



## Session 12



# A PSALM OF MOSES

## Psalm 90

This psalm of lament is the only one attributed to Moses. This psalm would have likely been written around the time of the events of Deuteronomy when Moses was delivering his final charge to the nation. At this point, Israel had completed its wilderness wanderings and was on the banks of the river. Moses was about to die, and he had passed the mantle of leadership to Joshua. Moses was again reminding the Israelites of the graciousness of God and the many trials God had already taken them through. As a way to keep God's victory ever before the people, Moses penned this psalm.

Traditionally, the psalms of lament followed a pattern of describing the external enemy from whom the community needed to be saved and a cry to God for help. The pattern is broken with this psalm because Moses does not identify an external cause for Israel's struggle, but instead identifies Israel itself as the cause for Israel's struggle. What we know of Israel's history can shed some light on the fact that indeed, Israel was the cause of their struggle and their separation from God. God would still intervene and had done so on many occasions despite Israel's constant sin.

As traditional psalms of lament go, Moses praised God for who He is and then began a series of proofs for God's authority over humans. God, from before the foundation of the world, is sovereign. Compared to God, people are but dust. God created man from dust, and man will return to dust one day, but God is eternal.

Moses then recalled how God made the sin of the people—even the secret hidden ones—evident in their midst and how this knowledge helped the people desire good and not evil. Moses then asked God to increase the people's knowledge of Him and His goodness so they could remember what was good. Moses asked specifically for wisdom, something the nation would need as they prepared to cross the Jordan River, and obedience which would bring about God's gracious victory to the nation.

## SESSION FOCUS

**BIBLE PASSAGE:** Psalm 90

**MEMORY VERSE:** Psalm 23:1

**BIBLE VERSE:** Psalm 90:1

**TEXT TRUTH:** God is eternal.

**BIBLE SKILLS SPOTLIGHT:** Knows the Bible teaches people how God wants them to live. Reads and locates Bible references. Becomes familiar with the contents of specific books, such as: The Book of Psalms contains songs about God.

### BIBLE STUDY

(35 MINUTES)

- Jump In:** Bible Timeline for Kids, “Moses Statue” (Slide)
- Examine the Text:** construction paper, adult scissors, Bibles, “Text Truth 12” (Slide), Family Cards
- Play the Video:** *Explore the Bible on Location* video
- Memory Verse:** “Psalm 23:1” (Poster Pack)
- Prayer:** “How to Pray” (Poster Pack), pencils, “Pray” (Printable)

### APPLY THE TRUTH

(20 MINUTES)

- Explorer Guides:** *Bibles, Explorer Guides, pens*
- Review:** “Bullseye” and “Christ in Context: Psalms” (Poster Pack), painter’s tape, “Review Questions” (Printable)
- Tech Connect** (Optional): a device with the LifeWay Kids app

### ACTIVITIES

(20 MINUTES)

- Bible Skills:** *heavy-duty paper plates, permanent marker*
- Move:** “Form It” (Printable); adult scissors; a large, clear space
- Make:** “Pray” (Printable), 3-prong notebooks, lined paper, markers, stickers
- Explore:** dry erase board and marker

Leaders, grow on the go! Listen to session-by-session training every week on Ministry Grid, Apple Podcasts, Spotify, LifeWay’s Digital Pass, or visit [goexplorethebible.com/kids-training](http://goexplorethebible.com/kids-training).

## A PSALM OF MOSES

### Psalm 90

*One day Moses wrote a prayer to God.*

*“Lord You have been our refuge day after day, year after year. You created the world. You have always been around and You will always be around because You are God. People live and die according to Your plan. For You a thousand years is like a day or a few hours. Our lives are like grass that grows in the morning and dries up at night.”*

*“You know all our sin even the ones we think are a secret. Nothing is hidden from You. Teach us to understand how important our days are so we can grow in wisdom.”*

*Moses ended his song to God by asking for compassion. “Give us Your faithful love so we can shout with joy and be glad. Let Your favor be on us and tell us the work You want us to do.”*

### CHRIST IN CONTEXT:

The Book of Psalms reveals our need for a Savior. Psalms includes prophecies about Jesus, the Messiah and Savior. Jesus explained in Luke 24 that the Book of Psalms taught people about Him. Psalms highlights our need for salvation and that God, our Redeemer, provides salvation to those who trust in Him.

### DON'T FORGET TO SEND HOME THESE FAMILY RESOURCES EACH WEEK:

- “Explore the Bible at Home” (Printables)
- Explore the Bible: Kids Family Cards

## BIBLE STUDY (35 MINUTES)

### TOOLS:

- Jump In: *Bible Timeline for Kids*, “Moses Statue” (Slide)
- Examine the Text: construction paper, adult scissors, Bibles, “Text Truth 12” (Slide), Family Cards
- Play the Video: Explore the Bible on Location video
- Memory Verse: “Psalm 23:1” (Poster Pack)
- Prayer: “How to Pray” (Poster Pack), pencils, “Pray” (Printable)

Need an Opening Activity? Choose one of the activities in the *Activities* section and adapt it to introduce the session.

### JUMP IN

- Welcome your boys and girls as they come in the door. Ask them how their week went and allow kids to share one exciting or fun thing they did this week.
- Begin: “Last week, we learned from the Book of Psalms. We know Psalms was written by many different authors. Who can remember who wrote last week’s Psalm? Here’s a clue, check out our timeline.” Allow children to look at the timeline and guess who the author was. Give direction and clues as they are looking at the timeline.
- Continue: “Did you figure out who the author was? That’s right, King David wrote the last Psalm that we studied.”
- Display the “Moses Statue” slide.
- Say: “Our object today gives us a clue about who wrote Psalm 90. This is a statue of Moses. It is in a place called Copenhagen. Who do you think wrote Psalm 90? Moses wrote a prayer to God in Psalm 90. The Book of Psalms is a collection of praises and prayers to God. Praying can sometimes seem very hard. We can use the Bible when we don’t know how to pray. **God is eternal.** This means that He has been and will always be the same. Let’s learn more!”

### EXAMINE THE TEXT

- *Before group, cut out circles and write Scripture references on them. Use Psalm 90:1,4,12,16-17. Hide the Scriptures around the room. Ask your kids to look for the circles.*
- Ask the kids that found the circles to locate the Scriptures in their Bibles. Assist as needed. If a child does not want to read, ask her to choose a friend who would like to read.
- Tell the Bible story in your own words. A Bible story page has been provided for you to use as a guide.
- Ask the Psalm 90:1 volunteer to read.
- Ask: “What does it say God is to us? He is our refuge. He is our safe place when we feel sad or scared. Do you ever feel sad or afraid? I know I do. When I feel this way, I try to pray to God for help. Moses did the same thing in the Bible.”
- Ask a volunteer to read Psalm 90:4,12.
- Ask: “How many hours are in our day? We have 24 hours in a day. How many hours does it say a thousand years is like for God? Our days are like moments for God. Our years are like hours to God. I don’t know about you, but my days are full. Psalm 90:12 tells us that we should be careful with our days and not waste them. Each day is a gift from God, and we should use them to help us grow in wisdom.”

- Ask a volunteer to read Psalm 90:16-17. Display the Text Truth.
- Continue: “I’ve told you many times that God has a special purpose for your life. Moses’ prayer reminds us to be thankful for all God has given us. It tells us to ask God to help us be faithful and to show us what His plans are for our lives. Remember that **God is eternal**. He has always been and will always be the same. We can always go to God, when we need help or direction in our lives. Let’s say our Text Truth together. **God is eternal.**”
- Distribute the Family Cards to each kid. Remind them to review the questions on the back with their family. Tell them when they see the statue of Moses, to stop and to pray! Thank God for today and ask Him to show us the right path for our lives.

### PLAY THE VIDEO

- Play the Session 12 video.
- Ask: “What does *lament* mean? Where was Joel in today’s video? What did he learn about God?”

### MEMORY VERSE

- *Bonus Verse Option: The Memory Verse activity each week is focused on the monthly Memory Verse, Psalm 23:1. If your kids quickly memorize the Memory Verse, you may opt to challenge them to learn an additional weekly Bonus Verse. This week’s Bonus Verse is Psalm 90:1.*
- Display the “Psalm 23:1” poster. Say the verse in short segments and ask your kids to repeat the segments after you.
- Direct kids to form two groups and to line up facing each other. Request that your kids say the verse in different voices: small voice, baby voice, royal voice, teacher voice, and so on to the kid they are facing. Ask one row of kids to move to the right, with the last kid moving to the front of the line. Everyone should have a different partner. Repeat the game with a different voice. Continue play as instructed. End by having kids shout out the Memory Verse to their new partner.

### PRAYER

- Display the “How to Pray” poster.
- Say: “Sometimes, praying can seem hard, but it is very easy. The Bible is full of prayers to God. I’m going to teach you a simple way to remember to pray. Remember, **God is eternal**. He has never changed. We can always go to Him with all our needs and wants!”
- Explain the “How to Pray” poster to the kids. Guide boys and girls to look at their fingers and hands as you discuss each category to help kids think of people, requests, or praises they can pray for. Give each kid a “Pray” printable and a pencil. Ask kids to fill in the blanks for their prayer.
- Pray with your kids. Allow kids to pray for one thing from their prayer page.

## APPLY THE TRUTH (20 MINUTES)

### TOOLS:

- Explorer Guides: Bibles, Explorer Guides, pens
- Review: “Bullseye” and “Christ in Context: Psalms” (Poster Pack), painter’s tape, “Review Questions” (Printable)
- Tech Connect (Optional): a device with the LifeWay Kids app

### EXPLORER GUIDES

- Distribute Explorer Guides and guide boys and girls to locate today’s pages, “A Psalm of Moses.”
- Review today’s object, the “Moses Statue.”
- Invite kids to follow the directions in “Hidden Word” to reveal something Moses said that is never hidden from God.
- Select a volunteer to read aloud “Spotlight on Moses.”
- Choose another kid to read “Our Days Are Important!”
- Direct girls and boys to the activity “What I Know About God.”

### REVIEW

- Display the “Bullseye” poster on a focal wall. Make a painter’s tape sticky ball. Form two teams.
- Allow kids to take turns tossing the sticky ball at the bullseye. Ask a question from the “Review Questions.” If the kid gets the answer correct, his team gets that many points. Repeat questions until each child has played the game.
- Say: “What shape is the bullseye? It is a circle. Does a circle ever end? No, a circle goes on forever. It never ends. It reminds us that **God is eternal.** He has always been and will always be.”
- Conclude by reviewing the “Christ in Context: Psalms” poster.

### TECH CONNECT (OPTIONAL)

- Prior to Small Group, download the LifeWay Kids app. Use the activity labeled “Explorer Plus” in the Explore the Bible: Kids section of the app.

## ACTIVITIES (20 MINUTES)

- Select one or more of the activities to complete as time allows.

### FLYING DISC



*Tools: heavy-duty paper plates, permanent marker*

- *Before group, prepare your plates by writing various books of the Bible on the paper plates. Make sure you use Matthew, Judges, Ruth, and Psalms.*
- Place the discs that you prepared in the center of the room. Tell your kids that the left wall will be Old Testament and the right wall will be New Testament. If needed, make signs to remind kids which wall represents which testament. Allow each child to come one at a time and choose a disc. Ask the kid to say the Bible book and then toss the disc to the left or right side of the room. Review each book as they are playing the game. Gather the discs and play again as time allows.
- Say: "We know that **God is eternal**. He has been and will always be the same. The Bible is full of truths that show us God's continued love for us."

### CAN YOU FORM IT?



*Tools: "Form It!" (Printable); adult scissors; a large, clear area*

- *Print and cut apart the "Form It" cards. Make a draw pile.*
- Ask kids to form groups of three or four. Allow kids to take turns drawing a card from the draw pile. Ask kids to work together to form the shape, number, or letter that is on the card. Tell your kids they can temporarily combine groups if they need more people to form their shape.
- Hold up the circle shape card. Say: "Did you know that a circle never ends? It is forever. It has no end points. God has always been, and He will always be the same. **God is eternal**. We can always turn to God when we are scared or need help."



## PRAYER JOURNALS

Tools: “Pray” (Printable), 3-prong notebooks, lined paper, markers, stickers

- Give each kid the suggested supplies. Ask your kids to place the “Pray” printable in the front, so they can be reminded how to pray. Allow kids to make and design their own prayer journal.
- Say: “God cares about our wants and our needs. I showed you a simple way to pray, but you can pray any way you want. We should always remember to thank God for everything and praise Him for answering our prayers. Just as God answered the prayers of King David and Moses, God will answer our prayers, too! God has always been and will always be the same! **God is eternal.**”



## PARTNERSHIP POWER

Tools: dry erase board and marker

- Share today’s mission story:
  - ▶ Larry and Sally Pepper are missionaries in Tanzania. They rely on partner churches from the United States to help them minister to the people there. A *partner church* is exactly what it sounds like. It is a church that joins in the work of missionaries who are sharing the gospel all over the world.
  - ▶ The Peppers are medical missionaries. Churches are helping them to make a huge impact in the lives of the people they work with in Tanzania. One partner church helped the Peppers to build and equip an entire pediatric area in a local hospital so that children and babies could get the medical care they desperately needed. Another church’s children’s ministry collected an offering for the Peppers to buy new wheelchairs.
  - ▶ The Peppers believe that God wants missionaries to have partnerships with churches because more can be done together. For them, the power of partnership is a big encouragement and a huge blessing.
- Say: “God uses churches to support and protect missionaries around the world. When churches work together, we can do more to help Christian workers like Dr. Larry Pepper.”
- Discuss with kids other tasks that are best done with a partner or on a team. Let them take turns listing things on a dry erase board.
- Close by praying for missionaries around the world.