



YOU
are with
ME

A Summer of Psalms

Elementary Family Take Home

June 8-August 31, 2014



Elementary Parents,

The book of Psalms gives us many of the Bible's so called greatest hits. Words of praise, words of lament. Words of thanksgiving, words of doubt. Words of repentance, words of rejoicing. Psalms is the longest book of the Bible and captures every emotion and part of the human experience, ultimately showing us how God's people can and should relate to Him through it all. This summer, elementary Crossing Kids will take a closer look at this important book for 13 weeks. Our hope is for children to:

- Gain a deeper understanding of who God is.
- Understand what a Psalm is and how to read the genre of poetry in the Bible.
- Know how to respond to God through worship and prayer during both good times and bad.

We've chosen "You Are With Me" as our title. These words come from Psalm 23 which reminds us that even when we face the darkest of valleys, we don't have to be afraid because God is with us. These words encapsulate much more than the words of one Psalm, though. God's presence is a reoccurring theme that we will explore together throughout our time on Sunday morning.

Instead of sharing a traditional newsletter with you, we've decided to create a take home packet that shares each of the Psalms we will study together this summer. We'd like to encourage your family to post it somewhere important like the refrigerator or by your dining room table and read it together throughout the week. We've added a few discussion questions and optional activities that you can use to reinforce these big ideas together as a family.

Please know that we are praying for you as you shepherd your child's faith this summer.

Emily Pilkington & Rachel Johnson



Week 1
June 8, 2014

Book of Psalms: *Introduction*

The Psalms gave voice to the Israelites in the Old Testament as they praised God and called out to Him for a Savior. Today, we can sing the Psalms in praise to God for sending Jesus, who saves us.

The psalms show the whole range of human emotion, from despair to joy.



FOLLOW UP IDEAS!

- Have parents and older children take turns sharing their favorite Psalm and explaining what they like about it.
- Listen to a favorite song from Sunday morning together and discuss the lyrics.
- Create and pray your own psalm together as a family. Praise God for who He is and what He's done.
- Read about David, the author of many of the Psalms we'll look at this summer on p. 154-173 in *The Big Picture Bible* or p. 116-135 in *The Jesus Storybook Bible*. Create a list of what you know/learned about David to refer back to as you read some of the Psalms he wrote.



Psalm 8: How Majestic is God's Name

Focus: Creation Glorifies God

A Psalm of David

- 1 Lord, our Lord,
how majestic is your name in all the earth!
You have set your glory
in the heavens.
- 2 Through the praise of children and infants
you have established a stronghold against your enemies,
to silence the foe and the avenger.
- 3 When I consider your heavens,
the work of your fingers, the moon and the stars,
which you have set in place,
- 4 what is mankind that you are mindful of them,
human beings that you care for them?
- 5 You have made them a little lower than the angels
and crowned them
with glory and honor.
- 6 You made them rulers over the works of your hands
you put everything under their feet:
- 7 all flocks and herds,
and the animals of the wild,
- 8 the birds in the sky,
and the fish in the sea,
all that swim the paths of the seas.
- 9 Lord, our Lord,
how majestic is your name in all the earth!



FOLLOW UP IDEAS!

- **Read the Psalm twice.**
- **Ask**
 - How does the Psalmist feel in today's Psalm?
 - What do we learn about God in this Psalm?
 - What does God do? What does God create?
- **Illustrate the Psalm by drawing different things that God created.**
- **Look Up the word "majestic" in the dictionary. Talk about what it means that God's name is "majestic."**
- **Pray together and praise God for His majestic name and all that He's created.**



Psalm 42: My Soul Thirsts for God



Focus: Longing for God

- 1** As the deer pants for streams of water,
so my soul pants for you, my God.
- 2** My soul thirsts for God, for the living God.
When can I go and meet with God?
- 3** My tears have been my food
day and night, while people say to me all day long,
“Where is your God?”
- 4** These things I remember
as I pour out my soul:
how I used to go to the house of God
under the protection of the Mighty One
with shouts of joy and praise
among the festive throng.
- 5** Why, my soul, are you downcast?
Why so disturbed within me?
Put your hope in God,
for I will yet praise him,
my Savior and my God.
- 6** My soul is downcast within me;
therefore I will remember you from the land of the Jordan,
the heights of Hermon—from Mount Mizar.
- 7** Deep calls to deep
in the roar of your waterfalls;
all your waves and breakers
have swept over me.
- 8** By day the Lord directs his love,
at night his song is with me—
a prayer to the God of my life.
- 9** I say to God my Rock,
“Why have you forgotten me?
Why must I go about mourning,
oppressed by the enemy?”
- 10** My bones suffer mortal agony
as my foes taunt me, saying to me all day long,
“Where is your God?”
- 11** Why, my soul, are you downcast?
Why so disturbed within me? Put your hope in God,
for I will yet praise him,
my Savior and my God.



FOLLOW UP IDEAS!

- **Read the Psalm twice.**
- **Ask**
 - How does the Psalmist feel in today's Psalm?
 - What does the Psalmist do when he feels this way?
 - What do we learn about God in this Psalm?
- **Illustrate the Psalm.**
- **Pray together and ask for His help to praise and put our hope in him even when things are difficult.**



Psalm 136: His Love Endures Forever



Focus: Praising God

- 1 Give thanks to the Lord, for he is good. His love endures forever.
- 2 Give thanks to the God of gods. His love endures forever.
- 3 Give thanks to the Lord of lords: His love endures forever.
- 4 to him who alone does great wonders, His love endures forever.
- 5 who by his understanding made the heavens, His love endures forever.
- 6 who spread out the earth upon the waters, His love endures forever.
- 7 who made the great lights— His love endures forever.
- 8 the sun to govern the day, His love endures forever.
- 9 the moon and stars to govern the night; His love endures forever.
- 10 to him who struck down the firstborn of Egypt His love endures forever.
- 11 and brought Israel out from among them His love endures forever.
- 12 with a mighty hand and outstretched arm; His love endures forever.
- 13 to him who divided the Red Sea asunder His love endures forever.
- 14 and brought Israel through the midst of it, His love endures forever.
- 15 but swept Pharaoh and his army into the Red Sea; His love endures forever.
- 16 to him who led his people through the wilderness; His love endures forever.
- 17 to him who struck down great kings, His love endures forever.
- 18 and killed mighty kings— His love endures forever.
- 19 Sihon king of the Amorites His love endures forever.
- 20 and Og king of Bashan— His love endures forever.
- 21 and gave their land as an inheritance, His love endures forever.
- 22 an inheritance to his servant Israel. His love endures forever.
- 23 He remembered us in our low estate His love endures forever.
- 24 and freed us from our enemies. His love endures forever.
- 25 He gives food to every creature. His love endures forever.
- 26 Give thanks to the God of heaven. His love endures forever.



FOLLOW UP IDEAS!

- Read the Psalm twice.
- Listen to “His Love Endures” on Seeds Family Worship: Seeds of Praise or “His Love Endures Forever” by Chris Tomlin
- Ask
 - How does the Psalmist feel in today's Psalm?
 - What does the Psalmist do when he feels this way?
 - What do we learn about God in this Psalm?
- Look up the word “endures” in the dictionary. What does it mean that God’s love endures?
- Illustrate the Psalm.
- Pray together and praise God for His majestic name and all that He’s created.



Psalm 139:1-16 Fearfully and Wonderfully Made



Focus: God is Our Maker

For the director of music. A Psalm of David.

- 1 You have searched me, Lord,
and you know me.
- 2 You know when I sit and when I rise;
you perceive my thoughts from afar.
- 3 You discern my going out and my lying down;
you are familiar with all my ways.
- 4 Before a word is on my tongue
you, Lord, know it completely.
- 5 You hem me in behind and before,
and you lay your hand upon me.
- 6 Such knowledge is too wonderful for me,
too lofty for me to attain.
- 7 Where can I go from your Spirit?
Where can I flee from your presence?
- 8 If I go up to the heavens, you are there;
if I make my bed in the depths, you are there.
- 9 If I rise on the wings of the dawn,
if I settle on the far side of the sea,
- 10 even there your hand will guide me,
your right hand will hold me fast.
- 11 If I say, "Surely the darkness will hide me
and the light become night around me,"
- 12 even the darkness will not be dark to you;
the night will shine like the day,
for darkness is as light to you.
- 13 For you created my inmost being;
you knit me together in my mother's womb.
- 14 I praise you because I am fearfully and wonderfully made;
your works are wonderful,
I know that full well.
- 15 My frame was not hidden from you
when I was made in the secret place,
when I was woven together in the depths of the earth.
- 16 Your eyes saw my unformed body;
all the days ordained for me were written in your book
before one of them came to be.



FOLLOW UP IDEAS!

- Read the Psalm twice.
- Listen to “Wonderfully Made” on Seeds Family Worship: The Power of Encouragement
- Ask
 - How does the Psalmist feel in today's Psalm?
 - What do we learn about God in this Psalm?
- Look at baby pictures of your child together as a family. Talk about how God created everything about them on purpose and remind them that they are fearfully and wonderfully made.
- Illustrate the Psalm.
- Pray together and praise God for the way that he has created each person in your family. (Consider having each person praise God for the person sitting on their right.)



Psalm 139: 17-18; 23-24 Lead Me in the Way Everlasting Focus: Salvation in Christ

For the director of music. A Psalm of David.

17 How precious to me are you thoughts, God!

18 Were I to count them,
they would outnumber the grains of sand—
when I awake, I am still with you.

23 Search me, God, and know my heart;
test me and know my anxious thoughts.

24 See if there is any offensive way in me,
and lead me in the way everlasting.



FOLLOW UP IDEAS!

- Read Psalm 139:17-18; 23-24
- Listen to “You Are With Me” from The Crossing Music, Forever Home
- Ask
 - What are God’s thoughts like?
 - What does the Psalmist ask God to do?
 - Look up the work “everlasting.” Read Revelation 21:1-7 to learn what the way of everlasting is like for those who trust Jesus as their Savior.
- Illustrate the Psalm.
- Pray together and ask God to search and know you hearts. Ask God to lead you in the way of everlasting.



Psalm 23: God is Our Shepherd



Focus: God Gives Us Everything We Need

A Psalm of David

- 1 The Lord is my shepherd, I lack nothing.
- 2 He makes me lie down in green pastures,
he leads me beside quiet waters,
- 3 He refreshes my soul.
He guides me along the right paths
for His name's sake.
- 4 Even though I walk through the darkest valley, I will fear no evil,
for you are with me; your rod and your staff,
they comfort me.
- 5 You prepare a table before me
in the presence of my enemies.
You anoint my head with oil;
my cup overflows.
- 6 Surely your goodness and love will follow me
all the days of my life, and I will dwell in the house of the Lord forever.



FOLLOW UP IDEAS!

- Read Psalm 23 twice.
- Listen to "House of God Forever" by Page CXVI
- Ask
 - What does a shepherd do? How is God like a shepherd?
 - How are we like sheep?
 - What does God do in today's Psalm?
- Memorize the Psalm together.
- Illustrate the Psalm.
- Pray together and thank God for giving us everything we need.



Psalm 51: Create in Me a Clean Heart



Focus: Repentance and Forgiveness

For the director of music. A psalm of David after he had sinned.

1 Have mercy on me, O God,
according to your unfailing love; according to your great compassion
blot out my transgressions.

2 Wash away all my iniquity
and cleanse me from my sin.

3 For I know my transgressions,
and my sin is always before me.

4 Against you, you only, have I sinned
and done what is evil in your sight;

5 Surely I was sinful at birth
sinful from the time my mother conceived me.

6 Yet you desired faithfulness even in the womb;
you taught me wisdom in that secret place.

7 Cleanse me with hyssop, and I will be clean;
wash me, and I will be clean;
wash me, and I will be whiter than snow.

8 Let me hear joy and gladness;
let the bones you have crushed rejoice.

9 Hide your face from my sins
and blot out all my iniquity.

10 Create in me a pure heart, O God,
and renew a steadfast spirit within me.

11 Do not cast me from your presence
or take your Holy Spirit from me.

12 Restore to me the joy of your salvation
and grant me a willing spirit, to sustain me.

13 Then I will teach transgressors your ways,
so that sinners will turn back to you.

14 Deliver me from the guilt of bloodshed, O God,
you who are God my Savior,
and my tongue will sing of your righteousness.



15 Open my lips, Lord,
and my mouth will declare your praise.

16 You do not delight in sacrifice, or I would bring it;
you do not take pleasure in burnt offerings.

17 My sacrifice, O God, is a broken spirit;
a broken and contrite heart you, God, will not despise.

18 May it please you to prosper Zion, to build up the walls of Jerusalem.

19 Then you will delight in the sacrifices of the righteous,
in burnt offerings offered whole;
then bulls will be offered on your altar.



FOLLOW UP IDEAS!

- **Read the Psalm twice.**
- **Ask**
 - How does the Psalmist feel in today's Psalm?
 - What does he do when he realizes he has sinned?
 - What should we do when we sin.
 - What does David believe about God? What does this Psalm teach us about who God is?
- **Read about David's sin on p. 322-328 of the Action Bible.**
- **Illustrate the Psalm.**
- **Pray together and ask God for his forgiveness. Thank him for his mercy.**



Psalm 34: Taste and See that the Lord is Good.



Focus: Those who trust in God Lack Nothing.

A psalm of David.

1 I will extol the Lord at all times;
his praise will always be on my lips.

2 I will glory in the Lord;
let the afflicted hear and rejoice.

3 Glorify the Lord with me;
let us exalt his name together.

4 I sought the Lord, and he answered me;
he delivered me from all my fears.

5 Those who look to him are radiant;
their faces are never covered with shame.

6 This poor man called, and the Lord heard him;
he saved him out of all his troubles.

7 The angel of the Lord encamps around those who fear him,
and he delivers them.

8 Taste and see that the Lord is good;
blessed is the one who takes refuge in him.

9 Fear the Lord, you his holy people,
for those who fear him lack nothing.

10 The lions may grow weak and hungry,
but those who seek the Lord lack no good thing.

11 Come, my children, listen to me;
I will teach you the fear of the Lord.

12 Whoever of you loves life
and desires to see many good days,

13 keep your tongue from evil
and your lips from telling lies.

14 Turn from evil and do good;
seek peace and pursue it.



15 The eyes of the Lord are on the righteous,
and his ears are attentive to their cry;

16 but the face of the Lord is against those who do evil,
to blot out their name from the earth.

17 The righteous cry out, and the Lord hears them;
he delivers them from all their troubles.

18 The Lord is close to the brokenhearted
and saves those who are crushed in spirit.

19 The righteous person may have many troubles,
but the Lord delivers him from them all;



FOLLOW UP IDEAS!

- Read Psalm 34 twice.
- Listen to “Gloria” by King’s Kaleidoscope.
- Ask
 - How does the Psalmist feel in today’s Psalm?
 - What does this Psalm tell us about who God is?
- Illustrate the Psalm.
- Pray together and thank God for giving us everything we need.



Psalm 62: Our Souls Find Rest in God Alone



Focus: God is our rock and our salvation

A psalm of David.

1 Truly my soul finds rest in God;
my salvation comes from him.

2 Truly he is my rock and my salvation;
he is my fortress, I will never be shaken.

3 How long will you assault me?
Would all of you throw me down—
this leaning wall, this tottering fence?

4 Surely they intend to topple me
from my lofty place;
they take delight in lies. With their mouths they bless,
but in their hearts they curse.

5 Yes, my soul, find rest in God;
my hope comes from him.

6 Truly he is my rock and my salvation;
he is my fortress, I will not be shaken.

7 My salvation and my honor depend on God;
he is my mighty rock, my refuge.

8 Trust in him at all times, you people;
pour out your hearts to him,
for God is our refuge.

9 Surely the lowborn are but a breath,
the highborn are but a lie. If weighed on a balance, they are nothing;
together they are only a breath.

10 Do not trust in extortion
or put vain hope in stolen goods; though your riches increase,
do not set your heart on them.

11 One thing God has spoken,
two things I have heard: "Power belongs to you, God,

12 and with you, Lord, is unfailing love";
and, "You reward everyone
according to what they have done."



FOLLOW UP IDEAS!

- Read the Psalm twice.
- Listen to Psalm 62 by Aaron Keyes.
- Ask
 - What do we learn about God in this Psalm?
 - Where should our souls find rest? Why?
- Illustrate the Psalm.
- Pray together and ask God to help us find rest in Him alone.



Psalm 63: God's love is better than life.



Focus: Because Your Love is Better Than Life, My Lips Will Glorify You.

A psalm of David.

1 You, God, are my God,
earnestly I seek you; I thirst for you,
my whole being longs for you, in a dry and parched land
where there is no water.

2 I have seen you in the sanctuary
and beheld your power and your glory.

3 Because your love is better than life,
my lips will glorify you.

4 I will praise you as long as I live,
and in your name I will lift up my hands.

5 I will be fully satisfied as with the richest of foods;
with singing lips my mouth will praise you.

6 On my bed I remember you;
I think of you through the watches of the night.

7 Because you are my help,
I sing in the shadow of your wings.

8 I cling to you;
your right hand upholds me.

9 Those who want to kill me will be destroyed;
they will go down to the depths of the earth.

10 They will be given over to the sword
and become food for jackals.

11 But the king will rejoice in God;
all who swear by God will glory in him,
while the mouths of liars will be silenced.



FOLLOW UP IDEAS!

- Read the Psalm twice.
- Listen to “Better than Life” by Seeds Family Worship: Seeds of Praise
- Ask
 - What do we learn about God in this Psalm?
 - Why is God’s love better than life?
- Illustrate the Psalm.
- Pray together and ask God to help us find rest in Him alone.



Psalm 103: God's love is as High as the Heavens are Above the Earth



Focus: God Forgives, Heals, Redeems, Crowns, and Satisfies.

A psalm of David.

- 1 Praise the Lord, my soul;
all my inmost being, praise his holy name.
- 2 Praise the Lord, my soul,
and forget not all his benefits—
- 3 who forgives all your sins
and heals all your diseases,
- 4 who redeems your life from the pit
and crowns you with love and compassion,
- 5 who satisfies your desires with good things
so that your youth is renewed like the eagle's.
- 6 The Lord works righteousness
and justice for all the oppressed.
- 7 He made known his ways to Moses,
his deeds to the people of Israel:
- 8 The Lord is compassionate and gracious,
slow to anger, abounding in love.
- 9 He will not always accuse,
nor will he harbor his anger forever;
- 10 he does not treat us as our sins deserve
or repay us according to our iniquities.
- 11 For as high as the heavens are above the earth,
so great is his love for those who fear him;
- 12 as far as the east is from the west,
so far has he removed our transgressions from us.
- 13 As a father has compassion on his children,
so the Lord has compassion on those who fear him;
- 14 for he knows how we are formed,
he remembers that we are dust.
- 15 The life of mortals is like grass,
they flourish like a flower of the field;
- 16 the wind blows over it and it is gone,
and its place remembers it no more.
- 17 But from everlasting to everlasting
the Lord's love is with those who fear him,
and his righteousness with their children's children—



18 with those who keep his covenant
and remember to obey his precepts.

19 The Lord has established his throne in heaven,
and his kingdom rules over all.

20 Praise the Lord, you his angels,
you mighty ones who do his bidding,
who obey his word.

21 Praise the Lord, all his heavenly hosts,
you his servants who do his will.

22 Praise the Lord, all his works
everywhere in his dominion.
Praise the Lord, my soul.



FOLLOW UP IDEAS!

- **Read the Psalm twice.**
- **Ask**
 - How does the Psalmist feel in today's Psalm?
 - Why is God's love better than life?
 - What do we learn about people/us?
- **Illustrate the Psalm.**
- **Pray together and praise God who he is and what he's done.**



Week 13
August 31, 2014

A Psalm Celebration!



Ideas:

- Have each person in your family pick their favorite Psalm and share it or their favorite part of it.
- Listen to music and bake a cake or cupcakes. Decorate them with imagery from the psalms.
- Create musical instruments from different household items and create your own Psalm that praises God.