

OLD TESTAMENT 2022

Come, Follow Me with *Living Scriptures* STREAMING

Praise the Lord

Psalms 102-150

Objectives:

- Discuss the importance of praising the Lord and how we can praise the Lord.

Reinforces Principles of:

- Praising God

Reverence Time

Song: I Thank Thee, Dear Father, Children's Songbook page 7

<https://www.churchofjesuschrist.org/music/library/childrens-songbook/i-thank-thee-dear-father>

Scripture: Psalm 117:1-2

"O praise the Lord, all ye nations: praise him, all ye people. For his merciful kindness is great toward us: and the truth of the Lord endureth for ever. Praise ye the Lord."

Video: Watch this week's clip from the Living Scriptures Streaming Library. Find the clip at <https://www.livingscriptures.com/fhe-lesson-ot-praise>

Lesson

Summary:

Many of the Psalms were meant to praise the Lord, especially Psalms 111-113 and 146-150. These Psalms show gratitude for the Lord's help, His creations, His commandments, His deliverance, and His power. They call on everyone and everything to sing praises to God and they remind us to put our trust in Him.

Psalm 119:105 teaches that the word of God is like a "lamp unto [our] feet, and a light unto [our] path." His teachings and commandments help us to know the way we should go and they bring us comfort and peace.

Psalm 127:1 says, "Except the Lord build the house, they labour in vain that build it." From Psalms 127-129 we learn that if we build our lives and our families with our focus on the Lord we will be blessed.

Quote:

"When we worship God, we acknowledge and receive Him... We ponder God's word, and that fills our souls with light and truth... When we worship, our hearts are drawn out in praise to our blessed God morning, noon, and night." Dean M. Davies

Questions:

Why is it important to praise the Lord?

What are some things the Lord has done for us?

What are some ways we can praise Him?

How is God's word like a light?

Activity Time

Light & Dark

Description: Play this guessing game and discover how much more clearly we can see when we have light. Just like physical light can help us see better to make good choices, spiritual light can help us understand better to make right choices.

What you need:

- A copy of the “Light & Dark” activity cards (artwork included with this lesson,) cardstock or heavy paper (optional), scissors, and glue or tape.

Preparation:

1. Print out the artwork (on cardstock or heavy paper if possible).
2. Cut cards apart. Fold on dotted lines.
3. Glue the inside of the folded card together so each card has a shadowed image on the front, and a colored image on the back.
4. Place cards in a pile with the shadow side up.



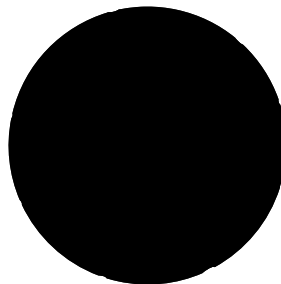
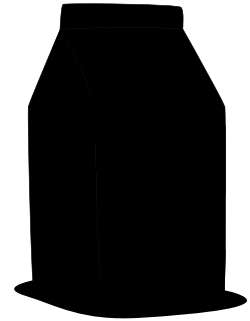
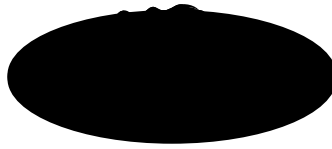
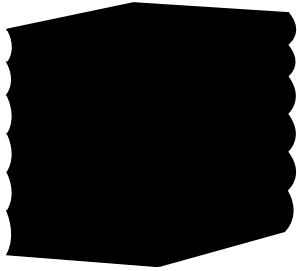
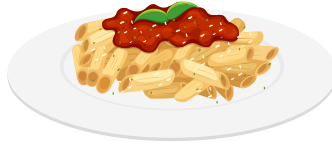
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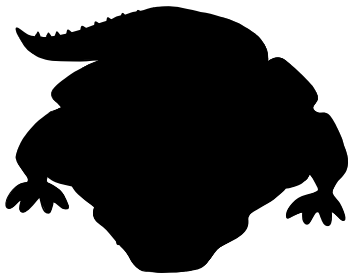
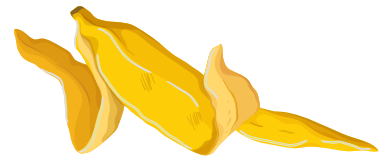
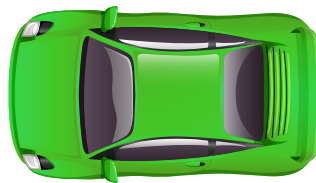
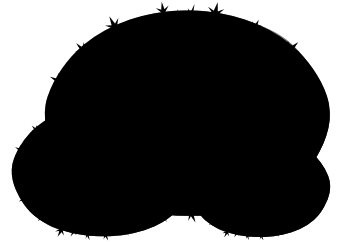
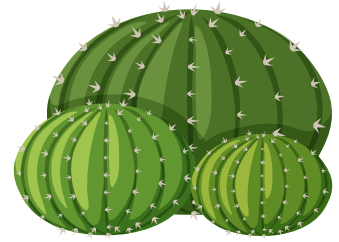
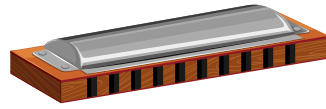
Explain that sometimes it's difficult to tell what an object truly is in the dark. We're going to play a guessing game to see if you can guess what the object is by only looking at its shadow.

Taking turns, show each family member a card and let them guess what they think the object is. If they guess correctly, give the card to them. If they guess incorrectly, the next family member can try to guess. If no one guesses correctly, show the “light” side of the card. Notice how quickly everyone recognizes what the object is!

Discuss: Did you notice that it was much easier to see the truth when we saw the object in the light? Spiritual light can help us to know the truth too. To gain spiritual light, we need to do more than turn on the light switch. We can pray, read scriptures, keep the commandments, and talk to trusted leaders and family members. The Lord will help us to find the “light” we are seeking.







Treat Time

Fruity Popcorn Homes

Prep Time: 10 minutes
Cook Time: 10 minutes

Ingredients: 1 c. sugar
1 c. white corn syrup
1 3 oz package of flavored gelatin (any flavor)
2 bags of microwave popcorn or 9 cups of regular popped corn



Instructions: Treat Time: Show your family the ingredients for the popcorn houses. Explain that each ingredient is important for the recipe to come together to make the yummy popcorn homes. Explain that each family member is like the ingredients. Each of us has our own strengths and talents. By ourselves we can do many things, but when we come together we can shape our house into a home and help each other follow God's plan.

Cook popcorn according to package directions. Pour into an extra large bowl. Remove any unpopped kernels. Place sugar, corn syrup and gelatin in a large saucepan and bring to a boil. Cook just until gelatin and sugar are dissolved. Pour over popcorn. Stir until popcorn is evenly coated. Give each family member a handful of caramel corn to shape into a "Popcorn Home." * Place finished homes on wax paper to cool.

*Wet hands with cold water or butter hands slightly to more easily form popcorn homes.