

**PRAISING
GOD
IN THE
PSALMS**

Belmont Kids Family Bible Journal

Being Who God Created Me to Be:

Praising God Through the Psalms

The purpose of this Belmont Kids Family Journal is to give families a resource to use at home to regularly read the Bible, have conversation, and pray together.

Each week there are fun, short videos which correspond to this journal to get your family started for the week. The videos are made available each Sunday. There are kids pages and a youth journal as well that can be printed. All of this is available at our website at <https://belmontlife.org/belmont-kids/> and via email.

If you are interested in being added to our email list you can email us at rward@belmontlife.org and request to be added.

You may also use the email above to request for this journal to be printed and mailed to your family. Please include your name, address and the number of children in your family.

In the Belmont Kids Family Journal, we have included scripture memory, game and activity ideas for each week to help families continue to grow up in Jesus together. These are simply ideas, so feel free to skip them or add more to them.

Remember the goal is for you to spend time regularly reading the Bible, having conversation and praying together as a family!

SOAP

A great method that we recommend to go through the Family Bible Study Journal is the SOAP Method.

Scripture: Passages of scripture are chosen for each day, 5 days per week. Read the passage aloud with your children. Your kids can even take turns reading! Your family is also welcome to each have a notebook or sketchbook to draw, color or write as they listen to the reading as well.

Observation: Spend some time discussing what you heard going on in the passage or story you read. Take time to notice the who, what, when, where, etc.

Application: Based on what was happening in the passage or story, what lessons can you apply or what commands are there for you to follow that God has given.

Pray: Pray as a family for the Lord to help you to apply what you have read about together.

THE GOSPEL

The Gospel is the good news about Christ's birth, death on the cross, resurrection three days later, and the salvation we have from sin because of Him. Below are the most important aspects for kids to learn as they grow to trust in Christ.



God is King

- a. The Bible tells us that God is creator of everyone and everything, and that we are created in His Image. He is in charge of everything!
- b. Psalm 86: 8-10, 15; Genesis 1: 27; Genesis 1: 1; Isaiah 40:28



2. We Sin

- a. The Bible tells us that we all sin. Sin is rejecting God in the world he created by not being or doing what he requires in His law.
- b. Romans 5:12; 1 John 3:4; Romans 3:10-12, 23



3. God Made a Way Through Jesus

- a. God sent His son Jesus to live a perfect life, die on the cross for our sins and rise three days later. He saved us from the punishment we deserve because we couldn't pay for it on our own. Jesus alone saves us from sin!
- b. Isaiah 9:6; 1 Timothy 2:5, Isaiah 53:10-11; 2 Corinthians 5:21



4. We Respond to God

- a. You can receive the gift of grace through faith in Jesus alone by believing in His death and resurrection as a payment for your sin. Turn from your sin to Jesus, tell others about Him, and eagerly await His return!
- b. Ephesians 2:8-9; John 3:16-17; Romans 5:17; Matthew 22:37

WEEK 1 – PSALM 1

Walk with the Lord

Day 1: Psalm 1

- Read Psalm 1 through 3 times. What differences do you see between the man who walks with the Lord and the wicked man?

Day 2: Proverbs 1:10; Proverbs 4:14; Proverbs 21: 24; Proverbs 29:8

- What words are used to describe the man that does not follow the Lord? What warnings are given?

Day 3: Mark 1: 35-49

- Even Jesus needs to spend time with the Father during His time on earth. How can you spend time meditating (or thinking about) God's word on your own or as a family?

Day 4: Genesis 37-50

- Read the Story of Joseph either from the Bible in Genesis 37-50 or from a Storybook Bible you have at home.

Day 5: Psalm 1

- Do you want to live like the tree or the chaff?
- Note: chaff is husks and straw that is removed from wheat by the process of threshing, which makes the wheat usable. The chaff is lighter than the edible kernels of wheat and when the farmer tosses the threshed wheat, then the wind drives away the chaff. Those who reject God are of no use just like the chaff of the wheat.

Family Time Ideas

- Scripture Memory – Memorize all, part or a verse of Psalms 1
- Game idea: "Righteous versus wicked" is an activity that requires children to guess antonyms. The children can be asked to name the opposites of words such as good, right, and love. This is appropriate for Psalm 1, which discusses two opposites; the wicked people and the righteous people.
- Activity idea: Grow a plant in a pot or take a look at plants and trees outside and talk about how they grow and what they need.

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WEEK 1: PSALM 1

Use this page to draw or write what you watched in the video, read about, prayed for, or scripture you learned.

WEEK 2 – PSALM 8

God is Creator

Day 1: Psalm 8

- Read Psalm 8 through 2 times.

Day 2: Genesis 1:1-2:3

- Creation – What did God create on day 1, day 2, day 3, day 4, day 5, day 6? What did God do on day 7?

Day 3: Genesis 2:4- 3:24

- The Fall – Sin enters the world. Why did Eve and Adam eat the fruit?

Day 4: Hebrews 2: 5-9 & 1 Corinthians 15: 1-11

- This is an example of Psalms being used in the New Testament. What is the Gospel?

Day 5: Psalm 8

- Spend time in prayer as a family praising God for all He has created.

Family activity ideas –

- Scripture memory - Memorize all, part or a verse of Psalms 8
- Activity idea: Creation lunch, dinner, or snack –
 - Day 1: chocolate and vanilla ice cream. Or Other food ideas: chocolate and vanilla pudding, ice cream sandwiches, moon pies, Oreo cookies, Hugs Hershey Kisses
 - Day 2: blue Gatorade or blue Jell-O
 - Day 3: Fruit salad, garden salad, veggies or sunflower seeds.
 - Day 4: chicken and stars soup or star shaped cookies
 - Day 5: goldfish
 - Day 6: animal crackers
 - Day 7: Enjoy your meal you have made!

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WEEK 2: PSALM 8

Use this page to draw or write what you watched in the video, read about, prayed for, or scripture you learned.

WEEK 3 – PSALM 19

God's Perfect Law

Day 1: Psalm 19

- Read Psalms 19 through 2 times.

Day 2: Psalm 119: 129-136

- What are some other ways the testimonies or words of God are described? Do you feel this way about the Bible?

Day 3: Romans 1:18-23 & Romans 3:23

- This is an example of what isn't pleasing to God and doesn't bring us closer to Him. What was wrong about the response here?
- Remember we all sin, this is speaking of all people! Check out Romans 3:23 as Paul continues speaking to the Romans

Day 4: Romans 10: 12-18

- We see Psalm 19 cited in vs. 18.
- We learn in Psalm 19 that God can be visible through his creation to everyone, but here we see that it is important for the Good News of Jesus to be shared as well for people to believe and trust in Jesus for salvation specifically.
- How can we share Jesus with others?

Day 5: Psalm 19

- Spend time in prayer as a family praising God for His Word, the Bible, and that you would each delight in it.

Family activity ideas –

- Scripture memory - Memorize all, part or a verse of Psalm 19
- Activity idea: OT/NT Game– Have all the kids stand up in the middle of the room. Call out a book of the Bible. If it's in the Old Testament they have to go to your left side and if it's New Testament they have to go to your right side. To make it even more challenging, you could call out names that aren't books of the Bible and have them freeze for those.

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WEEK 3: PSALM 19

Use this page to draw or write what you watched in the video, read about, prayed for, or scripture you learned.

WEEK 4 – PSALM 23

Our Good Shepherd

Day 1: Psalm 23

- Read Psalm 23 through 3 times.

Day 2: 1 Samuel 16-17

- Who is King David?

Day 3: 2 Samuel 6

- What was David's response to the return of the ark?

Day 4: John 10: 1-21

- How would a good shepherd care for his sheep? How does this show us how the Lord cares for us?

Day 5: Psalm 23

- Spend time in prayer as a family praising God for the way he provides for us like a shepherd cares for his sheep.

Family activity ideas –

- Scripture memory - Memorize all, part or a verse of Psalm 23
- Activity idea: Make Fluffy Sheep – Make small round pancakes. Show your children how to sift powdered sugar on top of them to make them white. Add chocolate chips eyes, a raisin nose, marshmallows ears, and a licorice string mouth. Instead of pancakes you can cut pieces of bread into round shapes, toast it, spread on butter, and then sift on the powdered sugar.

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WEEK 4: PSALM 23

Use this page to draw or write what you watched in the video, read about, prayed for, or scripture you learned.

WEEK 5 – PSALM 34

God is Protector

Day 1: Psalm 34

- Read Psalm 34 through 2 times.

Day 2: 1 Samuel 21: 10-15

- See the wording below the title of Psalms 34. This story is the story this comes from as David praises God for his protection. How did David act?

Day 3: 1 Peter 2: 1-5

- Wording from Psalms 34 is used here! Do you see it? Which verse?

Day 4: Psalm 40:16

- This Psalm is about rejoicing in God when he helps us and it causes others to praise him. What should we say continually?

Day 5: Psalm 34

- Spend time in prayer as a family praising God for

Family activity ideas –

- Scripture memory - Memorize all, part or a verse of Psalms 23
- Activity idea: Make Fluffy Sheep – Make small round pancakes. Show your children how to sift powdered sugar on top of them to make them white. Add chocolate chips eyes, a raisin nose, marshmallows ears, and a licorice string mouth. Instead of pancakes you can cut pieces of bread into round shapes, toast it, spread on butter, and then sift on the powdered sugar.

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WEEK 5: PSALM 34

Use this page to draw or write what you watched in the video, read about, prayed for, or scripture you learned.

WEEK 6 – PSALM 139
God Knows Everything

Day 1: Psalm 139

- Read Psalm 139 through 2 times.

Day 2: John 2: 23-25

- Jesus just performed his first miracle. Why will he not entrust himself to the people?

Day 3: Romans 11: 33-36

- Wording from Psalms 139. This reverses it a bit, how great is the mind of the Lord?

Day 4: Matthew 9: 1-8

- Here Jesus is performing another miracle. But pay close attention to verse 4, why did he continue with the miracle?

Day 5: Psalm 139

- Spend time in prayer as a family praising God. Ask him to search and know your heart and for you to know Him as well. Thank Him for making you beautifully and wonderfully!

Family activity ideas –

- Scripture memory - Memorize all, part or a verse of Psalms 139
- Activity idea: Remind your children that God knows everything about them, even what they are thinking. Play a game of charades as a family!

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WEEK 6: PSALM 139

Use this page to draw or write what you watched in the video, read about, prayed for, or scripture you learned.

WEEK 7 – PSALM 121

God is Our Helper

Day 1: Psalm 121

- Read Psalm 121 through 2-3 times.

Day 2: Jonah 4

- If you don't know the story of Jonah read all 4 chapters or check out the story in a Story Bible. Jonah is a great example of God's control over creation in order to help us. What happens to the plant?

Day 3: Proverbs 3: 5-8; 21-27

- We can trust in the Lord all the time, even as we sleep! What do you need to trust the Lord with?

Day 4: Acts 1:21-26

- Here we see God helping the Jesus' disciples to choose a replacement for Judas, who had betrayed Jesus. What can the Lord help you in each day?

Day 5: Psalm 121

- Spend time in prayer as a family praising God for being your helper at all times.

Family activity ideas –

- Scripture memory - Memorize all, part or a verse of Psalms 136
- Activity idea: Build a fort with your family using couches, blankets, pillows, and anything else you can find. Sit in the fort together, and talk about how a fort can keep you safe, and how that's like or unlike the way God protects you. Practice saying parts of Psalm 121 together.

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WEEK 7: PSALMS 121

Use this page to draw or write what you watched in the video, read about, prayed for, or scripture you learned.

WEEK 8 – PSALM 136

Give Thanks to God

Day 1: Psalm 136

- Read Psalm 136 through 2 times. What patterns do you hear and/or see?

Day 2: Exodus 12: 21-51

- The book of Exodus tells the story of how God rescued the Israelites (God's people). This is the story of the Passover that are mentioned in Psalm 136: 10-12. You can certainly read the whole chapter! How does God help the Israelites?

Day 3: John 1: 29-39 & Luke 21:7-23

- Give thanks for Jesus, the Passover lamb, the Lamb of God. What are similarities and differences between Jesus and the original Passover lamb? How does Jesus rescue us now by his death and resurrection?

Day 4: Psalm 136

- Spend time in prayer as a family praising God with Thanksgiving.

Day 5: Exodus 14:1-15:21

- This is talked about in Psalm 136: 13-15. How does this show God's power? Imagine being an Israelite passing through!

Family activity ideas –

- Scripture memory - Memorize all, part or a verse of Psalms 136a
- Activity idea: There will be Thanksgiving plates this week full of food, but let's make a different Thanksgiving plate. Print pictures from computer, phone or clip from magazines or draw your own. Then, glue them onto a paper plate and remember to decorate the rim of the plate. Thank the Lord for what you are thankful for!

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WEEK 8: PSALMS 136

Use this page to draw or write what you watched in the video, read about, prayed for, or scripture you learned.

WEEK 9 – PSALM 100

Sing for Joy to God

Day 1: Psalm 100

- Read Psalm 100 through 2-3 times.

Day 2: Exodus 34:1-9

- Moses receives new tablets of the 10 Commandments. The Lord's steadfast love was for how many?

Day 3: Psalms 95

- What similarities and differences do you see Psalms 95 and 100?

Day 4: 2 Chronicles 5

- The ark is brought into the Temple. How do they celebrate?

Day 5: Psalm 100

- Spend time in prayer as a family praising God for the opportunity to praise!

Family activity ideas –

- Scripture memory - Memorize all, part or a verse of Psalms 100
- Activity idea: Make a musical instrument using paper towel or toilet paper roll, paper to close off the ends. Before you close it fill it with rice or dry beans, then use glue or rubber bands to seal it up! You can also use a plastic egg from Easter, fill it with rice or dry beans, and glue it shut. Then, make a joyful noise to the Lord together!

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WEEK 9: PSALMS 100

Use this page to draw or write what you watched in the video, read about, prayed for, or scripture you learned.



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