

## LESSON 5

## I CAN PRAISE GOD WITH A JOYFUL HEART

## LESSON AT A GLANCE

**WONDER TRUTH:** God Is Worthy of Praise**SCRIPTURE:** [Psalm 63; 108](#)**GOD'S BIG STORY:** Throughout the Psalms, David expresses that God is worthy of praise. He models that no matter our circumstances, we can praise Him with a joyful heart!**WORD OF WONDER:** You created the deepest parts of my being. You put me together inside my mother's body. How you made me is amazing and wonderful. I praise you for that. What you have done is wonderful. I know that very well. —[Psalm 139:13–14 \(NirV\)](#)**CURIOSITY** Large Group or Small Group

An object lesson, experiment, or activity that sparks curiosity, encourages exploration, and gets kids thinking about the wonder of God.

- Welcome Question: Describe the most delicious meal you have ever eaten. What made it so delicious?
- Curiosity Questions
- Interactive Game: Nourishing or Not?
- Declaring God's Wonder

**BELIEF** Large Group

A deep and interactive dive into Scripture that guides kids into knowing God more deeply, exploring His big story, and marveling at His wonder.

- Prayer of Invitation
- God's Big Story: Hear It, Watch It, Experience It!
- Connecting the Wonder Truth
- In Awe of God's Wonder
- Word of Wonder: [Psalm 139:13–14](#)

**FAITH** Small Group

An intentional conversation that helps kids see the wonder of God's story and how it connects to their own, emboldening their faith and fostering a deeper understanding of their place in God's kingdom.

- Word of Wonder Activity
- Discussion Questions for Younger and Older Kids
- Small Group Prayer Time

**IDENTITY** Large Group or Small Group

An interactive worship response activity that creates space for God to remind kids of these core truths: I am known, I am loved, I am led, and my life can tell of God's wonder.

- Responding in Worship: Praise Stations
- Blessing Your Kids

Wonder<sup>™</sup>@Home

Help families engage in the wonder of God together with a video, conversation starter, hands-on activities, and more designed just for them. [WONDER@HOME \(PDF\)](#)

Wonder Ink

### INVITATION

*We invite you to pause, listen, and shift your gaze toward the Father ...*

### LESSON AT A GLANCE

**WONDER TRUTH:** God Is Worthy of Praise

**SCRIPTURE:** [Psalm 63](#); [108](#)

**WORD OF WONDER:** [Psalm 139:13–14](#)

Have you had a wilderness experience?

When my family moved to our “new” house, we had a bug problem. The home had been vacant for months; spiders and insects were all too glad to take up residence. You can predict the reactions of my children.

I eradicated the bugs and cleaned the cobwebs, but I also thought the family needed a camping trip. See, I figured if we were out in nature—where the kids would see lots of bugs—maybe they would overcome their phobia. Unfortunately, our excursion did not have the desired effect.

David’s wilderness experience had more serious challenges. In the Judean desert, he had to locate water and forage for food. Even though David was God’s anointed king, he had to run from people who wanted him dead. He could have accused God of deserting him.

Yet even in the wild, David recognized God’s provision. Perhaps while observing a winged eagle sheltering its young, David compares himself to the eaglets under a protective wing ([Psalm 63:7](#)). As you prepare for teaching this week, I invite you to read [Psalms 63](#) and [108](#). Ask yourself, “Do I ever find it difficult to give praise to God?” Perhaps the next time you are in the wilderness—physically or otherwise—you might remind yourself that God is worthy of praise, no matter the circumstances.

—**Jason Hitchcock**

Theology Editor and Ministry Volunteer

Contributor to Wonder Ink



**I CAN PRAISE GOD WITH A JOYFUL HEART****DID YOU KNOW?****FOUNDATION BUILDING BLOCKS****WHO?**

Israel's King David is attributed with writing [Psalms 63](#) and [108](#), which are among the 73 psalms he is believed to have penned. Throughout the psalms, David praised God in a variety of ways—calling to God for help, bringing Him his questions, and offering Him praise.

**WHAT?**

David had many enemies who wanted to kill him, and he spends a good part of his life fleeing from those who want to take his life. Both [Psalm 63](#) and [Psalm 108](#) speak of how God helps and delivers David from his enemies.

**WHERE?**

David wrote [Psalm 63](#) when he was in the Desert of Judah. David spent a lot of time in the Judean wilderness—as a boy when he was fleeing from Saul, the king who wanted him dead—and when he was fleeing from his own son, Absalom.

**WHEN?**

Because David is mentioned as the king in [Psalm 63 \(v. 11\)](#), it is thought that David wrote this psalm when running from his son. Absalom was attempting to take the throne from David, and David and those loyal to him had to flee ([2 Samuel 15–19](#)).

**WHY?**

David is no stranger to enemies. But over and over again, God protects his life and exalts him as a leader and king. Throughout the Psalms, including [63](#) and [108](#), David seeks God, praises Him, and thanks Him for His protection.

#### Large Group or Small Group

Spark curiosity, encourage exploration, and get kids thinking about the wonder of God.

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#### Countdown Video

Play one of the countdown videos provided and then show it every week before your official start time.

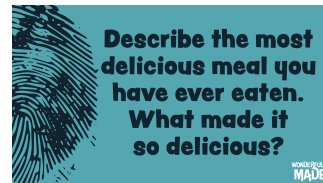


#### Welcome Question

**SUPPLIES:** paper, markers, whiteboard (optional), dry-erase marker (optional)

**Wonder Ink RESOURCES:** [Praise Welcome Question Slide](#)

Before kids arrive, display the Praise Welcome Question Slide or write the following on a whiteboard: "Describe the most delicious meal you have ever eaten. What made it so delicious?" Set out paper and markers.



### As kids arrive...

Warmly welcome every kid by name. Make sure to introduce new kids and help build friendships within your group. Point to the Welcome Question. Allow older kids time to read it and help younger kids by reading it aloud. Encourage the artists in your group to have fun and answer the question with a drawing!

Use one of the countdown videos provided.

### When the countdown timer is finishing up...

Capture your group's attention by counting down from ten and asking kids to shout out their favorite food when you reach "one." Next, ask kids to share with their neighbor the most delicious meal they have ever eaten.

(Caps on and remove markers from tables. They may keep their paper if it is not distracting anyone)

**Today we'll hear about a man named David who loved praising God so much that he compared it to eating a delicious meal. But first, it's time to be curious!**

## Interactive Game: Nourishing or Not?

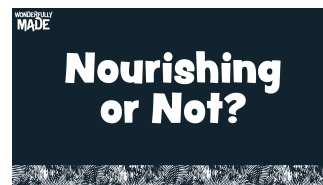
### SUPPLIES:

**Wonder Ink RESOURCES:** [Nourishing or Not? Slide](#), [Praise Wonder Truth Slide](#), [Tray of Items Slide](#) (optional)

### Allergy Caution

Be aware of any food allergies or sensitivities among your kids and volunteers before doing this activity

Using a dry-erase marker, make two columns on the whiteboard. Label one column "Nourishing" and one "Not Nourishing."



**Leader Tip:** Consider displaying the Tray of Items Slide in lieu of a physical tray and items. You can give kids 20 seconds to study the items pictured on the slide before removing it from the screen and challenging them to list what they remember.

Display the Nourishing or Not? Slide. **All of us need good food to nourish our bodies. What does it mean if something is nourishing?** Allow kids to share their ideas. **Yes! Something that is nourishing provides what our bodies need to grow and be healthy. Let's play a game where you decide what is nourishing and what is not nourishing. It's a game that will test your memories too!**

Get ready the Tray of Items SLIDE. Display for 20 seconds and then the next slide.. **On this tray are lots of items. Some of them are nourishing to our bodies, and some of them are not. When I uncover the tray, you will have 20 seconds to quietly study the tray and memorize everything that is on it.** Display the Tray of Items SLIDE.

Give the kids 20 seconds to quietly study the items on the tray without touching them. After 20 seconds, move on to the next slide.

**Can you remember everything that's on the tray? Let's find out!** Invite kids one at a time to share something that was on the tray. As they share an item, ask them if that item is nourishing or not nourishing and write the name of the item on the board in the

respective column. Once kids have shared everything they can remember, display the Tray of Items SLIDE once again. Together check to see if they remembered everything.

Display the Praise Wonder Truth Slide. **Great job remembering the items on the list and deciding whether each is nourishing or not nourishing to our bodies! Today in God's big story, we will read psalms, or song poems, David wrote to God. David loved praising God so much that he said it was like a nourishing meal. Praising God—or telling Him how wonderful He is—satisfies our souls the way a nourishing meal satisfies our bodies. Today we get to praise God like David did. Our Wonder Truth is “God is worthy of praise!”**



## Declaring God's Wonder

**Wonder Ink RESOURCES:** [Praise Declaration Slide](#)

Display the Praise Declaration Slide. Read each line boldly and invite kids to repeat after you.

**Thank You, God, that You are good!** (Kids repeat.)

**You made me on purpose, for a purpose.** (Kids repeat.)

**And I am Your kid!** (Kids repeat.)

**You know me, love me, and lead me.** (Kids repeat.)

**My lips will glorify You,** (Kids repeat.)

**And I will praise you as long as I live!** (Kids repeat.)

**My life can tell of Your wonder!** (Kids repeat.)

A dark blue rectangular slide with a heart-shaped collage of colorful stones on the left. The text is in white font. At the bottom right, there is a small white logo that says 'WONDERFULLY MADE'.

Thank You, God, that You are good! (Repeat)  
You made me on purpose, for a purpose. (Repeat)  
And I am Your kid! (Repeat)  
You know me, love me, and lead me. (Repeat)  
My lips will glorify You, (Repeat)  
And I will praise you as long as I live! (Repeat)  
My life can tell of Your wonder! (Repeat)

#### Large Group

Guide kids into knowing God more deeply, exploring His big story, and marveling at His wonder.

#### LESSON AT A GLANCE

**WONDER TRUTH:** God Is Worthy of Praise

**SCRIPTURE:** Psalm 63; 108

**WORD OF WONDER:** Psalm 139:13–14

#### Prayer of Invitation

Before entering into God's big story, lead kids in a prayer of invitation. Use the prayer here or your own words: **God, thank You for being our God—a God who is worthy of praise! With the help of the Holy Spirit, help us to overflow with awe, amazement, and so much love for You that we sing Your praises morning, noon, and night. In Jesus' name, Amen.**

#### God's Big Story

##### Hear It, Watch It!

This episode includes three opportunities for your kids to enter the story—each one reinforces the others! **HEAR** it read directly from the Bible & **WATCH** it in a video.

#### SUPPLIES:

**Wonder Ink RESOURCES:** Praise Title Slide, Praise God's Big Story Video

Display the Praise Title Slide. Explain that the book of Psalms is a collection of song poems, many of them written by King David.



**Let's start by reading part of God's big story directly from the Bible. Afterward, we will watch more of the story!** Read [Psalm 63:1–8](#) while the boys close their eyes and listen carefully. Then read [Psalm 108:1–5](#) while the girls close their eyes and listen. Then view the I Can Praise God with a Joyful Heart God's Big Story Video.

## Watch God's Big Story Video

Watch I Can Praise God with a Joyful Heart God's Big Story Video.



## Connecting the Wonder Truth

**Wonder Ink RESOURCES:** [Praise Wonder Truth Slide](#)

Display the Praise Wonder Truth Slide. Pose the following question to kids to help them connect the Wonder Truth to God's big story:

**Our Wonder Truth today is **GOD IS WORTHY OF PRAISE**. Where did you see our Wonder Truth in action in the story?** Allow kids to answer freely.



#### Small Group

Help kids see the wonder of God's story and how it connects to their own story.

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Divide your group into smaller groups based on age. If your group is already small, stay together for this time.

#### WORD OF WONDER

**For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.**

—Psalm 139:13–14 (NIV)

#### Questions: Younger Kids

- Why does David want to give God praise?
- Name some of the different ways that David liked to praise God.
- How do you like to praise God?
- How do you praise God when you are happy? Sad? Scared?
- David praised God with a joyful heart. Do you think praising God with a joyful heart takes practice, or can you easily do it? Explain your answer.

David believed that God is worthy of praise, and we do too. Just like David, we can praise God with a joyful heart. Let's take time to talk to God in prayer, thanking and praising Him for His faithfulness.

#### Prayer Time: Younger Kids

**Leader Tip:** Brainstorm, as a group, words that describe God before jumping into your prayer time.

Explain to your group that God loves to be praised and that during today's prayer time your group is going to praise God. **Allow time for each kid to pick one word that describes God.** When your group is ready, invite each kid to take a turn saying the phrase listed below, ending with his own word that describes God. **It's OK if some kids share the same word for God.** You can close out your time by praying for each kid in your group.

**God, You are worthy of praise because You are \_\_\_\_\_.**

### **Make It Virtual!**

Modify this activity for a virtual ministry setting by inviting kids to type words or phrases that describe God into the chat feature or to share aloud using webcams and mics.



#### Large Group or Small Group

Create space for God to remind kids they are known, loved, led, and their lives can tell of God's wonder.

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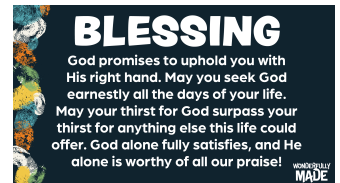
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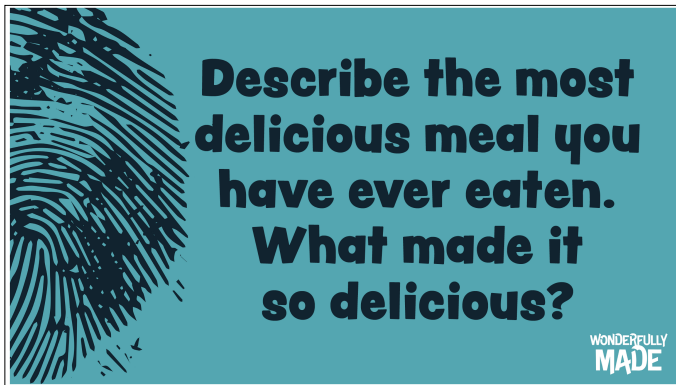
#### Blessing Your Kids

**Wonder Ink RESOURCES:** [Praise Blessing Slide](#)

Following the last song rotation, ask kids to rejoin the group and close by praying a blessing over them. Display the Praise Blessing Slide.

**Blessing:** God promises to uphold you with His right hand. May you seek God earnestly all the days of your life. May your thirst for God surpass your thirst for anything else this life could offer. God alone fully satisfies, and He alone is worthy of all our praise!

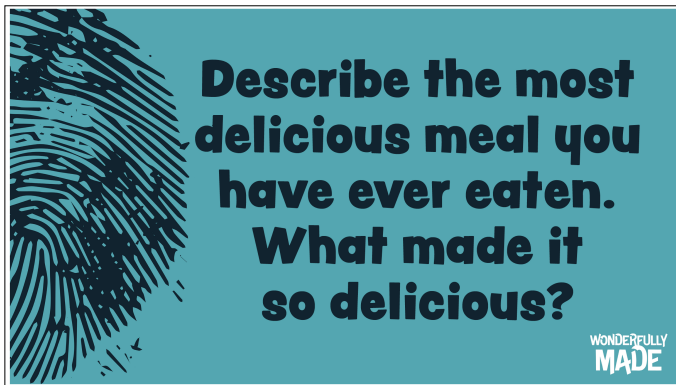




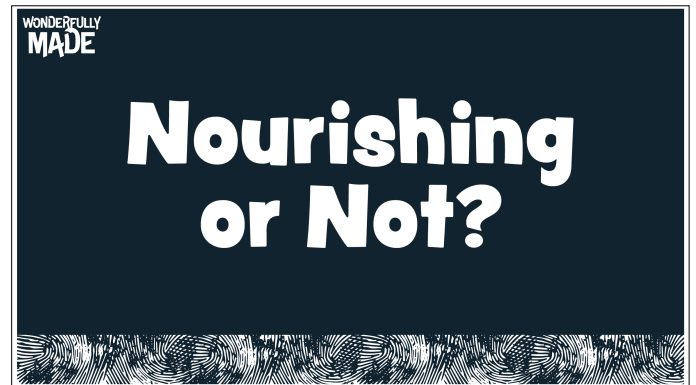
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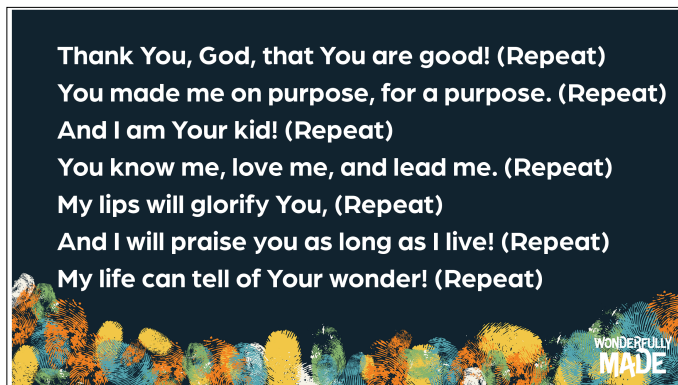
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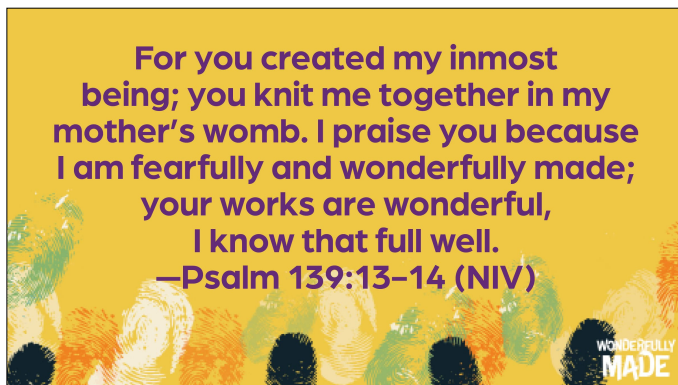
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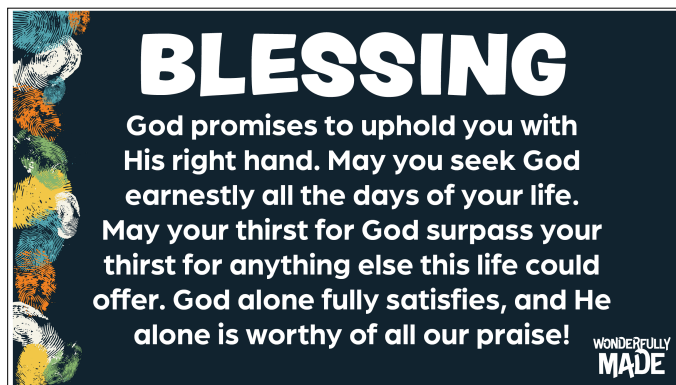
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