



Choices

Hook

Play a game where the children has to make choices, eg of the following, ask which would you choose?

- Sandwich or French fries
- water or sprite/coke
- staying home to play games or attending children' church

(Ask them why they chose a particular item. Ask the children what happens when they eat too much French fries or drink too much coke and do not attend children's church).

Today in Psalm 1, we will learn that we can choose between two ways.

Bible Reading

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

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.

Lesson

There are 2 ways we can choose for our life:

- A)** God's way, which is found in his word, the bible; or
- B)** The way of people who do not know God or the world.

A) We choose God's way, when we read or listen to his word or instruction, believe and follow God's word/instruction. Joseph followed God's way and he did well (had good success) in whatever he did. Joseph was sold by his own brothers and ended up a slave in Egypt. He was in strange place, far away from his father and home. But God never left Joseph, and He was with him. Everywhere Joseph went, God was with him and gave him favour and success, God was with Joseph when he was Potiphar's slave, with him when he was in prison and he became the second most important man in Egypt. God helped him to interpret Pharaoh's dream and gave

him favour with Pharaoh, who promoted him to be Prime Minister.

“The LORD was with Joseph and gave him success in whatever he did”. (Genesis 39:23)

B) We choose the way of the way of people who do not know God when we:

- Follow their advice (Psalm 1:1a) which goes against the word of God. (“does not walk in step with the wicked’ or follow the advice of the ungodly). Eg:
 - You watch TV or play video games instead of spending time to read God’s word.
 - You don’t listen to your parents who tell you to do your school homework.
 - The people in the movies or TV shows use bad words or they use God’s name to swear and you do the same.
 - Your friends watch violent shows, play violent video games or watch shows where people do not wear clothes and you do the same. Your friend play games involving evil spirits and you join in the game. If any of you are doing this, please stop it. The devil wants to use all these things to hurt you.
 - You watch how the heroes in show or video games shout or are mean to other people and you do the same.
- Think and act like people who do not know God. (“stand in the way that sinners take” Psalm 1:1b) Eg, you stop reading the bible and talking to Jesus.
- Start making fun of God’s word or other Christians who follow God, like the people who don’t know God. You may have seen your friend or your favorite celebrity doing it. (“sit in the company of mockers” Psalm 1:1c)

Jesus said in John 10:10, “ The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full”. This means Jesus came to give us the best life, his life. If any of us have done of the things mentioned in **B)**, it’s time to **stop**. The devil is the thief who is trying to destroy us. Tell Jesus you need his help to change. Spend time in reading God’s word and talking to Jesus. Ask him to deliver you from temptation and from being drawn into things that are not God’s way.

As we start the new year, let us choose and follow God’s way so that we do well and have good success in whatever we do, just like Joseph. Then we can have the best life that Jesus came to give us. Jesus died so that we could have his life, the best life ever.

Activity:

Memory Verse actions: Psalm 1:1-3

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

Huddle time:

Kids to break up in small groups to share and pray for one another. Let’s take some time to thank God for being our strength.

Close in prayer



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PSALM 1: THE BLESSED PERSON

REVIEW

We started of this year learning about the blessed person in Psalm 1 — the one who is like a tree planted by streams of water, which yields its fruit in season.

(point to the picture in the class of the tree with its fruit)

Then we learnt about the fruit of this tree — can anyone remember what fruit is produced?

Love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control (Galatians 5:22-23)

(You may wish to use the slides on the Fruit of the Spirit Review; play simple activities/games/quizzes as you go through each fruit characteristic, e.g. charades to act out the fruit, find the fruit, stick the fruit to the tree etc)

LOVE:

Jesus showed his love by dying on the cross for us.

John 15:13: *“Greater love has no one than this: to lay down one's life for one's friends”.*

JOY

Jesus was full of joy even as He suffered on the cross because He knew that He was saving us. It was like the shepherd who was full of joy when he found his lost sheep. Jesus is the good shepherd who came to save us, the lost sheep.

PEACE

Jesus had so much peace that He could sleep even during a storm! His disciples were so afraid that the boat would sink and they would die. They woke Him up, and Jesus calmed the storm.

PATIENCE

Jesus was patient with Peter who denied Him 3 times and with Thomas who didn't believe that He had risen from the dead. He forgave them and loved them. Jesus is patient with us even when we mess up.

KINDNESS

Jesus was kind to little children. He told his disciples to not stop them from coming to Him. He was kind and had compassion on the blind and sick who came to Him and healed them all. He had compassion on the hungry people who came to hear Him and fed them even though there were 5,000 men (+ women and children).



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PSALM 1: THE BLESSED PERSON

GOODNESS

Even though Zacchaeus was not a good man (he cheated people and was hated), when He met Jesus and experienced Jesus' goodness, he was changed from a greedy and mean man to a kind and generous man. Jesus is good to us, even when we don't deserve it.

FAITHFULNESS

Jesus is faithful. Daniel's 3 friends — Shadrach, Meshach and Abednego — were thrown into the furnace as they refused to worship a golden statue. But Jesus was with them and protected them from harm. He is faithful to us even when we are faithless. He has promised that He will never leave us nor forsake us. (Hebrews 13:5)

GENTLENESS

Jesus was gentle to the Samaritan woman at the well although she wasn't so nice to him. He is gentle with us — He knocks on the doors of our hearts and waits for us to answer. He doesn't force us to give Him control over our lives; He waits for us to be ready.

SELF-CONTROL

Jesus had self-control. He was tempted by Satan, but He did not sin. Jesus could have chosen not to be arrested, beaten and nailed to the cross. But He didn't. He allowed himself to be arrested, beaten and nailed to the cross. He knew it was the only way he could save us.



LESSON

The Bible says that when we keep looking at Jesus, we are that tree planted by the waters of His Holy Spirit, which changes us to bear fruit like Him.

Let's read Psalm 1:1-3 again:

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
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.*

Let's do the actions and memorise the verses together.

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

God's word says that when we choose to follow Him — to walk in step with Jesus, to stand in His way, to sit at His feet — we can all be that blessed person — whatever we do, we can prosper and succeed.

So let us continue to choose Jesus, to be deeply rooted in His word, so be refreshed and watered by His Holy Spirit — whether in tNCC Kidz or at home — so that we will be changed to be like Jesus from day to day and bear much fruit!



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PSALM 1: THE BLESSED PERSON

ACTIVITY SUGGESTION

SHARING

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

THEME SONG: Fruit of the Spirit (by Steve Green) — revision

<https://www.youtube.com/watch?v=AgdaE6YFWwA>

Close in prayer.



REVIEW & HOOK

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(point to the picture in the class of the tree with its fruit)

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PROMISE IN A LETTER

Prepare a piece of paper with the words *"I will give chocolates to all the kids in RED[or whichever] class today"*. Seal the paper in an envelope.

Tell the kids that this letter has a very important message. What should we do with it? Should we frame it up? Should we hide it in a box? Should we burn it? Or throw it away?

How do you think we can find out the important message? Maybe if we hold it to the light? Or shake it? Or put it under the microscope?

Try to lead the kids to say, "We should open it and read it".

Open the envelope and show the kids the message on the paper.

(You can give the chocolates to the kids then or at the end of the lesson.)



LESSON

In Psalm 1:2, the Psalmist wrote:

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

When Psalm 1 was written, not all the books of the Bible were not written yet (only the first 5 books, which is known as the Torah). Now we have the whole Bible, the “law of the Lord” for us means God’s Word.

WHY WE SHOULD KNOW GOD’S WORD

The Bible is like God’s letter to us. Imagine if we never opened the envelope and read the letter, we would not have known about God’s love and all His promises for us.

In the same way, when we know God’s Word, we will know about all the good things that God has given us. God’s Word tells us all that Jesus has done for us and the many blessings that God gave us.

God’s word also tells us how much he loves us, cares for us and how precious we are to him. The more we read God’s word, the more we grow like the tree — strong, healthy and fruitful — prospering in all that we do.

MEDITATING ON GOD’S WORD

Psalm 1:2 says that the blessed person delights in the law of the Lord and meditates on God’s law day and night.

But wait ... it says he meditates on God’s Word “day and night”. Isn’t that a bit too much? There is no time to do anything else. E.g. school homework, play with your friends etc.

One way of thinking about meditating on God’s Word is like a cow chewing the cud. The cow’s stomach has four compartments — when the cow chews the hay and swallows it, the food goes into the first compartment of its stomach; then the cow burps and brings up the partly digested food, chews it again, and the cud goes into the second compartment and so on until the food is fully digested.

So when we meditate on God’s Word, we are not just sitting in one spot the whole time. We are chewing (like chewing gum) and thinking about it through the day — as we brush our teeth, wait for the school bus, while taking a rest, or taking a walk etc. And we find something new each time as we digest God’s Word in our hearts.

VIDEO: Mobile Dairy Classroom <https://www.youtube.com/watch?v=meMHJ4Pt8kI>



PSALM 1: KNOWING THE WORD

[Example for older kids]

One way to do it is to read a Bible verse or passage early in the morning (e.g. while having breakfast). Then write it down on a piece of paper and try to remember the verse. As you think about the verse during the day, ask Jesus to help you understand the meaning of the verse.

Let's try it with meditating on one verse:

Psalm 1:3

*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.*

[Use pictures, especially for young children as you teach]

When you read this, what kind of plant is this? A tree. So, let's imagine a tree.

Where is this tree found? By the stream. So, let's imagine a stream.

Now is the tree healthy or not healthy? Healthy, because it says "whose leaf does not wither (die)". So what colour do you think the leaves should be. Yes, green.

Does the tree have fruit? Yes, it "yields its fruit in season".

Who is like the tree? "That person".

Who is that person? So this is where you need to read the earlier verses (Psalm 1:1-2).

Then you find that it is the blessed person who does not follow the way of the world but "whose delight is in the law of the Lord, and who meditates on his law day and night".

The blessed person has a big benefit — Whatever the person does, he/she prospers or does well, whether it is school work or dealing with people.

Do you want to be that blessed person and prosper/do well in whatever you do?

Delight in knowing God's word.

The Bible is a letter from God with all His many promises for us. Let's open it up and read it, and meditate on it day and night!



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PSALM 1: KNOWING THE WORD

ACTIVITY SUGGESTION

MEMORY VERSE

Let's do the actions and memorise Psalm 1:1-3 together.

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SHARING

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

Close in prayer.