

## HOOK

Show a photograph of a big, mature tree, such as a rambutan tree.

How did this tree become so big and tall?" Soil, water, sun, air, etc.

We, too, need things to grow. We need to be fed in order to become strong, just like this tree.

We need not just our physical bodies, but also our spirit, to be strong and healthy.

Last week we did the first 2 verses of Psalm 1. Let's go through them together.

**Psalm 1:1-2**

*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.*

**Today we will look at verse 3. Let's read it together:**

*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.*

(Go through these 3 verses with actions: <https://www.youtube.com/watch?v=FMXuDXyc0vE>)

### LESSON

Imagine a great and beautiful tree. It is covered in fresh green leaves. It bears fruits. It is prosperous.

<Teaching suggestion>

Draw a large, leafless tree on the board. "This tree is like a righteous man — or you and me if we have believed in Jesus' sacrifice on the cross to take away our sins.

"Looking back at the psalm, what are some things it says are true of a righteous person?"

*Children will read back over the psalm to search for answers to this question.*

When an answer is given, write it on one of the pre-cut leaves and tape it to one of the branches of the tree you've drawn on the board.

( If a child gives a characteristic of a righteous person which is not included in the psalm feel free to include it on a leaf clarifying that is a good answer, but not included in today's passage.)

Ideas for what can go on each leaf:

blessed (v.1), delights in the law (v.2), meditates on the law (v. 2), bears fruit (v.3), leaf does not wither (v. 3), prospers (v. 3) and the Lord knows his way (v.6).

As a leaf is added, define what it means and how it can be lived out in the lives of the children.

Read each leaf together one more time as a review.





**A good person is like a strong tree. Jesus makes me good.**

When we love God and follow His ways, we are like that tree planted by the water.

The only way we can follow all of God's ways is if we have Jesus in us. We cannot create goodness within ourselves. Jesus is our righteousness — He makes us right before God so we can follow His ways.

**Water gives the tree life. Jesus is the "Living Water".**

Jesus calls Himself "living water".

*"Everyone who drinks this water will be thirsty again, but whoever drinks the water I give him will never thirst. Indeed, the water I give him will become in him a spring of water welling up to eternal life." (John 4:13-14)*

This living water, Jesus, gives us eternal life. When we put our faith in Jesus, we have His eternal life in us — with this life, we are never in lack, we are not dry, we are fruitful, we are prosperous.

**We can be that tree**

God wants us to be like that strong tree by the flowing stream of water, full of life and fruitfulness.

"Are you a righteous person? Have you believed in Jesus who died in your place on the cross, so God could forgive your sins? Today may be the day when you can become a righteous person who grows big and strong with the life of Jesus in you!

*Invite children to pray and ask Jesus into their lives.*



## ACTIVITY SUGGESTIONS

### MEMORY VERSE: Psalm 1:1-3

<https://www.youtube.com/watch?v=FMXuDXyc0vE>

### SONGS/WORSHIP:

#### Rooted & Fruitful

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

#### Refuge

<https://www.youtube.com/watch?v=l9BbT90NrXg>

### HUDDLE TIME:

Kids to break up in small groups to share and pray for one another.

Close in prayer.