

The Book of Psalms: Singing Praises to God ~ Prayers from the Heart



Theme: Talking to God from the heart through our prayers

Definition: In almost every Bible, if you hold it closed and try to open it up exactly in the center, you will almost always find the book of Psalms. If you don't open to it, it will be close by! The book of Psalms is made up of 150 chapters, so it is one of the longest books in the Bible.

The name "Psalms" means "song or praise", but not everything in the book is praise. In fact the book shows lots of different ways that we talk to God.

There are 5 main categories:

1. **Thankfulness** – where we thank God for what he has done and given us
2. **Praise** – we praise for who God is (awesome, creator, loving, etc.)
3. **Lament** – we tell God our sadness
4. **Wisdom** – teaching and wise advice
5. **Royal** – God does his work through an earthly king (points to Jesus)

The Psalms show all the different ways we talk to God when we need His help, or share our difficulties, or just want to say "Thank you."

Verse: "Make a joyful noise to the Lord, all the earth. Worship the Lord with gladness; come into his presence with singing. Know that the Lord is God. It is he that made us, and we are his; we are his people, and the sheep of his pasture. Enter his gates with thanksgiving, and his courts with praise. Give thanks to him, bless his name. For the Lord is good; his steadfast love endures forever, and his faithfulness to all generations." Psalm 100

We have a lot to be thankful for, don't we? What are some of the things you are thankful for? (*give the children some time to name some things*) Who should we thank for all that we have? That's right, we should give thanks to God. The Bible tells us that every good and perfect gift comes from God. When someone gives you a gift, you say, "Thank you." When do you think we should say, "Thank you" to God? Should we have one day each year that we give thanks? Should we have one day each week that we give thanks? I think EVERY DAY we should be thankful. Don't you agree?

Our Bible lesson today says: "Make a joyful noise to the Lord, all the earth. Worship the Lord with gladness; come into his presence with singing. Know that the Lord is God. It is he that made us, and we are his; we are his people, and the sheep of his pasture. Enter his gates with thanksgiving, and his courts with praise. Give thanks to him, bless his name. For the Lord is good; his steadfast love endures forever, and his faithfulness to all generations."

Let's stop right now and give thanks and praise God for all he has done for us.

Prayer: Heavenly Father, we thank you for all of the good gifts you give to us. Most of all, we thank you for your love and for the gift of your son, Jesus Christ. Amen