



### 5.30.10 – Psalm 95

**Materials Needed:** Bring along a recording of a favorite hymn or song of praise. Bring a CD player or laptop to play the music. Make a few easy instruments (enough for each child in the group) in advance with materials you have around the house. (Ex. Coffee Tin [drum], paper towel roll stuffed with coins, buttons, beans, etc. and taped shut [maraca], paper towel or toilet paper roll [horn], etc.).

#### Opening Activity

Explain to the children that we're going to talk about worshipping God as a community of believers tonight and there's no better way to start things off than to sing and praise God right now together.

- Pass out the instruments and have the children sing and play their instruments along to the music. Ask them to think about how great God is as they do it and praise God with their whole hearts.
- When the song is over, ask them how it felt to be able to praise God together, and tell them that we'll learn more about doing this as we dive into Psalm 95.

#### Read Psalm 95:1-7

Oh come, let us sing to the Lord; let us make a joyful noise to the rock of our salvation! Let us come into his presence with thanksgiving; let us make a joyful noise to him with songs of praise! For the Lord is a great God, and a great King above all gods. In his hand are the depths of the earth; the heights of the mountains are his also. The sea is his, for he made it, and his hands formed the dry land. Oh come, let us worship and bow down; let us kneel before the Lord, our Maker! For he is our God, and we are the people of his pasture, and the sheep of his hand.

#### Discussion

This psalm from the beginning encourages us to praise God together as a community of people who believe and trust in Jesus. "Oh come, let us sing" it says, "sing ... make a joyful noise"! "Come into his presence ... For the Lord is a great God ...."

**Question One:** Why does the psalmist encourage us to worship God? *According to the passage, we should worship God because he's the rock of our salvation (He's the reason, through Jesus, that we have the opportunity to have new life in Him and it all begins with Him), and He's a great God and great King above all other gods. He holds the universe -- the mountains, depths of the earth, seas, land, etc. -- in His hands, and He made them all! He's our maker too! He is our God and He holds us in His hand!*

All of these attributes together are wonderful reasons to praise and worship God, and even give us a glimpse of who He is. But first and foremost, we must remember that He alone is God and He alone is holy, and there is no other like Him ... period. This is the reason why He is worthy of all of our worship.

**Question Two:** How does this passage tell us to worship God? *The Bible as a whole tells us that worshipping God involves more than just singing songs and praising God with our mouths; it's complete devotion and praise to God with our whole lives shown through thoughts, words and actions (Psalm 34:1 is an example of this). It's the only way that we can truly respond to God's greatness! Psalm 95 in particular shows us how to do that through singing and giving ourselves fully to God. We see a few examples in verses 1,2 and 6 of how we can do this: 1) We are to sing to the Lord and make a joyful noise to Him. (It doesn't matter how beautiful or terrible we sing. Verse one even says, "noise," so there's no telling what that really sounds like. But when we sing to the Lord and tell Him how great we think He is from the depths of our hearts, those words ARE beautiful and pleasing to Him.) 2) We are to come into His presence, draw near to Him, and thank Him for who He is and what He has done. 3) We are to bow and kneel before Him because He's the one TRUE God, the one who made you and me!*



**Question Three:** How can we follow the example of this psalm and worship God? Allow the kids to answer on their own, but conclude with these words: *Worshipping God is not mindless; it's an intentional action completely directed at the God of the universe. We have to choose to worship God. If we follow the example of this psalm we will sing and make a joyful noise to the Lord. We will use everything that God has given us -- our voices, our talents, our resources, etc. -- to praise Him and thank Him for who He is. We will bow down and kneel before Him, and tell God that He is great!*

### Wrapping Up

At times when we sing songs to God we feel like our ability to worship is dependent on the song that we sing or the music that accompanies the song. We can even convince ourselves that our mood or the way that we're feeling can affect our ability to worship. But when we read this psalm, we see that worshipping God is very different than that. This psalm directs us to just COME to God. Period. We are to set all other thoughts aside and place all of our focus on the Lord and make a joyful noise to Him in thanksgiving for who He is and what He has done.

Let's close our time by praying and asking the Lord to renew our ability to worship Him in song and with our whole lives. Ask God to train our hearts to worship Him well because He deserves all of our worship!