary lines to restrict play to a small area.

15 - 20 min. discussion LESSON 1

to end of class CRAFT: POP-UP VALENTINES (if class is close to this date. Created by Jo Marie Caccioppo) *See illustrations, page 9.

MATERIALS

paper

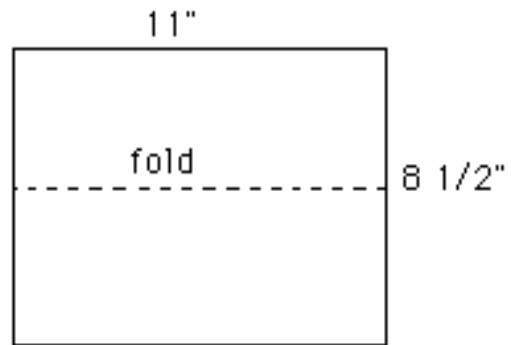
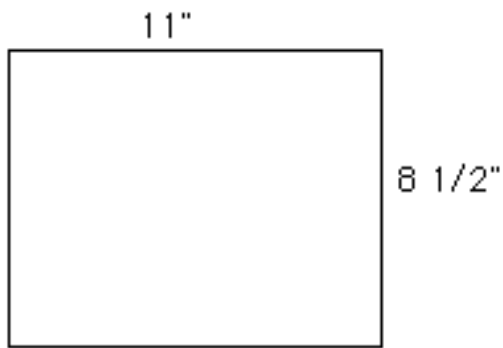
paint, paint brushes, or crayons, markers, or colored pencils

glue

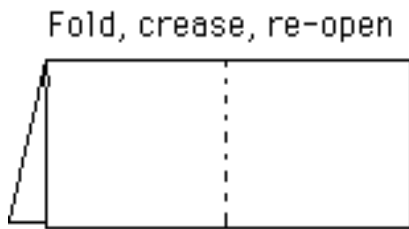
imagination

doilies, yarn, sequins, lace, or whatever you have on hand

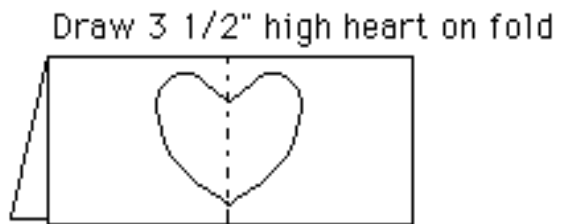
1. Fold 8 1/2 x 11 typing paper in half horizontally.
2. Fold again in half vertically.
3. Crease fold with ruler edge.
4. Reopen paper to its horizontal fold.
5. Draw a heart 3 1/2" high on vertical fold, leave 1/8" uncut on each side of heart; cut around the rest of heart; this allows for the heart to pop out when card is opened.
6. Color the heart "red" at this point with crayon, marker, colored pencils, or paint.
7. Refold card with heart folded in opposite direction of first fold.
8. Decorate outside and inside with water colors, crayons, markers, doilies, yarn, sequins, etc.; you may wish to add a special message on the front and inside.



Step #1



Steps 2-4



Step #5 A

Cut around heart



Leave 1/8" uncut
on each side of
heart.

Step #5 B

Color heart red



Refold card
with heart
folded in
opposite
direction.

Steps 6-7

PSALMS - LESSON 1 - ANSWERS

Read Psalm 16 verses 1 - 4.

1. In verse 1 what does David ask of the Lord? “Preserve me, O God: for in Thee do I put my trust.” (KJV)
2. Using your dictionary, what is the meaning of preserve? “To keep from injury or harm; save.” (HOLT)
3. According to Psalm 32:7 what else does the Lord do for us? “You are my hiding place from every storm of life. You even keep me from getting into trouble. You surround me with songs of victory.”
4. Who does David turn to for help? The Lord.
5. What kind of people does David want to hang around? “I want the company of the godly people in the land. They are true nobles.”
6. Who are these people according to 1 Corinthians 1:2? [Saints, Christians, believers, all who call on the name of the Lord Jesus Christ.]
7. What happens to those who don’t believe in Jesus according to Psalm 16:4a? “Those choosing other gods shall all be filled with sorrow.”
8. What does David promise the Lord in Psalm 16:4b? [Libation is a pouring out of wine or other liquid in honor of a god.] “I will not offer the sacrifices they do. I will never even speak the names of their gods.”

Read Psalm 16 verses 5 - 8.

1. *The Bible for Children, Simplified Living Bible Text* says in Psalm 16:5-6: “The Lord Himself is all I need. He is my food and drink, my highest joy! He guards all that is mine. He sees that I am given pleasant brooks and meadows! He has given me a beautiful portion!” What else does the Lord give us according to Lamentations 3:22-23? “The Lord never stops loving us. He keeps on showing us mercy. That alone has kept us from total destruction. Great is His faithfulness. His love and kindness begin fresh each day.”
2. Using your dictionary, what does counsel mean? “Advice; instruction. (HOLT)”
3. Who counsels David? The Lord.
4. What does David say happens to him during the night? (The Lord) “gives me wisdom in the night. He tells me what to do.”
5. **CHALLENGE:** If we are afraid at night, what do you think would be a good thing to do? [Pray and ask the Lord to be with us and to protect us.]

6. In Psalm 16:8 David says the Lord is always before him. What does Psalm 73:23 say about God's closeness? "Yet I am always with you; you hold me by my right hand." (NIV)

Read Psalm 16 verses 9 -11

1. What does David say he will do because he knows the Lord is at his right hand helping him? See Psalm 16:9 for your answer. "Therefore my heart is glad and my tongue rejoices; my body also will rest secure." (NIV)
2. The Psalms are filled with songs of praise to the Lord for all He does for His own. What do these verses say about rejoicing? Do you have them memorized? If not, why don't you do that this week?

1 Thessalonians 5:16 "Rejoice always."

Philippians 4:4 "Rejoice in the Lord always; again I will say, rejoice!" (NAS)

3. In Psalm 16:11, David says the Lord showed him the path of life. What do these verses say about the path of life?

Matthew 7:13-14 "Heaven can be entered only through the narrow gate! The highway to hell is wide. Its gate is big enough for the many who choose its easy way. But the Gateway to life is small. That road is narrow. And only a few ever find it."

John 14:6 "Jesus said, 'I am the Way, the Truth, and the Life. No one can get to the Father except through Me.'"

4. What is this life these verses are talking about? [Eternity with Jesus.]