



St Helen's
Bishopsgate

Psalms

Teaching material for 5-11's

Songs to sing whilst we wait for
God's king.



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The 'material' of Sunday school



The unfolding story of the Bible is revealed progressively through 66 books. These books were written by human authors who were inspired by the Holy Spirit. They were written with an agenda to a real audience. **Through these books, by His Spirit, God works.** He gives new life and discipled His people.

At Sunday school our desire is to teach through books of the Bible and allow our teaching to be directed by the Biblical author. We want to make the *main point* of our teaching the main point the author is teaching. We want the *aim* of our teaching to be the aim the author had. When we think about *how* we teach, we want to use the literary style, techniques, and content the Biblical author uses. In short, **we want to teach the Biblical author's point, for the Biblical author's purpose, using the Biblical author's practice.** The more clearly this is done, the more clearly the children will have heard the living God speak to them. As we strive to do this, we pray the fruit would be thirty, sixty, and a hundredfold.

The team at St Helen's has worked hard studying some key books of the Bible. As we have done so we have endeavoured to write our material following the principles above.

5-11's material

The 5-11's material is presented as example talks. An example talk has several functions.

Firstly, it is a talk. This talk could be given verbatim, adapted, used for ideas, or ignored by the individual assigned to give the talk. For less experienced leaders they may wish to read verbatim the example talk, adding in props and visuals. For more experienced leaders they may wish to chop, change, and adapt the example talk as they see fit. For very experienced leaders they may wish to ignore the example talk and write their own, only looking at the example to see another voice on the passage.

Secondly, it is a commentary on the passage. For those not giving the talk the example helps them to understand the passage, how it can be taught, and areas of application. It will also indicate what the speaker might say so that everyone can align their group time with this.

Additionally, there is space for working. Use this to help you prepare for your group discussion and activity.

Teaching program | Psalms

Songs to sing whilst we wait for God's king

Introduction to the Psalms

Psalm just means 'song'. So, the book of psalms is a book of songs. It could be described as a playlist. It is a playlist of 150 songs which God has given his people.

King David wrote at least 75 of the Psalms, a priest called Asaph wrote 12, The Sons of Korah who were a special branch of Levites wrote 11, King Solomon possibly wrote 2 and Moses probably 1; the other 49 are of unknown authorship. The individual psalms were therefore written over a period of approximately 1000 years. All these individual Psalms were collated together into what we now know as 'The Psalter' (another way of saying Book of Psalms).

What is this playlist of songs about?

The introduction to the Psalms, Psalms 1&2, give us the answer. Psalm 1 encourages us to listen to and meditate on God's playlist. Psalm 2 tells us what God's playlist is about. It is about his promised king, whom he will raise up to smash human rebellion and give refuge to those who surrender to him.

The Psalter is then split into 5 books which develop this theme: Book 1 (Psalms 1-41) of the Psalter shows us that the king of Psalm 2 is not king David. Though he looked much like the Psalm 2 king, he faced enemy opposition, sinned, succumbed to sickness, and died. Book 2 (Psalms 42-72) widens this gap and David turns his gaze and hope to his son, king Solomon. But in Book 3 (Psalms 73-89) there is despair; because of their sin, God's king and people come under God's wrath and end up in exile. Does this mean God has broken his (Abrahamic and Davidic) covenant promises?! Book 4 (Psalms 90-107) shows us that wrath and exile are not new problems (cf. the exile of Genesis 3) and God is still committed to his covenant promises, so don't worry. Book 5 (Psalms 107-150) looks forward by showing the reader that God will raise up his Psalm 2 king and bring his people out of exile and to himself in a new Zion. There will be a Psalm 2 king who smashes human rebellion and gives refuge to those who surrender to him. And though the journey for his people at the moment is difficult, he has provided them with his word to sustain them through it. The book of Psalms ends in a flurry of praise offered up by God's gathered people in Zion and by the whole of creation – a picture of when the Psalm 2 king comes.

But, why would God's people need this playlist of songs?

This playlist was collated together after God's people returned from exile. We know this because Psalm 137 speaks of remembering the circumstances of the exile: *'By the rivers of Babylon we sat and wept when we remembered Zion'* [Psalm 137:1]. They are waiting for this king of Psalm 2 to come, through whom the covenant promises will be delivered. A question they might be asking might be: 'Will God keep his promise to raise up a 2 Samuel 7 king?'

This playlist would remind them of God's faithfulness to his promise to send his king and that the rest of his promises would be fulfilled through that king. The Psalter would help God's people keep on going as

they waited and would remind them of what God and his promises are like. They were also to warn God's people to not turn away from him whilst they waited and affirmed to them the need to hold onto his word. So, as they then waited for this king, they could sing these songs. These are songs to sing as they wait for God's king.

And why would we need this playlist of songs?

That was all a long time ago, but we find ourselves in a similar position. Four hundred years after the Psalms were put together God's promised king, the king of Psalm 2 did come; his name was Jesus. But he didn't come to smash rebels, he came to save rebels. Then he went back up to heaven and promised that he would return. This time, when he does, all the covenant promises of God will be completely fulfilled. He will smash human rebellion and give refuge in a new Zion to those who surrender to him. Until that happens, we live in a time of waiting; we are waiting for his return. God has therefore placed this book in our bibles so that we would have songs to sing whilst we wait for his king.

The Psalms are a great book for us to study with the children because they too are waiting for the Psalm 2 king. They too need encouragement and warning as they wait for king Jesus' return. They too can benefit from having their view of Jesus enlarged, and their appreciation of him grown. Psalms is also a great book to study with the children because it is quoted in the New Testament more than any other book of the Old Testament, thus hopefully helping the children to understand the New Testament more and more.

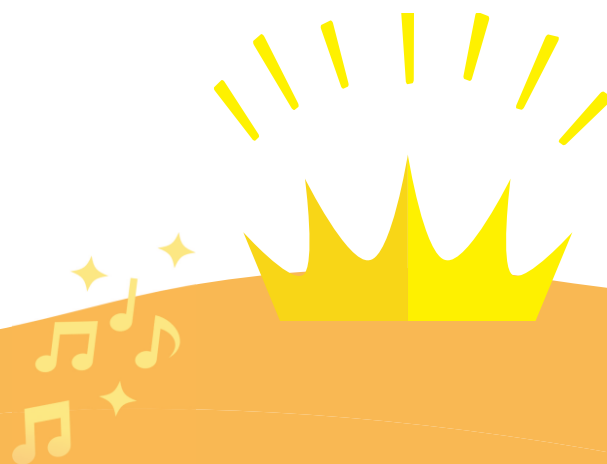
We will look at just 7 Psalms over 8 sessions, but hopefully this will give us a good taste for the Psalms and what they teach us. Psalms 1 and 2 form something of an introduction to the Book of Psalms and so we will spend the first 3 sessions on these two relatively short psalms because they are so important in setting the agenda for the rest of the Psalter. The other 5 psalms have been chosen either because of their importance in the New Testament or because they represent a key lesson being taught in the Book of Psalms.

Memory verse

“For God is the King of all the earth; sing to him a psalm of praise.” Psalm 47:7

Teaching plan

Week/ Talk	Passage	Title	Big idea
1	Psalms 1	The fruitful tree	Listen to the Psalms and you will live.
2	Psalms 2 [part 1]	The greatest story ever told (Part 1)	Although the nations rebel, God has installed his king.
3	Psalms 2 [part 2]	The greatest story ever told (Part 2)	God's king will smash his enemies, take refuge in him.
4	Psalms 8	Made to rule	Know you're made to rule.
5	Psalms 22	The suffering king	Expect your life to be a life of suffering like your king.
6	Psalms 23	The shepherd	Know that the Lord is your shepherd.
7	Psalms 110	The return of the king	Be assured that king Jesus will return.
8	Psalms 148	The concert	Praise the Lord who is worthy of praise.



The fruitful tree

Big Idea | Listen to the Psalms and you will live.

Introduction

In the Bible, there is a book called Psalms. Psalms is a funny name because when it's written down it has a P at the beginning. It looks like it should say P-salms. But we don't say the P. Instead, we say Psalms. Psalms just means songs. Each Psalm is a song. The book of Psalms is like a playlist of songs. And it has lots of songs in it – 150! That's 150 different songs for people to sing. Which makes the book of Psalms the longest book in the bible. These songs were sung by the Israelites. These songs were also sung by Jesus. And they're songs which we can sing too. Some of the songs are very long; some are very short. Some are very happy; some are very sad. This term we're going to look at seven of these songs. The first one is Psalm 1 which we'll hear now. Even though it's a song, I'm not going to sing it. Instead, I'm going to read it straight from the Bible. Listen carefully to the first half and try to picture what is happening. [\[Read Psalm 1:1-3\]](#)

Point 1. The tree

In this Psalm there was a tree [\[tree/house plant\]](#). This tree is big and strong and healthy. Its leaves aren't withering away but are lush and green. When it gets to the right time of the year it produces lots of delicious fruit. It is sturdy and solid and strong and will not be blown down by the wind. It will grow and grow, bigger and bigger, stronger and stronger. This tree is big and strong and healthy.

Can anyone tell me why it is big and strong and healthy? [\[take answers\]](#) It is big and strong and healthy because it is planted by streams of water. Imagine if you dug up this tree and put it in a desert. It wouldn't last very long. Its leaves would wither and go brown. The branches would dry up and snap. It wouldn't produce any tasty fruit. It would blow over if there was a gale. Our tree needs water. It needs water to make it grow big and strong and healthy. So, it's a good thing its surrounded by streams of water. These streams of water will give our tree life.

In our first Psalm, the Psalmist says, that people who love what God says are like this tree. The stream is a picture of God's word, the Bible. Those who love the Bible, and listen to God, and think about what God says, they are like trees planted by streams of water. God will give them life and bless them. They will grow and become strong. Strong enough to stay standing when God judges the world. Let me read the first half of our Psalm again [\[read 1:1-3\]](#).

Point 2. The chaff

But, there was another group of people in this Psalm. [\[Read 1:4-6\]](#) The other group of people in this Psalm are the wicked. The wicked do not love what God says. They do not want to listen to God. Instead, they love what other wicked people say. They listen to other wicked people.

The Psalmist has a picture for them too. The Psalmist says that the wicked are like chaff. This is chaff [\[chaff/similar substitute\]](#). It looks a bit like dust or fluff. Chaff comes from plants like wheat and barley. It's the dry, flaky skin that wraps around the seed. It is very small and very light. It is not big, or strong, or healthy like our tree planted by streams of water. It has not had

Use the 'How to prepare a Bible talk' section in the leader's handbook to help you.

Visuals and props

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streams of water flowing around it giving it life. It is dry. It is dead.

What's more the Psalmist says that the wicked will be blown away. When God judges the world, they will not stand. They will be destroyed. Imagine a hurricane was going to sweep through this room. Which out of our two pictures would survive? The big, strong, healthy tree, or the chaff? Well, I don't have wind as strong as a hurricane to test this, but I do have my breath: let's see which one will stand when I blow on them [blow on the tree and the chaff, blowing the chaff away]. The way of the wicked leads to destruction. Those who don't listen to what God says are like the chaff.

These are the two pictures the Psalmist talks about in the first song: the tree and the chaff.

Conclusion

Remember how Psalms is a collection of songs, like a playlist. We've now listened to the first one. The Psalmist has put this song first to encourage us to listen to and think about the rest of the songs in the book of Psalms. He wants us to be the tree. He says that if we listen, we'll be like the tree that is planted by streams of water. We'll receive life and we'll stand when God judges the world. The Psalmist wants us to be the tree. So, as we look at the Psalms, let's listen to what God is saying.

If, however, we don't listen, we will be like the chaff. We will not have life. We will be blown away and destroyed when God judges the world. The Psalmist warns us not to be the chaff. So, as we read through some of the Psalms this term, don't be the chaff but be the tree; listen to what God has to say.

Let's thank God that his word gives life, and let's ask him that he would help us to listen to him as we look at the psalms this term.

Pray

Notes/ thoughts/ workings/ personal response:

Discussion: Digging deeper / ACTS

Aim - Recap/ apply/ pray: _____


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Materials:

Use the 'How to lead a Digging deeper discussion' or 'How to lead ACTS prayer' section in the leader's handbook to help you prepare.

 **A.** God, I praise you _____

 **C.** God, I am sorry _____

 **T.** God, I thank you _____

 **S.** God, I ask you _____

Activity: _____

Use the 'How to prepare a e.g. memory verse/ game/ VIPP activity' section in the leader's handbook.

Materials

The greatest story ever told (part 1)

Big Idea | Although the nations rebel, God has enthroned his king.

Introduction

Last week we heard that the Psalms was a book of songs, like a playlist which we can sing along to. And in the first song we heard that we should be like a tree that is planted by streams of water. We should be people who listen to and think about what God has to say in the book of Psalms. But what will God say in his playlist? Has he put together lots of songs about love? Or perhaps it's a playlist of Disney songs. Or maybe it's his top hits of 998BC. Although those would be good playlists, that's not what God's playlist is about. God shows us what his playlist is about in his second song: Psalm 2. God's playlist is about his king, and what his king will do in the greatest story ever told.

Let's jump into Psalm 2 to hear the start of the greatest story.

Point 1. Rebels on earth

The story begins on earth. I want you to picture what's going on. Picture all the people in the world. People from every country and every tribe and every language. Tall people and short people. Black people and white people. All people from everywhere. And all people who have ever lived. People in the past from centuries ago, all people alive on earth now, and people who will be born after us. Picture all the people who will ever live. And picture all the kings and rulers of the earth. The kings and queens of England and France. The kings and queens of every tribe and nation; with their crowns and their robes. Now have a look at their faces and listen to what they are saying. They should be praising the God who made them. He gave them life and each breath they take. They should be singing to him and honouring him. But that's not what they're doing. Have a listen to Psalm 2:1-3 [\[read 2:1-3\]](#). The people are conspiring and plotting. The kings and rulers are gathering together to rebel against God. They want to overthrow God. Pull a face like you're conspiring and plotting. Raise your fist like you're rebelling. This is what all people are doing.

In this greatest story ever told, we start on earth, with all peoples and all kings rebelling against God.

Point 2. A king enthroned in heaven

How do you think God feels about this? [\[Take answers\]](#) Let's now look to heaven [\[read 2:4\]](#). The Lord laughs! Can we all laugh – let's laugh as loud as we can [\[all laugh\]](#). As the peoples conspire and plot and shake their fists at God, he laughs. Because he thinks it's so silly. He looks down at them from heaven and scoffs at them 'pah ha ha! How pathetic!' Then he stops laughing and opens his mouth and speaks [\[read 2:5-6\]](#). The Lord is angry. How dare they! And it is terrifying. He says to them 'I have installed my king on Zion, my holy mountain.' He has put his king on the throne in heaven. His king becomes the ruler of the universe. He has all power and authority. He has great majesty and might. He takes the highest place and sits in the courtroom of heaven. He

Use the 'How to prepare a Bible talk' section in the leader's handbook to help you.

Visuals and props

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is God's chosen king. Then this king speaks [read 2:7]. When this king says that he is God's son this is a way of saying that he is God's king. (Israel's kings in the Old Testament were described as God's sons.)

On earth, all the peoples and kings rebelled against God. In heaven, God has put his king on the throne. There is a standoff: the kings and peoples of the earth vs the king in heaven. This is the first half of the greatest story ever told. The story of God's king.

Point 3. The greatest story ever told is a true story

But what makes this such a big deal, is that this is a true story. This is not a fiction book you might read before bed. This is not an imagination game you might play in the playground. This story is true, and we are in it. From the beginning of the human race, all people on earth have rebelled against God. We were, and maybe still are, part of that great crowd of people who are plotting and holding their fists up at God. How does God feel? He thinks it's pathetic and silly, and he is angry. So God sent his king, King Jesus, into the world. But people plotted against him and killed him. It looked like the people of the earth had won. But God raised him from the dead and put him on the throne in heaven. Jesus now reigns over the universe. He has all power and authority, all might and majesty. He is in the highest place as God's chosen king. Jesus is not a small and pathetic, boring character in a dusty book, he is the main character in the greatest story ever told – a true story, a real king.

Conclusion

Remember how we said that the book of Psalms was like a playlist. We now know what the playlist is all about. Psalm 2 has shown us that this playlist is about the greatest story ever told, the story of God's king. But we're only halfway through, and we'll find out what this king will do next time.

Pray

Notes/ thoughts/ workings/ personal response:

Discussion: Digging deeper / ACTS

Aim - Recap/ apply/ pray: _____


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Materials:

Use the 'How to lead a Digging deeper discussion' or 'How to lead ACTS prayer' section in the leader's handbook to help you prepare.

 **A.** God, I praise you _____

 **C.** God, I am sorry _____

 **T.** God, I thank you _____

 **S.** God, I ask you _____

Activity: _____

Use the 'How to prepare a e.g. memory verse/ game/ VIPP activity' section in the leader's handbook.

Materials

The greatest story ever told (part 2)

Big Idea | God's king will smash his enemies, take refuge in him.

Introduction

Last week in Psalm 2 we heard about the greatest story ever told. A true story that we are in about all peoples on earth rebelling against God. Everyone and anyone we can think of was part of this rebellion. Do you remember how God felt? [\[Take answers\]](#) That's right, he laughed because it was so silly. But he was also very angry. We heard how God then installed his king on the throne in heaven. Two thousand years ago God's king, Jesus, was killed, but God raised him from the dead and seated him on the throne in heaven, far above everything. But this was only half the story. In this greatest story ever told, what will the king do? What will happen next? Let's jump back into Psalm 2 to find out.

Point 1. God's king gets a present

We start by seeing that God's king, Jesus, is given a present. Have a think back to your last birthday or to Christmas. What did you get? [\[Take answers\]](#) Here's a present which will show us what God gave Jesus; could I have a volunteer to open it. [\[Get a volunteer to open a wrapped present which has verse 8 printed out inside. Additionally, the wrapped present could be a globe, or you could bring out a giant globe.\]](#) Have a listen to what God gives his king, [\[read 2:8\]](#). Wow, God gives Jesus the whole world and everyone in it. What an incredible present! Imagine receiving this on your next birthday. Everywhere you walked would be yours. Every person you saw would be yours. God has given all these things to his king.

Point 2. Rebels are smashed

I wonder what he will do with them. Can you remember how people treated God? They were rebels and enemies, who shook their fists at God, and didn't want his king to reign. These rebels are now given to Jesus. And this is what he will do with them [\[read 2:9\]](#). The king will take them and smash them [\[smash some pottery with a crowbar\]](#).

Remember that this is a true story. This is not a fiction book you might read before bed. This is not an imagination game you might play in the playground. This story is a real story. Jesus will one day take possession of the world and all people in it, and he will punish them for their rebellion. This is the next part of the greatest story ever told – a true story. It's not happened yet, but one day it will. Maybe today, maybe tomorrow, maybe next year. God's king will smash his enemies.

Point 3. Take refuge in him

But before that happens, the rebels have a choice. Listen to the next bit of the psalm [\[read 2:10-12\]](#). The kings and rulers and all the rebels on the earth have a choice to make. They have been warned that God's king will smash his enemies. Will they be wise and bow down to the king and

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Visuals and props

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serve him and fear him and celebrate his rule? Or will they keep on rebelling, which will lead to their destruction?

All people on earth have this choice to make. Continue in their rebellion, or say sorry, lower their fists, and serve God's king. We have a choice to make. Jesus is God's king. He will one day smash the rebels. We need to decide whether we will continue in our rebellion, or whether we will say sorry, lower our fists, and serve him. Wonderfully, those who surrender to him are safe from his anger. And if we have surrendered to him then we are on his side and we are safe [\[read 2:12b\]](#). King Jesus will smash his enemies and save his people. The greatest story ever told ends here.

Conclusion

Last time we asked ourselves what this playlist of songs was all about. Is Psalms a playlist of love songs? Is it a playlist of Disney songs? Is it a playlist of top hits from 998BC. Psalm 2 shows us what this playlist is about. Psalms is about God's king. God's king will come to smash rebels and save those who have surrendered to him. This hasn't happened yet, but one day it will. Maybe today, maybe tomorrow, maybe next year. And as we wait, we have a playlist of songs we can listen to. The Psalms will tell us about God's king. They will tell us what this king is like. They will give us confidence that King Jesus will return. And they will help us to keep going as we wait for him. These are songs to sing whilst we wait for God's king.

Let's pray that as we read the Psalms, we would learn lots about God's king, find refuge in him, and that we would patiently wait for him to return.

Pray

Notes/ thoughts/ workings/ personal response:

Discussion: Digging deeper / ACTS

Aim - Recap/ apply/ pray: _____


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Materials:

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Activity: _____

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Materials

Made to rule

Big Idea | Know you're made to rule.

Introduction

Have you ever thought about how small you are? You might think you're pretty big. Maybe you've just had a growth spurt. Maybe you're bigger than your sister. Maybe you're big enough to ride a bike. You might think you're pretty big. But have you ever thought about how small you actually are? Can you name some things that are bigger than you? [\[Take answers and encourage children to gradually think bigger in scale up to the universe.\]](#) There are loads of things that are bigger than us. We are actually very, very small compared to how big the universe is. The universe is big, and we are small.

Point 1. People are special to God...

In the Psalm we're looking at today King David is thinking about this too. Let's listen to what he says [\[read 8:3\]](#). When he was a boy King David was a shepherd. You can imagine that when he was out in the fields with his sheep, and it got dark he would sit down and look up at the night sky. It's so big, isn't it? Have you ever looked at the sky at night-time? Have you ever thought about outer space? King David had. It's huge! There are billions of stars in space, millions of light-years away. And it was all made by God. David calls it the work of God's fingers. For God, making the whole of outer space was just like building something out of tiny bits of Lego. The universe is SO big, and David knows that he's very small, which makes him ask God a question: [\[read 8:4\]](#).

David asks God 'If people are so small compared to the rest of creation, why do you care about them?' This is a very good question. Compared to outer space we are very small indeed. We're like a tiny Lego man that's part of an enormous Lego set, with thousands of other pieces. Why would God care about something so little? Even though we are very small, God thinks about us in a special way. Even though we are just a tiny part of creation, God cares for us. We're just a speck of dust in a massive universe – but God cares for us anyway. God cares for the people he has made.

Point 2. ...because we're made to rule...

Why does God care about us? Let's listen to the answer in the next bit of this Psalm. David says [\[read 8:5\]](#). Here's a crown [\[show crown\]](#). Nothing else has been given such a place in creation as mankind. Compared to the universe we are small. But we are very special. Humans don't have actual crowns, but these are a picture of the job God has given mankind to do. God made mankind to rule his world. God made humans to be in charge in his world. Listen to how David says it: [\[read 8:6-8\]](#). That means God made us different from the animals. We are more important to God than they are. We are more special to God than they are. We are special in the universe because God made us to rule his world. This is how it should be. No other animal was made to rule. The dogs weren't made to rule. The snails weren't made to rule. The porcupines weren't made to rule. We were made to rule.

All this makes David say "WOW!" Listen to how David begins and ends the Psalm [\[read 8:1a and](#)

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Visuals and props

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8:9]. David is praising God's name. He's saying how great God is. He's in wonder that God would feel this way about people. He's amazed that God has made people rulers of the universe. He thinks wow! And isn't he right. We're just a speck of dust in a massive universe – but we are special to God. Even though you are very small compared to the universe, God cares for you and God made you to rule his world.

Point 3. ...and one day we will!

But do you feel like you rule the world? I don't. Because there's a problem. The sad thing is that because of our sin we messed up our job. Instead of ruling God's world under him, we ignore him and do our own thing. But, one day God will make a whole new world. In this world, King Jesus will rule. He will be in charge of everything. And he will make us rulers with him. [Child's name] will rule [repeat]. We will rule the world with King Jesus forever. It's like we'll all be wearing crowns on our heads. And as we wait for that day to come, we can remind ourselves of these amazing truths from this Psalm.

Let's praise God now that he made us to rule his world.

Pray

Notes/ thoughts/ workings/ personal response:

Discussion: Digging deeper / ACTS

Aim - Recap/ apply/ pray: _____


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Materials:

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Activity: _____

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Materials

The suffering king

Big Idea | Expect your life to be a life of suffering like your king.

Introduction

I want to teach you a new word. Some of you might know this word already. The word is 'expectation'. Can you say it with me: 1, 2, 3... 'expectation'. Expectation means what you think will happen. When I go to a football match my expectation is that there'll be some players on a football pitch kicking a ball around. I wouldn't expect to arrive and see an old lady doing her knitting. Or, when I come to Sunday school, my expectation is that we look at the bible. I wouldn't expect to put on an apron and do some baking. Or, when I go to a friend's house to play, my expectation is that I'll have a good time. I don't expect I'll have a bad time. Expectation means what you think will happen, what you expect things will be like. So let me ask you, what would you expect the life of a king to be like? [Take lots of answers. Really hype up how wonderful and amazing the life of a king would be.]

Today in our Psalms playlist we're looking at song 22. Song 22 was a song written by King David and used by King Jesus when he was on Earth. It's a song which will show us what the life of God's king is like. It's a song which will show us what God's king and those who follow him should expect.

Point 1. God's king suffers

- [Read 22:1-2 with dramatic effect.] Oh no! King David feels like he's been abandoned by God. God feels so far away. Can you hear him crying out to God, but it seems like God's not listening. He is so distressed that when he goes to bed he can't sleep.
- [Read 22:6-7 with dramatic effect.] Oh no! King David feels so weak and small that he says he's like a worm. He's so vulnerable and at any moment a bird could come and snatch him away. Everyone hates him. They shout at him and mock him and insult him.
- [Read 22:12-13 with dramatic effect.] Oh no! King David's enemies have surrounded him. They're like stampeding bulls or a pack of ferocious, roaring lions. They have their mouths open ready to devour him.
- [Read 22:14-15 with dramatic effect.] Oh no! King David is dying. His life is being poured out like water from a cup. All his bones are out of joint, and his heart is melting away. And then he hits the ground and is lain in the dust. The king dies.

King David suffers. This is not what we expected the life of a king to look like. We expected the life of a king to... [recall some things said earlier]. But here, God's king suffers.

Point 2. God's king, Jesus, suffered

Let me tell you what happened to God's promised king, King Jesus. King Jesus' enemies had surrounded him. The Romans had arrested him, and the Jews wanted him dead. And as he was being crucified on the cross, those who walked by shouted at him and mocked him and insulted

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Visuals and props

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him. When he couldn't go on anymore, he took his last breath and said, 'My God, my God, why have you forsaken me?' Then he died, and his body was laid in a tomb. This is what the life of God's king is like. It's not what we expected is it. The life of God's king is a life of suffering and death.

I wonder what you expect your life to be like. Do you expect it to look like [recall some things said at the start]? Or do you expect your life to look like the life of the king you follow. We should get our expectations right. If we follow God's promised king, we should expect to suffer as well. Our lives won't look like... [recall some things said earlier]. Instead, it will look like suffering. In the playground we might be insulted, like our king was. When we go to bed at night it might feel that God is far away, like how Jesus felt. When we grow up, we might have people trying to harm us, like how Jesus' enemies surrounded him. If we follow God's promised king, we should expect our lives to be like his. We're going to pray and ask God to help us get our expectations right. But before we do that, one final thing.

Conclusion

This song is a very sad song in the Psalms playlist. It's a song we might want to sing when things are hard. But, it has a happy ending. God listens to the cry of his king. And God saves him and his people. And he brings them to himself, to feast at a great banquet forever. Psalm 22 is a sad song about how we will suffer in this life. But it has a happy ending.

Let's now ask God to help us get our expectations right.

Pray

Notes/ thoughts/ workings/ personal response:

Discussion: Digging deeper / ACTS

Aim - Recap/ apply/ pray: _____


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Materials:

Use the 'How to lead a Digging deeper discussion' or 'How to lead ACTS prayer' section in the leader's handbook to help you prepare.

 **A.** God, I praise you _____

 **C.** God, I am sorry _____

 **T.** God, I thank you _____

 **S.** God, I ask you _____

Activity: _____

Use the 'How to prepare a e.g. memory verse/ game/ VIPP activity' section in the leader's handbook.

Materials

The shepherd

Big Idea | Know that the Lord is your shepherd.

Introduction

Have you ever been on a really long journey? The sort of journey where you keep saying to your mum and dad “are we there yet?” Maybe you and your family have had to drive for a long time in the car to go visit your Granny and Grandpa. Or maybe you’ve had a long flight on an airplane to go somewhere far away on holiday. Or maybe you’ve been on a long walk up a mountain in the rain. Our next song in the Psalms playlist is a song about a long and difficult journey made by a shepherd and his sheep.

Point 1. God’s king suffers

Let me tell you about a boy called David. When David was a boy, he was a shepherd. A shepherd is someone who looks after and cares for sheep. David would take his sheep out on a long journey. On the way, David made sure his sheep had all they needed. What do sheep need? Grass and water. David would take his sheep to lush green pastures. Here they could eat and not get hungry. David would lead his sheep to gentle streams. Where they could drink and not get thirsty. Sometimes David might have to lead them through dark and dangerous valleys. Here, lions or bears would come and try to take the sheep away. But David kept his sheep safe. He’d get his slingshot or staff and kill the lion or bear. And after going out and finding green pastures, he would always bring his sheep safely back home. David was a good shepherd who looked after his sheep.

Now when David grew up, he became a king. And like his sheep, King David realised that he needed to be cared for too. He needed to be kept safe from danger as well. David didn’t need grass to eat. But he did need providing for. He still needed things to live and keep going and be king. And he didn’t have lions and bears chasing him and trying to eat him. But sometimes he did have wicked men chasing him and trying to kill him. David needed to be kept safe from danger. Who would help? Who was going to be his shepherd?

David sang a song which went like this, [\[read 23:1-6\]](#). David has a shepherd looking after him. It is the Lord. The Lord is with him. The Lord is making sure David has everything he needs. The Lord is guiding him. The Lord is protecting him from danger. The Lord will bring him home to his house where David will eat and drink and live forever. The Lord is David’s shepherd.

Point 2. God’s king, Jesus, suffered

Wonderfully, we can sing this song too. Because we too have a shepherd – a good shepherd – the Lord Jesus. Jesus is our shepherd. He is with us. He is making sure we have everything we need. He is guiding us along the right paths. He is protecting us from danger and saves us from death. And he will bring us home to his house, where we will live forever. The Lord is our shepherd. Let’s now read this Psalm all together, knowing that the Lord Jesus is our shepherd. [\[Together with the children read Psalm 23:1-6.\]](#)

Use the 'How to prepare a Bible talk' section in the leader's handbook to help you.

Visuals and props

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Conclusion

We started by thinking about long journeys. Long journeys to visit grandparents, or long journeys on holidays, or long journeys up mountains. Life is like a long journey. We are on our way to heaven. We are going home to be with God, where we will eat and drink and live forever. But along the way it can be very hard. Will we have what we need? Will we go the right way? Will we make it through the dark and difficult times? Will we make it home to God? With our good shepherd we will.

Let's pray and thank God that we have a good shepherd.

Pray

Notes/ thoughts/ workings/ personal response:

Discussion: Digging deeper / ACTS

Aim - Recap/ apply/ pray: _____


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Materials:

Use the 'How to lead a Digging deeper discussion' or 'How to lead ACTS prayer' section in the leader's handbook to help you prepare.

 **A.** God, I praise you _____

 **C.** God, I am sorry _____

 **T.** God, I thank you _____

 **S.** God, I ask you _____

Activity: _____

Use the 'How to prepare a e.g. memory verse/ game/ VIPP activity' section in the leader's handbook.

Materials

The return of the king

Big Idea | Be assured that King Jesus will return.

Introduction

Waiting for someone can be hard. I'm sure we've all had to wait for someone before. Maybe we've waited for our mums or dads to get home from work. Or waited for them to pick us up from school. Or we've waited for a friend to come over and play. Or waited for a teacher to come and help us with our work. We'll be waiting, waiting, waiting. And sometimes we'll be waiting so long we might wonder whether they're going to come at all.

In the Old Testament, God's people were waiting for someone too. God's people were waiting for God's king. God had promised a king who would smash the rebels, and rescue to safety those who surrendered to him. But the king hadn't come. And he was taking his time. They had been waiting and waiting and waiting. And it started to feel like the king might not come at all. Our Psalm today was written to show God's people that the promised king would come. Let's look at it together.

Point 1. The coming king

Psalm 110:1. 'A Psalm of David' [read 110:1a]. David starts his Psalm by saying that God is speaking to someone. God is speaking to someone who David says is his lord. This must be a king that is greater than David. God must be speaking to the king we heard about in Psalm 2. His promised king who God would put on the throne; the king who would smash the rebels and save those who surrendered to him. Let's look at what God is saying to this king? [Read 110:1] God is telling this king to sit at his right hand – this is another way of saying sit on the throne. God is saying that a king will come who will sit on the throne. Although the king wasn't there yet, God was saying that he really would send him.

Verse 2 [read 110:2]. The king's mighty sceptre will go out from Zion. Here's a sceptre [sceptre]. A sceptre is an ornamental stick carried by rulers as a symbol of their rule. Kings and Queens have a sceptre; they will sometimes carry it as a sign that they are the ruler of their country. This verse is telling us that God's king rules in Zion, God's holy city. And his sovereign rule will go out from Zion, further and further, his kingdom will grow and grow.

Verse 4 [read 110:4]. This king is also a priest. A priest helps people to be friends with God. This king-priest will help his people to always and forever be friends with God.

Verse 5-6 show us that he will smash his enemies [read 110:5-6]. God's king will come and smash his enemies. All the rebels have shaken their fists at God will be destroyed.

Point 2. The king did come

As God's people sung this song it would have reminded them that God was going to keep his promise. Even though they'd been waiting and waiting and waiting, the king will one day come. And one day, the king did come! Four hundred years after this playlist of songs was put together,

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Visuals and props

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God's promised king came. The king was a man named Jesus, from Nazareth. Jesus proved to everyone that he was God's promised king.

But when he came, he didn't smash all the kings of the earth. He didn't destroy all the rebels and bring his people to a safe place with him. It wasn't time for that yet. What he did do was die so that we could be friends with God. Jesus is our forever priest. Then once he rose to life again, he went back to heaven. But before he went, he promised that he would come back again – he would return. He promised that this time, when he comes back, he would smash the rebels. He will utterly destroy them. He will crush the kings that plotted against him. And all people everywhere will see that Jesus is king. They will see him in his might and majesty. All people everywhere will bow before him. And for those who have surrendered to him, he will rescue. He will keep them safe. He will bring his people to be with him.

Conclusion

But Jesus promised this 2000 years ago, and he's not yet come back! We've been waiting and waiting and waiting. Two thousand years of waiting for our king to return. And so, we might start to feel like the king might not come back at all. Like waiting and waiting and waiting to be picked up from school. Or waiting and waiting and waiting for your friend to come over to play. All this waiting can be hard, and we might start to think, maybe he's not coming.

So when we start to worry, what can we do? We can sing this Psalm. It'll help us remember that God really will send his king. King Jesus will return. He's not come back yet, but he will come back one day. Maybe tomorrow. Maybe next week. Maybe next year. Or maybe after we've lived our lives. We don't know when he'll return, but we know he will. And as we wait for him, we can listen to this song. And it will give us confidence that he will come back. This song is a song to sing whilst we wait for our king.

Pray

Notes/ thoughts/ workings/ personal response:

Discussion: Digging deeper / ACTS

Aim - Recap/ apply/ pray: _____


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Materials:

Use the 'How to lead a Digging deeper discussion' or 'How to lead ACTS prayer' section in the leader's handbook to help you prepare.

 **A.** God, I praise you _____

 **C.** God, I am sorry _____

 **T.** God, I thank you _____

 **S.** God, I ask you _____

Activity: _____

Use the 'How to prepare a e.g. memory verse/ game/ VIPP activity' section in the leader's handbook.

Materials

The concert

Big Idea | Praise the Lord who is worthy of praise.

Introduction

Imagine yourself at a concert. There are hundreds and thousands of people. There is loud music: drums and symbols, pipes and trumpets. And everyone is shouting out, singing at the top of their voices. Our Psalm today tells us of a great concert: At the end of time, when our king returns. Where all creation and all people will be singing praises to God, telling him how great he is. Our Psalm starts and ends with these words, 'Praise the Lord!' So let's have a look at who's at the concert and why they're singing praises to God.

Point 1. Everything above the earth is to praise the Lord.

The first group at the concert is everything above the earth. [Read 148:1-4. As you read stick up pictures of what is described.] At this great concert everything above the earth will be praising the Lord. And the song tells us why all these things above the earth praise God [read 148:5]. At God's command the angels, the sun, moon, the stars and skies were all made. He spoke, and they came into existence. At the great concert everything above the earth will tell God how great he is. Imagine the sound of it. Picture the sight of it.

Point 2. Everything on the earth is to praise the Lord.

The next group at the concert is everything on the earth. There is a long list of all the things that are called to praise God. Lists can be a bit boring so I'm going to describe some of them, and I want you to guess what they are.

- Big and tall, they often have snow on the top, bigger than hills – mountains.
- A sea creature that blows air out of the top of its head – whale.
- A type of weather that comes with thunder – lightning.
- These have a trunk...branches and leaves – trees.
- These live in fields, make tasty burgers and produce milk – cows.
- These can jump off buildings without falling... because they have wings – flying birds.
- They wear a crown and rule over people – kings.
- They often use a walking stick and can be quite grumpy – Old men.
- You are all one of these – Children.

All these things on Earth will be at the concert praising God. And the Psalm tells us why they'll be praising God [read 148:13]. They praise God because he is greater than them all. He is the greatest. Wow, praise the Lord!

Point 2. The Lord's people have even more reason to praise

There's one final group at the concert who are praising him. As I read the next verse try to spot

Use the 'How to prepare a Bible talk' section in the leader's handbook to help you.

Visuals and props

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who they are [read 148:14]. God's servants, the people close to his heart, are praising him. That's us! We will be there at the concert. We will have our mouths wide open and shouting 'Praise the Lord!!'. We'll be joining in with everything above the earth and everything on the earth. Imagine being there. Imagine the noise. Imagine the sight.

And we will be praising God for a very special reason. Listen again to this verse [read 148:14]. We'll be praising God because he has raised up a horn for us. Here's a horn [animal horn]. Now it seems a little strange to be singing out so loudly because a horn has been raised up. Let me explain. In the Old Testament a horn is a picture of strength and power and might. And in the Old Testament it was used to describe kings. They were strong and powerful and mighty. They saved and ruled over their people. We don't use horns to describe kings anymore, we often use crowns, but it's the same thing. God's people are praising him because he raised up a king for them.

He raised up the king who we heard about in Psalm 2. Do you remember Psalm 2? It was the greatest story ever told. The story of every person on the planet holding their fists up at God. But God laughed at them and raised up his King and seated his king on the throne in heaven. God's king is strong and powerful – a mighty horn. God's king will smash all the rebels and save those who surrender to him. He will bring us to live with God forever. This is an excellent reason to praise God. And so, at the concert, at the end of time, we can join in with everything on the Earth and everything in heaven. We can open our mouths and shout out 'Praise the Lord!!'

Conclusion

This Psalm is a picture of the future. It shows us what it will be like when God's king comes. When King Jesus returns, everyone and everything will praise God. It will be the biggest concert there has ever been. I'm looking forward to it, I wonder if you are to? And as we wait for it, we can get ready and warm up our voices. We can practice praising the Lord because of who he is and what he's done: 'Praise the Lord!' And we can praise him now for sending his king who saves.

Let's do that in prayer. Father, we praise you for raising up a king who will save us.

Pray

Notes/ thoughts/ workings/ personal response:

Discussion: Digging deeper / ACTS

Aim - Recap/ apply/ pray: _____


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Materials:

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 **A.** God, I praise you _____

 **C.** God, I am sorry _____

 **T.** God, I thank you _____

 **S.** God, I ask you _____

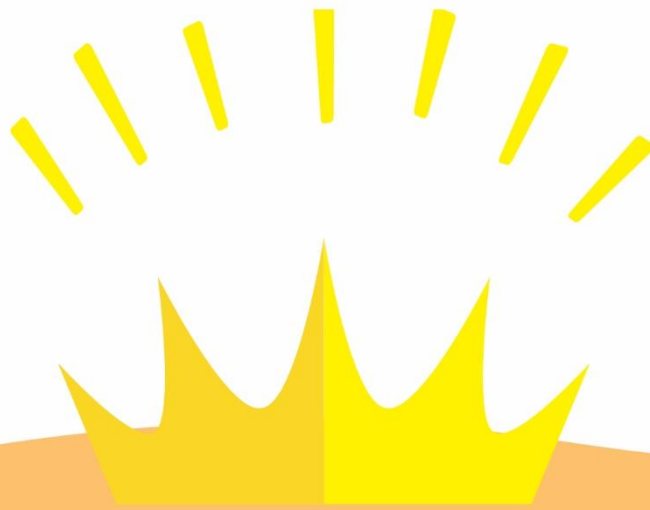
Activity: _____

Use the 'How to prepare a e.g. memory verse/ game/ VIPP activity' section in the leader's handbook.

Materials



St Helen's
Bishopsgate



St Helen's Children's Ministry

