



LESSON OBJECTIVES

CHILDREN WILL LEARN ...

to meditate on God's Word

SCRIPTURE REFERENCES

Psalm 1: 1-2

CLASS PLAN

TIME: 55 mins	
10 mins	<ul style="list-style-type: none">• Welcome / Cheer• Run through boundaries with kids• Attendance / Fill in registration cards• Commit class and kids to God in prayer
5 mins	<ul style="list-style-type: none">• Hook
15 mins	<ul style="list-style-type: none">• Lesson
15 mins	<ul style="list-style-type: none">• Memory Verse• Songs• Huddle Time• Thanksgiving Box



TNCC
CHILDREN'S
CHURCH

Psalm 1 (Pt 1)

HOOK

<show pix or use props to illustrate>

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 again,

using the actions shown here: <https://www.youtube.com/watch?v=FMXuDXyc0vE>

<< do not show this video but demonstrate to the kids yourself)



BLESSED PEOPLE

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

What do HAPPY people do?

Love God's laws (His ways and what He says) and meditate 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. For example, 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.

WHICH WAY DO YOU CHOOSE?

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.

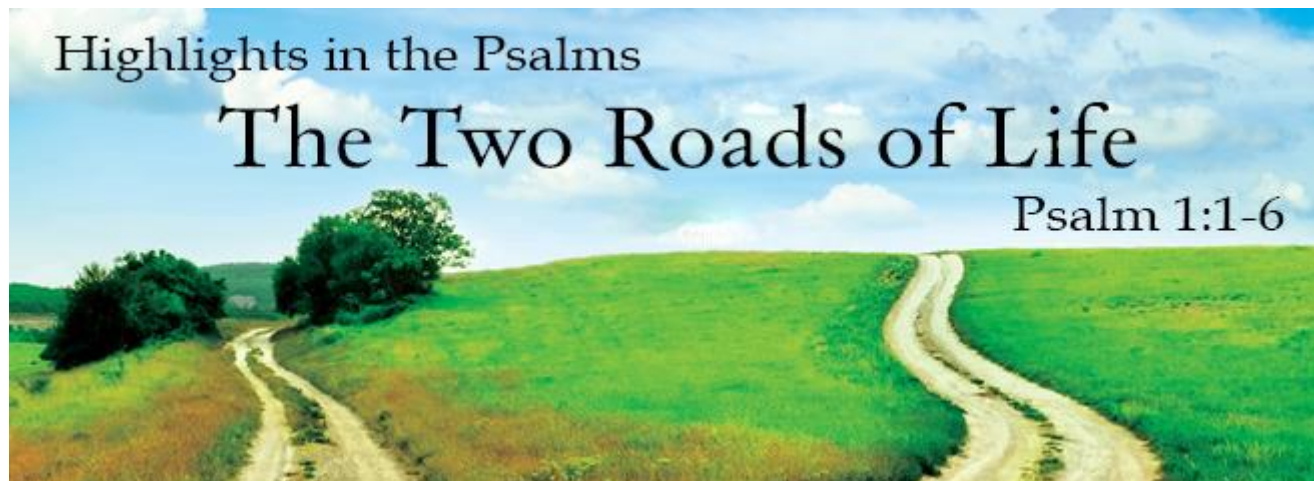
So which way do you want to choose?

TAKE-HOME LESSON

Let's choose the BLESSED way and meditate on God's Word!



ACTIVITY SUGGESTIONS



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.

(as before: <https://www.youtube.com/watch?v=FMXuDXyc0vE>)

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

VIDEO

Memory Verse Minecraft Presentation (for older kids)

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

SONGS

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>



HUDDLE TIME

Break the kids into small groups and share prayer points. Invite those who have not received Jesus yet to accept Him as their Lord and Saviour.

THANKSGIVING BOX

Every week, the children will write down 1 thing they are thankful for.

Get them to fold their paper, write their name and date on top of paper and put it into the Thanksgiving Box.

The Thanksgiving Box will be opened up on last Sunday of 2019 to recall all that God has done for them.



LESSON OBJECTIVES

CHILDREN WILL LEARN ...

to draw our life from Jesus' water

SCRIPTURE REFERENCES

Psalm 1:1-3

CLASS PLAN

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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>

<< do not show this video but demonstrate to the kids yourself)

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 the blessed person. What are the characteristics of the blessed person? (v1-3)

Get children to read back over the psalm and 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 blessed 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:

does not walk with the wicked/sinners (v.1),

delights in the law (v.2),

meditates on the law (v. 2),

bears fruit (v.3),

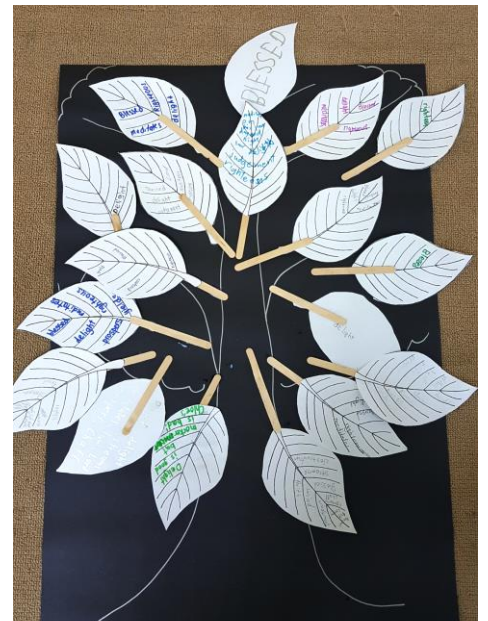
leaf does not wither (v. 3),

prosper (v. 3),

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.





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 follow Jesus' way instead of our way, 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 ... no matter what season it is.

"Whatever they do prospers." Isn't that a wonderful promise? Jesus is all we need. He is more than enough!

WE CAN BE THAT STRONG TREE

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

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

Invite children to pray and ask Jesus into their lives.

TAKE-HOME LESSON

I want to be a STRONG TREE planted by streams of JESUS WATER!



ACTIVITY SUGGESTIONS

MEMORY VERSE

Memorise together Psalm 1:1-3 — as we practise meditating on God's word — with actions.
(as before: <https://www.youtube.com/watch?v=FMXuDXyc0vE>)

(Goal: to memorise the entire Psalm 1 over 4 lessons)

VIDEO

Psalm 1 (for younger kids)

<https://www.youtube.com/watch?v=qKJRtgzz2po>

SONGS

Rooted & Fruitful

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

I shall not be moved

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

Yesus pokok dan kitalah cabangnya

https://www.youtube.com/watch?v=vn_vshiGCZY

HUDDLE TIME

Break the kids into small groups and share prayer points. Invite those who have not received Jesus yet to accept Him as their Lord and Saviour.

THANKSGIVING BOX

Every week, the children will write down 1 thing they are thankful for.

Get them to fold their paper, write their name and date on top of paper and put it into the Thanksgiving Box.

The Thanksgiving Box will be opened up on last Sunday of 2019 to recall all that God has done for them.



LESSON OBJECTIVES

CHILDREN WILL LEARN ...

to choose Jesus' way of life, not the way of destruction.

SCRIPTURE REFERENCES

Psalm 1:1-6

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HOOK

NAKED NUTS

Get some nuts with skin in a small tray and get the kids to shake the tray until the skin is removed.

The idea is to teach them about chaff, as mentioned in Psalm 1.



STRAW VS STONE

Put a straw and stone on the table and get the kids to try to blow them across a line.

The idea is to show how firm the stone is, whereas the straw will get blown all over.



REVIEW

Let's go through Psalm 1:1-3.

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

<< do not show this video but demonstrate to the kids yourself)

Psalm 1:1-3

¹ *Blessed is the one*

who does not walk in step with the wicked

or stand in the way that sinners take

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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.

Let's continue with vs 4-6:

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.



LESSON

BLESSED VS WICKED

We've learned that a blessed and righteous person:

- Chooses to follow God's way instead of the way of the wicked
- Is like a strong, fruitful tree with Jesus as our living water that gives us life

What about the wicked?

- Doesn't follow God's way ... instead follows in the step of the wicked, sinners and mockers

What else? *Get kids to refer to vs 4-6 and answer*

BLOWN AWAY

They are like chaff that the wind blows away.

Chaff is the dry, scaly protective casings of the seeds/grains — like wheat or nuts — that are usually removed and discarded.

Have you ever picked up a dead and dry leaf and crumpled it up? What happened? The leaf breaks up into many pieces and is blown away by the wind. The Bible tells us that those who choose not to follow God's way are like chaff that the wind blows away. They follow what everyone else says or does — whatever the world tells them to do.



NOT STAND

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

This chaff cannot stand — it is dead; it cannot bear fruit. People who are like chaff will not be able to hold their head high when God is giving out honours on Judgment Day. They will feel ashamed and try to hide when they are around those who are righteous in Jesus.



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CHILDREN'S
CHURCH

Psalm 1 (Pt 3)

FACE DESTRUCTION

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

It is comforting to know that God watches over those that love Him. But if we choose to ignore Him and go our own way, it will be a way of destruction — like sheep that wander and fall off the cliff.

Which way will you choose? The way of life or the way of destruction?

We don't want to be like the people who are scattered aimlessly in the wind. We want to be strong people — fruitful people who are planted firmly by streams of water.

When we have Jesus, He becomes our righteousness, and we can live the blessed way.

TAKE-HOME LESSON

Let's choose Jesus' way of life, not the way of destruction!



ACTIVITY SUGGESTIONS

MEMORY VERSE

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Refuge

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

HUDDLE TIME

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