

## PSALMS PT. 1

The Psalms are some of the most often quoted and referenced verses in the Bible. Through wisdom, praise, thanksgiving, lament and trust, each chapter is a God-centered chorus, ultimately pointing to our faithful King, Jesus Christ. Our study in God's hymnbook is sure to strengthen our hearts with greater faith and open our eyes to the greatness of our Savior.

As we study Psalms together as a church, we've broken our discipleship challenge into two parts highlighting prayer and worship. Part one will focus on the purpose of prayer, different types of prayer, and a practical application of prayer.

## Grades 3-6

Complete this Discipleship Challenge by

**APRIL 13** to receive **15 tokens**.

Bring the completed Discipleship Challenge to the KidPix Store.

Parent Signature: \_\_\_\_\_

**(By signing this page, I certify that my child has completed this Discipleship Challenge.)**

Name: \_\_\_\_\_



# Prayer Journal Setup



## Make a Prayer Journal:



To start off this Discipleship Challenge, create a prayer journal using the final two pages of this packet. **You will need to bring the prayer journal along with the completed Discipleship Challenge in order to earn tokens.** Anytime you see the yellow journal symbol above, follow the directions to add to your prayer journal.

*Supplies: the last two pages of this packet (pulled out), construction paper, crayons, markers, stickers, misc. decoration supplies, stapler*

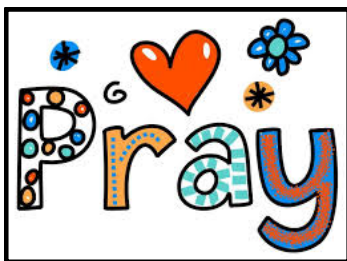
### Instructions:

1. Carefully pull the last two pages out of the Discipleship Challenge.
2. Fold them in half.
3. Fold a single sheet of construction paper in half the same way you did the others.
4. Staple the construction paper to the outside of the other papers to create a cover for the prayer journal.
5. Decorate with crayons, markers, stickers, etc.

## Stop & Pray Sign

*supplies: paper, markers, OR computer & printer*

Create a sign to remind you to pray. Use paper and markers or with the help of an adult, use a computer to design a sign.

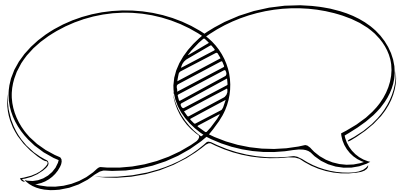


## Fill in the blanks

Do not be anxious about anything, but in every situation, by \_\_\_\_\_ and petition, with thanksgiving, present your \_\_\_\_\_ to God. And the \_\_\_\_\_ of God, which transcends all understanding, will guard your hearts and your \_\_\_\_\_ in Christ Jesus.

**Philippians 4:6-7**

What is prayer? In the space below, write what you think prayer is, then draw what it looks like.



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## Read Philippians 4:6-7

What we are told to do in every situation?

What is a peaceful mind?

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Why is that important?

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Write three things you sometimes feel anxious about that you can pray about.

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# How to Pray

## ACTS Prayer:

Write the definition for the word, then finish the prayer stem for each example.

### ADORATION

definition: \_\_\_\_\_

example: I praise you because you \_\_\_\_\_

### CONFESSION

definition: \_\_\_\_\_

example: Forgive me for \_\_\_\_\_

### THANKSGIVING

definition: \_\_\_\_\_

example: Thank you for \_\_\_\_\_

### SUPPLICATION

definition: \_\_\_\_\_

example: Please, \_\_\_\_\_

## Read Matthew 6:5-13.

Where does Jesus tell us to pray?

\_\_\_\_\_

Draw what that looks like.

## Unscramble to fill in the blanks of verses 7 & 8.

And when you \_\_\_\_\_ **A Y P R**, do not  
keep on \_\_\_\_\_ **G B N A B I B L** like  
pagans, for they think they will be heard  
because of their \_\_\_\_\_ **Y N A M** words.  
Do \_\_\_\_\_ **T O N** be like them, for your  
Father knows what you need before  
you ask him.

## Prayer Journal Page 1



*supplies: prayer journal, crayons or markers*

In your prayer journal, write out the prayer Jesus  
teaches his disciples.

Our Father in heaven, hallowed be your name,  
your kingdom come, your will be done, on earth as  
it is in heaven. Give us today our daily bread. And  
forgive us our debts, as we also have forgiven our  
debtors. And lead us not into temptation, but  
deliver us from the evil one.

## Watch the Story

With the help of a  
grown up, use the  
QR code to watch  
what Jesus has to  
say about prayer.



# Types of Prayer - Praise



Read Psalm 8. Next, watch the video using the QR code.

What is the writer of this Psalm doing in his prayer?

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What are two things the Psalmist praises God for?

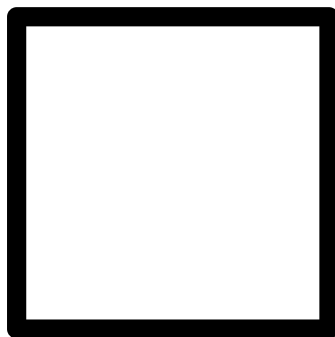
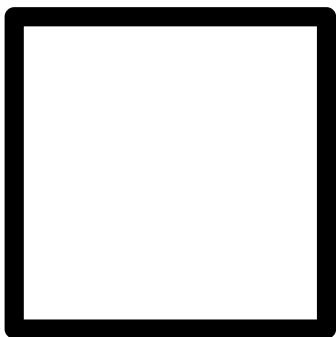
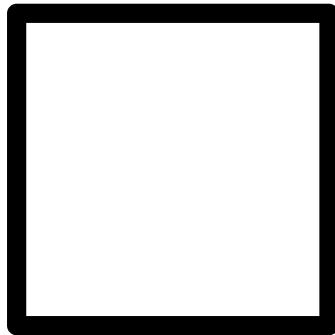
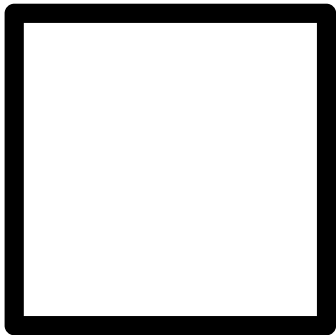
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In your prayer journal, write a prayer of praise to God.

In Psalm 8, the writer praises God for creation.  
Draw four parts of creation that you find amazing.



## Write a Psalm

Reread Psalm 8:1-8. Rewrite this Psalm in your own words below.

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## Praise Ribbons

*supplies: stick, ribbons, scissors, sharpie*

With the help of an adult, find a large stick outside. Cut five ribbons to be about 18 inches each. On each ribbon, write something for which you can praise God. Tie the ribbons to the stick and wave it around, praising God for the things written on the ribbons.





# Types of Prayer - Lament

Read Psalm 13. Then, answer the questions below.

How do you think the Psalmist feels when praying this lament?

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A lament is a prayer of deep sadness or sorrow. What does the writer of this Psalm do when he feels deeply sad?

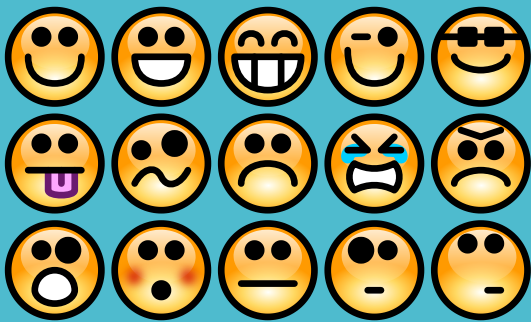
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What are some things that have made you feel deep sorrow?

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What did you do when you felt that way?

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## Emotions Game

*supplies: none*

Split into two teams. Take turns thinking of an emotion (sad, happy, angry, frustrated, embarrassed, etc.) and acting it out. Try to get the other team to guess what emotion you're acting out.

Color the picture.



HOW LONG, O LORD?  
WILL YOU FORGET  
ME FOREVER?

HOW LONG WILL YOU HIDE  
YOUR FACE FROM ME?  
HOW LONG MUST I WRESTLE  
IN MY SOUL,  
WITH SORROW IN MY  
HEART EACH DAY?

Psalm 13:1-2

## Write a prayer of lament.



In your prayer journal, write a prayer of lament. Then, draw a picture to go with it.

Follow this structure when writing the lament.

Dear \_\_\_\_\_,

\_\_\_\_\_ is not right or how it should be.

But God, I trust \_\_\_\_\_.

Please Lord \_\_\_\_\_.

I praise you for \_\_\_\_\_. Amen.

# Types of Prayer - Repentance

Read Psalm 51 and answer the questions below.

What does it mean to repent?

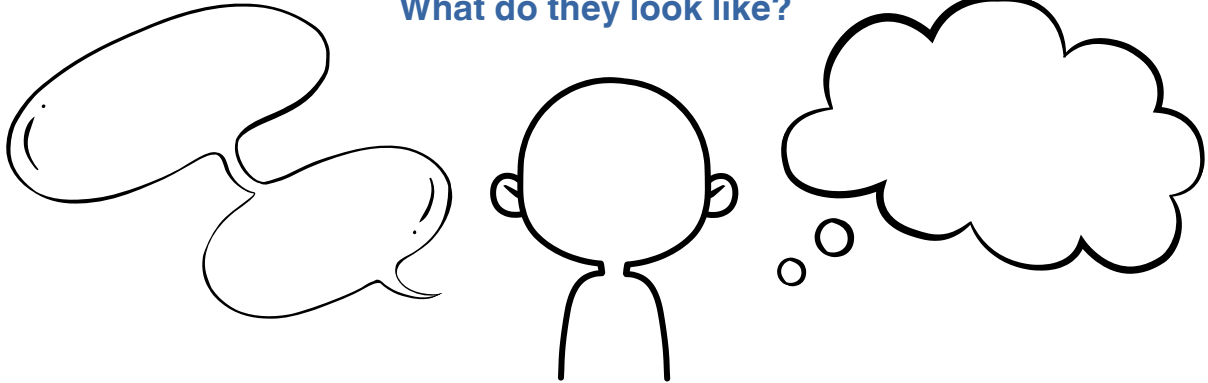
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When was a time you had to repent for something?

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Imagine that you can see the psalmist while they are writing this psalm.

What do they look like?



Write a prayer of repentance.



In your prayer journal, write a prayer of repentance.

Think about a time that you did something you weren't supposed to do. Ask God to forgive you for your sin. God will hear your prayer and forgive you!



**Clean Heart**

*supplies: bar of soap, plastic knife*

In the Psalm we just read, the writer prays for a clean heart. Use the plastic knife to draw a heart in your bar of soap. Then, place it in your bathroom to use when you need to wash your hands.

**Repent Acrostic**

Write a word for each letter in the word. Think about what it means to repent for something you've done.

**R   E   P   E   N   T**

# Types of Prayer - Intercession

## Read Psalm 122:6-9

Fill in the blanks of Psalm 122:6.

Pray for the \_\_\_\_\_ of Jerusalem: "May those who \_\_\_\_\_ you be secure. May there be \_\_\_\_\_ within your walls and security within your citadels."

**Circle your answers.** Is the Psalmist praying for himself or someone else?

Someone Else

Himself

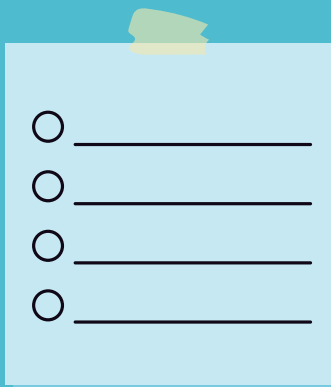
What kind of things does he pray for?

Peace

Security

Money

New Clothes



## Intercession Prayer List

*supplies: sticky note, pencil*

Make a list of prayer requests for friends and family members. Then, commit to praying for them daily. Write them on a sticky note and put them on your mirror or by your bed.

Write a prayer of intercession..



Hey what's up?

I've been thinking about you.  
What can I pray about for you?



**Prayers of intercession are prayers you say for someone else for something they need.** With the help of an adult, call or text a friend to ask them what you can pray about for them. Using the request from your friend, write a prayer of intercession in your prayer journal.



## Prayer Chain

*supplies: construction paper cut into strips, stapler, marker*

Using the prayer requests you've collected from friends and family, make a chain of prayers of intercession. On each strip of paper, write one of the prayer requests. Pray for it, then connect it to another by making a chain. Continue until you've prayed for and connected each request.

# Types of Prayer - Thanksgiving

Read Psalm 100. Next, answer the questions below.

Fill in the blanks of Psalm 100:4-5.

Enter his gates with \_\_\_\_\_ and his courts with praise; give \_\_\_\_\_ to him and praise his name. For the Lord is \_\_\_\_\_ and his love endures \_\_\_\_\_; his faithfulness continues through all generations.

What are three things for which you feel thankful to the Lord?

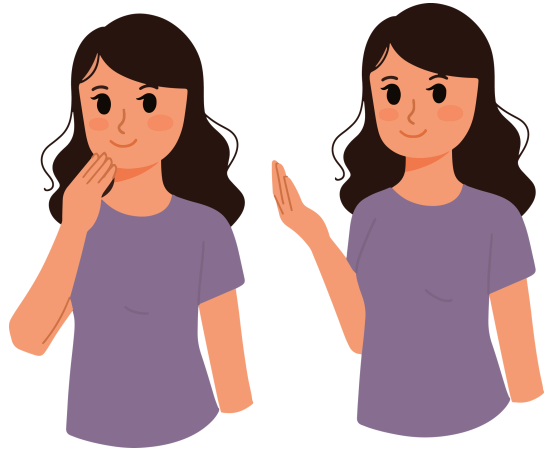
1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Use the decoder table to find the mystery verse. Then, write the reference below. HINT it's Psalm 100:?

25 15 18 19 8 9 16 20 8 5  
 12 15 18 4 25 9 20 8  
 7 12 1 4 14 5 19 19  
 5 15 15 5 2 5 6 15 18 5  
 8 9 15 19 9 14 7 9 14 7  
 25 9 20 8 10 15 25

1	2	3	4	5	6	7	8	9	10	11	12	13
A	B	C	D	E	F	G	H	I	J	K	L	M
14	15	16	17	18	19	20	21	22	23	24	25	26
N	O	P	Q	R	S	T	U	V	W	X	Y	Z

Write a short thanksgiving prayer here.



With the help of an adult, look up how to sign your prayer.



Write a prayer of thanksgiving.

Chat with your parents about times that the Lord has done great things for your family. Then, write a thanksgiving prayer about these in your prayer journal.



# Reviewing Prayer

Read 1 Thessalonians 5:16-18. Then answer the questions.

Rejoice always, pray \_\_\_\_\_, give thanks in \_\_\_\_\_ circumstances; for this is God's will for you in Christ Jesus.

What do you think it means to pray continuously?

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What are some things that keep you from praying continuously?

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What can you do to help you pray more?

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With the help of an adult, use the QR code to watch this video about prayer

Complete the word search using the word list below.

**Word List:**

- prayer
- Jesus
- Psalms
- thanksgiving
- intercession
- praise
- repentance
- sorry
- request
- Lord

T Y T H A N K S G I V I N G  
T C P D I L E D T U G D Y Z  
Z L I N T E R C E S S I O N  
K Y A U S W L I B N M C I R  
M Q O Z L M A I S L A B E S  
R D M H M N M H Q U O P S M  
I E T P Q Q E X W E E R O P  
R S Q Y S L N R K N L A R R  
G P D U V A T S T U X Z R A  
D C R V E D L A I L Z M Y I  
Y J L K U S N M O J E S U S  
J M H Q N C T R S G X R I E  
P R A Y E R D T C J X U S H  
Q E V Y U C O D V W L O H R



## Finish Your Prayer Journal



*supplies: pencil, crayons, markers*

Think about the five types of prayer that we learned about in this discipleship challenge (Praise, Lament, Repentance, Intercession, Thanksgiving). Pick your favorites and write two final prayers in your prayer journal. Don't forget to write the type of prayer they are at the top of the journal page.

# MEMORY VERSES

## Psalm 19:14

May these words of my mouth and this meditation of my heart be pleasing in your sight, Lord, my Rock and my Redeemer.

## James 1:2-4

Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything.

## 2 Timothy 1:7

For God gave us a spirit not of fear but of power and love and self control.

### Gotcha Game

*supplies: none*

Say the memory verse, periodically switching out one of the words for a silly word. See if your parent can catch you and correct you.

### Silly Sounds Game

*supplies: none*

Practice the verse using different silly voices. Try these, then think of your own:  
giant, mouse, monster,  
opera singer, potato.

Type of prayer:

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15 vertical lines for writing the type of prayer.

15 vertical lines for writing the prayer.





Type of prayer:

16 vertical lines for writing.

Type of prayer:

16 vertical lines for writing.

Type of prayer:

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Type of prayer:

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