



# 4

## Praises to God



### Key Passages

- Psalm 150,106:1

### Lesson Focus

- Give praise and thanks to God!

## Lesson Overview



### Come On In

Students will color and complete the Lamb Dot-to-Dot as a review of the previous lesson and/or play with play dough.



### Circle Time

**Prayer**—Using the Flip Chart Prayer Page, discuss prayer and give each child the opportunity to pray after determining what type of prayer you will offer today.

**God's Word**—Students will hear how we should give praise and thanks to God like David did in the Psalms.

**Song**—Students will praise God by marching, clapping, and singing the Memory Verse Song and the songs “We Gather All Around” and “God is Great.” Lyrics to the songs are found on the Flip Chart Song Page and the Song Sheet at the back of this Teacher Guide.



### Activity 1: Thank You For ...

Students will pick objects and/or pictures out of a box, then thank the Lord together for each one.



### Activity 2: Praise God Because He Is ...!

Students will search for and learn some of the attributes of God. They will then praise God together.



### Memory Verse Review and Activity

Students will review the memory verse while passing the ball around the circle.



### Applying God's Word/Snack

Students will review the lesson while enjoying the snack for the day.

# Lesson Preparation

## WHAT YOU WILL DO

## WHAT YOU WILL NEED



### FOR THE TEACHER

- ☐ Study the Prepare to Share section.
- ☐ Go Before the Throne.

- ☐ Student Take Home Sheets



### COME ON IN

- ☐ Print one Lamb Dot-to-Dot from the Resource DVD-ROM for each student.

- ☐ Lamb Dot-to-Dot for each student
- ☐ Crayons
- ☐ Play dough



### CIRCLE TIME

- ☐ Print one copy of each of the five Musical Instrument Illustrations from the Resource DVD-ROM for teacher use.
- ☐ Practice the songs on the Song Sheet at the back of this Teacher Guide.

- ☐ Lesson Flip Chart
- ☐ Bible
- ☐ Stuffed animal for prayer time
- ☐ Five Musical Instrument Illustrations
- ☐ Optional: Actual instruments shown in illustrations if available



### THANK YOU FOR ...

- ☐ Print and cut out one copy of each of the Thank You Pictures from the Resource DVD-ROM.

- ☐ Container for objects and/or pictures
- ☐ Thank You Pictures
- ☐ Optional: Actual items the children may be thankful for



### PRAISE GOD BECAUSE HE IS ...!

- ☐ Print and cut apart the six Attributes of God Cards from the Resource DVD-ROM so each student will have one.
- ☐ Put the Attributes of God Cards around the room.

- ☐ Attributes of God Cards
- ☐ Poster putty or tape



### MEMORY VERSE REVIEW AND ACTIVITY

- ☐ Gather materials needed.

- ☐ Flip Chart Memory Verse Page
- ☐ Soft ball or other object to pass around the circle
- ☐ Optional: Small rewards



### APPLYING GOD'S WORD/SNACK

- ☐ Prepare and bring snacks.

- ☐ Lesson Flip Chart for review
- ☐ Snacks



# Prepare to Share

## SCRIPTURAL BACKGROUND

Prepare to teach by preparing your heart. Read the lesson key passages along with this background.

Psalms is a book of prayers and hymns meant to draw our attention from ourselves and to our mighty God. The beautiful poetic structure of the psalms allows their impact to be felt across the language barrier. Rather than the rhyming structure we are so familiar with in the West, these poems are written with structural elements that often occur in couplets that compare or contrast ideas. This is called parallelism since the ideas run parallel to one another.

One example of this occurs in Psalm 106, which is a psalm of thanksgiving. Verse 2 declares, “Who can utter the mighty acts of the Lord?” This statement is followed by “Who can declare all His praise?” Notice that the same idea is repeated in the couplet. Another couplet can be observed in Psalm 106:4, where the psalmist is calling God to remember him. Psalm 106:5, 106:6, and 106:7 all illustrate triplets—the idea in each verse is restated three times. As you study the psalms, you will notice some of the parallels will be opposites of one another.

Through all of the poetic language, the psalms are meant to offer praise to God. The psalms teach us how to worship God with our words. The psalms made up the “hymnbook” for Jews. To the Jews, the title simply meant “praises,” and that is what the psalms were used for—songs of praise. Most of the psalms emphasize man’s position before the infallible, incomprehensible, holy God. This sets God in His rightful place—as Ruler over the affairs of the world and all mankind. As the psalmist speaks, God is exalted and His attributes are set before us like a magnificent banquet that we can feast on to feed our souls.

God’s sovereignty is constantly affirmed by the psalmists as they offer Him thanks and praise, as they cry out to Him for help, or as they boldly claim their confidence in what He will do in the future. The psalms have been classified into various groupings, but the lesson today will look at three common types of psalms in three particular chapters: Psalm 150—singing praises, Psalm 136—giving thanks, and Psalm 43—lamenting or crying out for help.

Psalm 150 is the final psalm in the book of Psalms and ends a series of psalms dedicated to praising the

sovereign creator God (Psalms 146–150). Psalm 150 shouts that all things should praise the Lord. It lists where to praise Him—in His sanctuary and in the firmament. This gives the impression that all of heaven (firmament) and earth (sanctuary) should praise the Lord. We praise Him for His mighty acts, for His excellent greatness, and with music, song, and dance (Psalm 150:2–4). The psalmist then declares that everything that has breath should praise the Lord! This is a fitting end to a book of songs and hymns to the almighty God. God’s honor and majesty have been presented throughout this book, and considering the wonder of who He is, we are moved to burst forth in praises to Him with the psalmist, who ends the Psalm, “Praise the Lord!”

Undoubtedly, Psalm 136 is a psalm of thanksgiving to God for His enduring mercy. This is made clear with the common refrain in verses 1, 2, 3, and 26—“Oh, give thanks to the Lord, for He is good! For His mercy endures forever.” The psalmist rejoices at God’s care as he is reminded of God as Creator and as Deliverer of the Israelites from their bondage in Egypt. In fact, the repeated refrain, “His mercy endures forever,” may have been spoken by the people in responsive worship. We, too, ought to give thanks to God for delivering us from our bondage to sin through Christ’s work on the Cross! For those who are in Christ, His mercy truly endures forever.

The Bible tells of men who praised and honored God with thanksgiving. But it is also an honest Book that looks frankly at the hearts of men—through good and bad circumstances—and the emotions that are often revealed through these occasions. The psalms cover the entire range of human emotions, feelings, sentiments, and sensitivities. The mood of Psalm 43 is far different from that of Psalm 150 or Psalm 136. Chapter 43 is a psalm of lament—or crying out to God. In this psalm, the psalmist pleads to God for deliverance and seeks to understand the unjust situation he finds himself in. His plea is urgent and his heart seems to be desperate, but he does not lose sight of the fact that because God is his inheritance and his exceeding joy, his hope must rest in Him (Psalm 43:5).

As you teach the lesson this week, point to these different types of psalms as a way to show the students how to offer worship to God. Whether we are praising and thanking Him in the good times, recalling His faithfulness and mercy, or crying out to Him in times of anguish, He alone is always worthy of our praises.

## HISTORICAL/APOLOGETICS BACKGROUND

The psalms were originally organized into five books, but they have been assembled into one book today, often referred to as the Psalter. Many of the psalms include inscriptions that tell us who wrote the poem, who was to perform, when it was to be performed, what tune they were to be set to, and occasionally the circumstances under which it was written. Psalms is the longest book in the Bible—150 chapters—and some say the most diverse. As you read this book, you will see many different subjects discussed including God, war, sin and evil, judgment, worship, praise, repentance, and prophecies of the Christ.

Among the writers are Moses, David, Asaph, the sons of Korah, and Solomon. Some of the psalms have been attributed to Ezra, even though he is not named as the writer. Although there were many human writers, we know that the ultimate author was the Holy Spirit. This is clearly affirmed by Peter when he spoke of the Spirit's role in guiding holy men to record these words (2 Peter 1:19–21).

In 2 Samuel 23:1, David is referred to as the “sweet psalmist of Israel.” Knowing that David was a man after God's own heart (1 Samuel 13:14; Acts 13:22), we can look to these writings as a model for our own worship

of the Lord. They can be used to praise and thank God in times of personal devotion as well as to minister to the souls of others as you “let the word of Christ dwell in you richly in all wisdom, teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord” (Colossians 3:16).

For more information on this topic, see the Online Resource Page.



### BEFORE THE THRONE

Gracious Lord, I praise your name. Thank you for this study of Psalms. I am reminded that I have so much to praise you for. You are mighty and kind. You are sovereign and personal. You are my Redeemer. Thank you for who you are and what you've done. Give me the energy and passion I need to teach my students this lesson well. Help me to model good prayer habits using the Psalms as my guide. Thank you for the reminder that when we don't feel like praying because we're down, that's exactly when we need to come to you! To you be the glory!

➤ As you teach, refer often to the Lesson Flip Chart Page to keep the children engaged. When reading the lesson Scriptures, stand up, be enthusiastic, look at the children, and emphasize the answers to the questions you will be asking. This will help to keep the children engaged.



## COME ON IN

As children arrive . . .

- They will complete and color the Lamb Dot-to-Dot as a review and/or
- Play with play dough.

During this time you should be at the door welcoming the children as they come in and directing them to sit down at the tables and begin the activity. Have an aid/helper ready to engage the children with the activity.



## REVIEW

Using the Flip Chart, quickly review the previous lessons with your students. Take 5 to 10 minutes to reinforce the important truths the students have heard so far in your class.

Ask the children questions about the previous lessons as you display the Lesson Flip Chart Pages. Remind the children of each lesson's focus. This will refresh the truths in your students' minds and maintain continuity as you teach through the lessons.



## Circle Time

*In an orderly manner, have the children assemble in a circle away from the tables—either on the floor or in their chairs.*

*Bring your stuffed animal, Bible, Flip Chart, Musical Instrument Illustrations, and any other props you brought or prepared for this lesson.*

## PRAYER

*This prayer time is designed to get children to begin to understand some simple concepts about prayer and to get them to understand that they can pray. Use a special stuffed animal—prayer bear—or appropriate object to pass around the circle as each child gets his/her turn to pray. Only the child with the stuffed animal is allowed to pray or speak during this time. Using the same stuffed animal or other object all year will add continuity and structure to this time.*

**We start our Bible study with prayer. Let's pray.** Turn to the Flip Chart Prayer Page. Briefly review the different types of prayer presented there. Then determine which type you want the children to pray today.

- I love you prayers—Adoration
- I'm sorry prayers—Confession
- Thank you prayers—Thanksgiving
- Please prayers—Supplication

*Today Thanksgiving is suggested. You might proceed this way:*

**Today let's say prayers of thanksgiving—and thank God for the many blessings He's given us.**

*The prayers you begin with should be specific to your needs. This will model to the children that you believe God does care about all the details of your life, and you pray to Him about these things. Your example will increase their confidence in praying to God.*

➤ Prior to making your transition to Circle Time, we suggest you take time for restroom breaks and hand washing.

➤ Preschoolers need to move. This is a good opportunity to get them to move. Make an orderly transition to the Circle Time. You can have carpet squares if you want to sit on the floor, or help them to move their chairs into the circle.

I'll start. Dear God, I am so thankful for all you do for me. Today I thank you for . . . *(insert personal prayer)*.

*Pass the stuffed animal around the circle giving all the children an opportunity to say a prayer telling God thank you for something special in their lives.*

Very good! Now let's put our stuffed animal away, and we'll get into God's Word.

## GOD'S WORD

*These first five questions will be repeated each week. The repetition of these questions will help to solidify these simple but foundational truths in the children's minds at a young age.*

- ? **Is there more than one true God?** *No. There is only one living and true God.*
- ? **Where can we learn about the one true God?** *Hold up your Bible. The Bible.*
- ? **What does the one true God know?** *The one true God knows everything!*
- ? **Who should we trust and obey?** *The one true God!*
- ? **Who alone should we worship?** *The one true God!*

*The following activity should be repeated at the beginning of each lesson to encourage anticipation and enthusiasm for looking into the Word of God.*

➤ Before Bible Pass Around, place a sticky note in your Bible to mark the first passage to be read.

## Bible Pass Around

We are going to start out today by looking into God's Word, the Bible. *Hold up Bible.* God's Word is true, and we can trust what it says. But where should we look? One of you will help me with that. We're going to play Bible Pass Around. Whoever ends up with the Bible must hold it very carefully until it is time to look in it. When it is time to read, you can bring it to me, and we'll open it to see what we are going to talk about! Here's what we're going to do. I want everyone to count with me up to the number *choose a number. You may also choose to practice the alphabet, recite the books of the Bible, sing one of the lesson songs, or recite the memory verse as you do this activity.* We'll start right here. *Hand the Bible to the first student.* As we say each number (or word) you must carefully pass the Bible to the person beside you—remember, we don't want to drop it or tear it. Then when we get to the last number (or word), whoever has the Bible will hold on to it until we are ready to start our lesson. Are you ready? Let's begin. *You may want to have the student with the Bible stand next to you until it is time to open it. Continue lesson when finished with Bible Pass Around.*

➤ When the Bible Pass Around Activity is completed, continue with the lesson.

King David was a man after God's own heart. He loved God and trusted Him. God gave David courage to fight the wars against the enemy—and helped David be a good king over Israel. King David was strong and brave! But there was something else about David that made him special. He was a very good writer. He wrote music, prayers, songs, and poems. In fact, he wrote many of the psalms—prayers and hymns in the Bible.



Let's open the Bible now! We are going to read from the book of Psalms. *Make this a special time as the student brings the Bible and he/she opens it to where the sticky note is. This psalm was written by King David. Show the students where the chapter is. Have the student sit back down. Now listen carefully as I read the first part of this psalm. It's like a poem. I'm going to ask you some questions about it. Read Psalm 150:1 enthusiastically emphasizing "praise."*

## Psalm 150:1

- ? Who does David tell us to praise? *The Lord. God.*
- ? Can you count how many times David says "praise" in this one verse? *Re-read Psalm 150:1, counting with your fingers. Three times. It must be pretty important!*
- ? What does praise mean? *Allow discussion.*

When you praise someone, you are telling them that you know what they have done, and you believe they did it very well. Like if I say, "Jennifer, you did a great job coloring today." I am praising Jennifer because she worked hard and did a good job.

David knew that God is a great God; He does all things well; He is the Creator of the whole universe. So David praised God many times in the psalms that he wrote—he liked to tell God how great and marvelous He is.

And that's only the first verse. Let's see what David says in the next verse. *Read Psalm 150:2 emphasizing the answers to the questions below.*

## Psalm 150:2

- ? What should we praise God for? His mighty what? *Acts.*
- ? Praise God for His excellent what? *Greatness.*

Oh! So David is saying we should praise God for the mighty things He does—His mighty acts. And praise God for being so very great! Let's continue reading. *Read Psalm 150:3–5.*

## Psalm 150:3–5

- ? What kinds of things did they use to praise God? *Musical instruments.*

Right. Let me show you some pictures of some of these musical instruments. *Show the five Musical Instrument Illustrations and/or instruments, repeating the words from the psalm, "Praise Him with the \_\_\_\_\_." Repeat a couple of times for each instrument and have the children repeat it with you.*

Now listen to the last verse in the psalm. *Read Psalm 150:6 emphasizing "everything."*

## Psalm 150:6

- ? What should praise the Lord? *Everything.*
- ? Everything that has what? *Breath.*

Everyone take a deep breath. Now blow it out.

- ? Do we have breath? *Yes.*
- ? So should we praise the Lord? *Yes!*

So we should tell God that we know He is great, and we can see the wonderful things around us that He's made. He is the Creator of the

➤ Re-read the verses or the portion of the verse(s) that answer the questions you are asking of the text. The children should hear God's Word and know that they can answer questions from it. It is not too hard for them!

whole universe! We can learn from His Word about all the marvelous things He has done. Yes! We should certainly praise God!

*Refer to Lesson Flip Chart.* Take a look up here at our Flip Chart. King David wrote many psalms of praise and thanks to God! These children are praising God, too! There are many ways to praise God. We need to remember that God deserves real praise—praise from our hearts. We know God is great. And we should tell God how great He is—like David did in the book of Psalms.

Now I'm going to read part of another psalm. We should praise God. But God wants us to do something else, too! Listen carefully and see if you can figure it out. I think you can! *Read Psalm 106:1 emphasizing "give thanks."*

### Psalm 106:1

- ? What else did David say to do in this verse? *Give thanks.*
- ? Who should we give thanks to? *The Lord.*
- ? Why should we give thanks to the Lord? *Re-read Psalm 106:1. He is good. His mercy endures forever.*

David knew that God was good! David knew that God deserves all of our praise and that we should always give thanks to God! David wrote so many of the psalms to help us to praise God and give thanks to Him.

If we could always remember that everything we have comes from God and that He has done so many wonderful things for us, it wouldn't be hard to praise Him and give thanks to Him. He blesses us each day; He forgives us; He offers eternal life and forgiveness to all who believe in Jesus. He is wise, good, kind, powerful, and merciful. He is the Creator of everything in the universe—and He gives us breath each day! We should praise Him for who He is and thank Him for all we have!

*Refer to Flip Chart.* Let's read these verses together. *Have children repeat the verses with you.*

## SONG

► Turn to the Flip Chart Memory Verse Page and Flip Chart Song Page during this part of the lesson.

Let's praise and thank God right now. Everybody stand up. We'll sing our Memory Verse Song. This verse tells us that God is GREAT! There is none like Him. He deserves our praise and thanksgiving! *Sing together two or three times or as time and interest allow. You may want to add clapping and/or instruments.*

That was great! There are a couple more songs I want to sing! Listen carefully. This is a fun one! Ready? Follow what I do. *Lead the students in "We Gather All Around." Stand in a circle and hold hands. Review the words and motions, then sing together once or twice.*

And one more called "God is Great!" We know that God is great! Let's praise Him because He is great. *Repeat lines to review, then sing through together once or twice, clapping and shouting together.*

*Lyrics to the songs can be found on the Song Sheet at the back of this Teacher Guide.*





## Thank You For . . .

### MATERIALS

- ☐ Thank You Pictures in box or bag

### INSTRUCTIONS

*Put the Thank You Pictures into a container. Choose students one at a time to come up and pick out a picture or object without peeking. After the student picks one, he may tell the class what it is. Then direct the students to say with you, "Thank you, Lord, for \_\_\_\_," inserting the name of the object picked.*

God gives us everything we have! It's important for us to remember to say, "Thank you!" to God. I have a surprise box here with

some things in it that we can thank God for. I'm going to choose someone to come up and pick out one of the pictures from the box. No peeking! Then you can tell us what you picked, and we'll all say, "Thank you!" to God together. Are you ready?

### CONNECT TO THE TRUTH

? Our God is a loving God isn't He? Yes.

He gives us all these things plus His love and care and forgiveness! We should make sure that we thank God every day.



## Praise God Because He Is . . . !

### MATERIALS

- ☐ Attributes of God Cards, one per student
- ☐ Poster putty or tape

### INSTRUCTIONS

*Before class, put the Attributes of God Cards around the room so the students can search for them. Be sure to put enough cards so each student will get one. After they have all found a card, ask, "Who has the card with the (name the picture) on it?" Have that child show the card to the class. Read the card. Explain the attribute and what it means. Have students repeat the attribute with you. Then ask the students to praise God with you saying, "Praise God because He is omnipotent—all-powerful!" Recite the word and the meaning for each card. Lead the children in praise as they repeat the phrase. Repeat for all six of the attributes cards.*

We should praise God because He is a wonderful God. Today we're going to praise Him together. There are a lot of ways we can describe God. There are some cards around the room. They have pictures on them and each one tells us something very special about God. I want you to try and find the pictures. Help each other. I want everyone to have at least one card. Quick, find them! Continue with the activity as described above.

### CONNECT TO THE TRUTH

Praising God can be fun! And there are a lot of reasons to praise God. He truly is awesome! He is worthy of all our praise. There is only one God. There is none like Him. And we should praise Him and give thanks every day!



# Memory Verse Review and Activity

**2 Samuel 7:22** Therefore You are great, O Lord God. For there is none like You, nor is there any God besides You, according to all that we have heard with our ears.

*Use the Flip Chart Memory Verse Page. Explain the verse to the children as you go over the verse together. Say the verse and point at each picture several times. Ask the children if anyone wants to try and say it on their own.*

## MATERIALS

- ☐ Flip Chart Memory Verse Page
- ☐ Soft ball or other object to pass around
- ☐ Small rewards (optional)

## INSTRUCTIONS

*Students will sit in a circle and pass the ball as each word in the verse is recited or sung. If needed, use the Flip Chart Memory Verse Page to recite the verse. At the end of the verse, whoever is holding the ball can move to the middle of the circle. If he/she can recite the verse (or at least tries), then give him/her a small reward. Or, if you prefer, lead a round of applause. Guide the students to go faster and faster, then slower and slower as they pass the ball and*

*recite the verse together. You may choose to reward all the students at the end.*

Everyone sit in a circle here. We're going to say (or sing) our memory verse together. I'm going to give one of you a ball and every time we say a word in our verse, you need to pass the ball to the person next to you. When we finish the verse, the person who has the ball will stand inside the circle and say the memory verse for us! And don't worry. We will all help each other. Ready? Here we go.

## CONNECT TO THE TRUTH

We've been talking about praising God and thanking Him. Well, that's exactly what David did when he wrote our memory verse, 2 Samuel 7:22! God gave David wonderful promises. David loved God and wanted to tell Him so. And we can show our love to God the same way. We can praise Him and thank Him every day.



# Applying God's Word/Snack

## WHAT YOU HEARD IN THE WORD

*After thanking God for your snack, review the lesson with the children while enjoying the snack for the day.*

*Refer to the Flip Chart.* David wrote lots of poems or psalms to God. Some of those psalms praised God for what He does and who He is. And others are psalms of thanksgiving, thanking God for all the wonderful gifts and blessings. These psalms help us to remember to talk or sing or pray to God! We can give praise to Him, and we can give thanks to Him. God has given us so much. Sure, He gives us food and toys and things like that, but most importantly, God sent Jesus to die on the Cross so that all who believe in Him could have forgiveness of their sins and eternal life with God and Jesus! And that's something to be truly thankful for!

## GOD'S WORD IN THE REAL WORLD

See if you can remember to thank God every day for something He's done for you. And don't forget to praise Him because He is an amazing God. Try thanking Him before you eat your food. Or when you're playing with your toys, tell Him, "thanks for these toys." You can even praise God with your family by singing a song about Him. You can sing the Memory Verse Song at home—teach it to your family! Or just tell someone about God and why you love Him. God loves to hear your praises and thanks every day!

➤ Pass out the Student Take Home Sheets and remind the children to practice the memory verse this week.



## Group Prayer Time

- Pray that God will help us remember to praise and thank Him every day.
- Thank God for His Word and the truth.
- Pray that God will give us hearts that truly love Him.

**Do you still have more time? Review the past quarters using the Flip Charts, add another coloring sheet, recite and review the current and past memory verses, sing more songs, bring out play dough. Keep the children occupied with intentional, God-centered activities until their parents come to pick them up.**

# Song Sheet

## 2 SAMUEL 7:22

*(To the tune of "This Old Man")*

**Shout: Therefore!** *For added variety, teacher can have children hold out "therefore" as long as they can, then start singing fast.*

**You are great! Oh, Lord God!**

*(This old man, he played one,)*

**For there is-is none like You.**

*(He played knick-knack on my thumb.)*

**Nor-or is there any Go-od besides You.**

*(With a knick-knack, paddy-whack. Give a dog a bone.)*

**According to all that we have heard—**

*(This old man came rolling home.)*

**Whisper or Shout: With . . . our . . . ears.**

**2 Samuel 7:22!**

## GOD IS GREAT

*(To the tune of "I'm a Little Tea Pot")*

**When we read the Bible, we learn of God.**

*(I'm a little tea pot short and stout.)*

**No one will ever be like Him.**

*(Here is my handle, here is my spout.)*

**He is oh, so great. So great He is!**

*(When I get all steamed up, hear me shout!)*

**I just have to praise His name!**

*(Tip me over and pour me out!)*

## WE GATHER ALL AROUND

*(To the tune of "The Farmer in the Dell")*

**We gather all around.**

*(The farmer in the dell,)*

*Walk in circle, holding hands.*

**To hear God's holy Word.**

*(The farmer in the dell,)*

*Stand still, hold hands like open book.*

**We pray and thank him every day.**

*(Hi-ho, the derry-o!)*

*Bow head, fold hands.*

**We praise and love our God.**

*(The farmer in the dell.)*

*Stretch both arms up in praise, then cross arms over heart.*

**God is with us there.** *Point away.*

**God is with us here.** *Point to self.*

**God is with us everywhere.**

*Stretch both arms up, then outward.*

**We praise and love our God.**

*Stretch both arms up in praise, then cross arms over heart.*

**Think of fun ways to sing. For example: Get children in a circle holding hands. They can go in one direction and at each verse quickly reverse direction. Put one or more than one child in the middle of the circle. Go around them then move in and back out! Get them into a straight line. Have them follow you around the room.**