

Introduction game for the family

Equipment: Junk – empty boxes and containers, sticky tape, glue, elastic bands, dried peas, pasta and tissue paper.

Gather as much junk as you can and make sure you have a range of materials – different sizes, textures, shape etc.

Challenge all the family to make their own musical instrument.

Once everyone has made at least one instrument ask them to practice using their instrument, each person aiming to create their own rhythm or beat.

After a couple of minutes ask everyone to stand in a circle with their instruments. Choose someone to start – they play their beat or rhythm a couple of times and then everyone else echoes (plays back) the same beat or rhythm. Once everyone has got the idea, see if they can go all round the circle, each person playing their beat in turn and everyone playing it back without interruption.

Now ask them to think for a few moments of something they are thankful for. It needs to be just a couple of words like “my family”, “friends and family” etc.

Read Psalm 81:1-2 as an introduction and then go around everyone using their thankful words and beats.

Finish by explaining that this session is all about looking at how some of the Psalms or songs in the Bible encourage us and show us how to praise God. They have just performed their own psalm of thankfulness.

The Point: To introduce the theme of Psalms of [praise](#).

Interactive Bible Study

Ask everyone to think for a moment of a time when they have been praised. them to share:

1. How it made them feel?
2. What difference it made to their relationship with the person they had been praised by?

Now discuss if you have ever praised anyone and then to share the same 2 questions.

Throughout the Bible there are countless examples of people praising God - but why should we do it? Does He need our praise? Does it make Him feel better about Himself – or does it do something for us? When should we praise Him? Where should we praise Him and How should we praise Him?

Stick up the 4 large sheets of paper around the room. Get the family to write up their thoughts to these questions on the pieces of paper i.e. why we should praise God, when, where and how.

Work through some or all of the Bible verses below. The idea is to look at all the different times and Places that we are called to praise God.

Why?

- Psalm 48:1 & Psalm 145:3 (because of who He is)
- Psalm 92:1 (it's a good thing)
- Psalm 81:1-4 (it's God's command)
- Psalm 13:6 (because He's taken care of me)
- Psalm 52:9 (because of what He's done)
- Psalm 149:6 (as a weapon)
- Psalm 40:3 (as other people see you praising God so they will be led to praise Him too)

When?

- Psalm 42:11 (when I am sad and don't feel like it)
- Psalm 34:1 (at all times)
- Psalm 113:2 (now and forever)
- Psalm 145:2 (every day, forever and ever)
- Psalm 146:2 (all my life)
- Psalm 57:8-9 (early in the morning)
- Psalm 119:62 (in the middle of the night)

Where?

- Psalm 149:5 (in bed)
- Psalm 113:3 (right across the world i.e. everywhere)
- Psalm 35:18 (in large meetings)
- Psalm 18:49 and Psalm 96:3 (in front of other people)

How?

- Psalm 150 (instruments)
- Psalm 63:4 (lifting up hands)
- Psalm 47:1 (clapping)
- Psalm 135:1-2 (standing)
- Psalm 95:6 (bowing down and kneeling)
- Psalm 47:6 (singing)
- Psalm 149:3 (dancing)
- Psalm 100:1 (shout)

Sum up by saying that we should praise God because of who He is and because of what He has done for us. We can praise at any time of day or night and should always be praising Him. We can praise Him anywhere and everywhere and we can praise Him in many different ways.

The Point: To investigate what the Psalms say about praising God.

To finish:

Find a way to remember the following memory verse together:

*"All that I am, praise the Lord; everything in me, praise his holy name. My whole being, praise the Lord and do not forget all his kindnesses."
Psalm 103:1-2*

Create an action to go with a short phrase from the memory verse. Phrases would be:

- All that I am
- Praise the Lord
- Everything in me
- Praise His holy name
- My whole being
- Praise the Lord
- And do not forget all His kindnesses