

LENT IN THE OLD TESTAMENT

“Psalms: God Chooses Us”

Series Objective: Students will learn:

- God chooses us to follow God
- We must ask God to forgive us when we sin
- God wants us to live a holy life
- God uses us to help others know God

Series Theme Verse: “Surely your goodness and love will follow me all the days of my life.” Psalm 23:6

Lesson Objective: Students will discover and understand:

- God chooses us to be God’s followers
- We sin when we do not do what God wants us to do

Lesson Passage: Psalm 23

Materials Needed: Whiteboard and markers, cards for students to write on, Theme Verse Poster

Lesson Plan: Last week you talked about Abraham. Abraham was chosen by God to build the community of God known as Israel. Like Abraham, we are chosen by God to be God’s people. Today we look at Psalm 23 and how God has chosen us and how we respond to God. If you want, you can read the passage to students from NIV, then again from The Message version, to help them understand the narrative of Psalm 23, before heading to the Talking Points.

Talking Points:

- Who wrote Psalm 23? (David)
- What does David say the Lord is to him? (A Shepherd)
- What do Shepherds do? (Care for Sheep)
- Tell me what you know about sheep.
- Here are some observations about sheep...they know the Shepherd’s voice, they live best in groups, and they need protection.
- So if God is our Shepherd, then we are God’s _____ (Sheep)
- God has chosen us to be God’s people and we should know God’s voice, live in community with one another, and we need God’s protection and guidance.

- Just as a shepherd provides for his sheep, God provides for us.
- What are some ways God provides for us as a shepherd in verses 2-4? (Rest, Food, Water, Restores our souls, Guides us, Gives us peace, Walks with us)
- David says that even when our enemies surround us, God is their providing for us.
- God has chosen us to be God's people, what does verse 6 say will be part of our lives if we follow God? (Goodness and love)
- If we follow God as our Lord and Savior, what promise do we have at the end of verse 6? (We will live with God forever)
- Do you know what happens when a sheep does not pay attention to the Shepherd and is separated from the group? Many times the result can be the sheep getting lost or even losing its life.
- God is our shepherd and when we do not follow God's voice, we are sinning and separated from perfect relationship with God.
- What is sin? (Anything that is against God's will)
- What are some examples of sin? (Violence, lying, disrespecting our parents, etc.)
- As God's chosen people, we need to seek God's will for our lives by reading Scripture, praying, and listening to other Christians. We should avoid sin and try to live a life free of sin. Next week we will be talking about what we should do when we sin.

The Story Retold:

- Using a whiteboard, create a Psalm to God as a group, thanking/praising God for choosing us to be God's people.
- Maybe start by listing the ways God shows us love, or words that describe God and use those to help create the Psalm.
- When finished, have students write the Psalm down and use it to guide their prayers each night this week.

The Story and Me:

- Introduce the series verse to the students using the theme verse poster.
- Remind the students that God chose us and is our faithful Lord.
- Ask students how they can show God thankfulness for being created and chosen by God to be God's child.
- Now, have the students say the verse together aloud a few times. Then take turns having different groups say the verse together aloud (boys, girls, green clothes, blonde hair, etc.)