



## HOOK

Does anyone know what a rainforest is? What is it like? The rainforest has lots of beautiful greenery, there is a lot of life, and the plants are generally very healthy looking.

What about a desert? Does anyone know what a desert is? Can someone describe it to me? Deserts are dry, there are not a lot of green plants, and there is not much life.

Did you know that the Bible tells us that there are two kinds of people?

Those who love God and follow Him are considered "righteous," and those who do not follow God's commands and hurt other people are called "wicked."

The righteous are like the rainforest — full of life, while the wicked are like the desert, barren and empty.

Let us read what the Bible says about righteous people and wicked people.

## LESSON

**READ: Psalm 1**

Or play this video <https://www.youtube.com/watch?v=qKJRtgzz2po>

*1 Blessed is the one who does not walk in step with the wicked  
or stand in the way that sinners take  
or sit in the company of mockers,*

*2 but whose delight is in the law of the Lord,  
and who meditates on his law day and night.*

*3 That person is like a tree planted by streams of water,  
which yields its fruit in season  
and whose leaf does not wither — whatever they do prospers.*

*4 Not so the wicked!  
They are like chaff that the wind blows away.*

*5 Therefore the wicked will not stand in the judgment,  
nor sinners in the assembly of the righteous.*

*6 For the Lord watches over the way of the righteous,  
but the way of the wicked leads to destruction.*

Most of the psalms in the Bible are written by David, the shepherd boy who became king. He wrote them as worship songs to God. Do you know we can worship God through psalms? Psalms tell us about how good God is and why He is worthy to be worshipped.

We will be going through the whole Psalm 1 over the next few weeks.

But today, we will go through the first 2 verses.

(Go through Psalm 1:1-2 with actions: <https://www.youtube.com/watch?v=FMXuDXyc0vE>)



**What does “blessed” mean?** Happy

**What does the UNHAPPY person do?**

- Walk with the wicked: Listening to bad advice from people who don't love God
- Stand with the sinners: Doing bad things with people who don't love God
- Sit with the mockers: Spending time with people who make fun of God and His ways

**Who do HAPPY people do?**

Love God's laws (His ways and what He says) and meditates on it day and night.

**What does “meditate” mean?**

“Meditate” means thinking really hard about something; they spend a lot of time focusing upon that thought. Meditation involves more than just the brain. It also involves the heart.

If we receive a love letter from someone, say our mummy or daddy, we will read it over and over again and think about what it says. In the same way, if we really love God, we will want to know what He says and will think about it always.

So we have a choice — a blessed way or the wicked way.

Do we want to listen to what the rest of the world tells us?

Or do we want to follow what God's word says?

Jesus told His disciples a story about two man who had two choices on what they wanted to build their house on — the sand or solid rock. (Matthew 7:24-27)

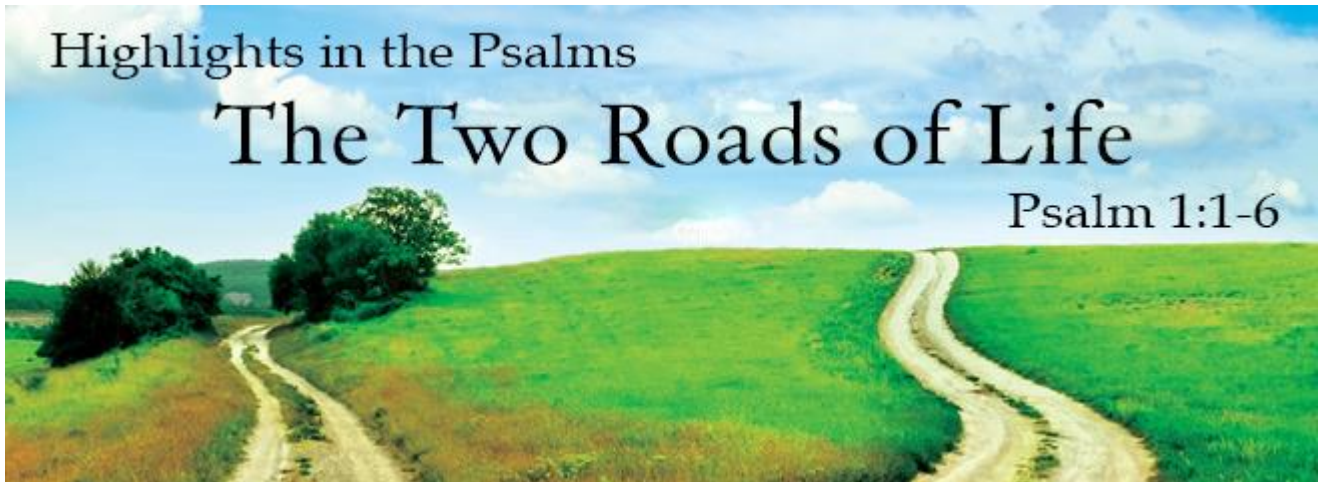
The house that was built on sand collapsed when the rain and wind came.

But the house that was built on solid rock stood firm in the storm.

The sand is the wicked way — if we choose this way, when the storms of life come, we will collapse.

The solid rock is Jesus — if we choose God's way, we can stand strong even when storms come.

So which way do you want to choose?



## MEMORY VERSE:

How do we meditate on God's law day and night?

By hiding His word in our heart. When we have it in our heart, we can remember it easily and think about it often. And it will guide us in moments when we are unsure about which way to choose.

Today, we are going to start by hiding **Psalm 1:1-2** in our heart.

Let's practice it together with the actions. <https://www.youtube.com/watch?v=FMXuDXyc0vE>

(Goal: to memorise the entire Psalm 1 over 3 lessons)



## ACTIVITY SUGGESTIONS

### VIDEO:

**Memory Verse Minecraft Presentation** (for older kids)

<https://www.youtube.com/watch?v=TbdunzcOGnY>

### SONGS/WORSHI:

**Rooted & Fruitful**

<https://www.youtube.com/watch?v=wdxox057MFA>

**I shall not be moved**

<https://www.youtube.com/watch?v=l9mMoYwTWWw>

**The wise man built his house upon the rock**

<https://www.youtube.com/watch?v=Eu5bBDRpzPM>

Close in prayer.