

Beginning Our Day In Prayer

Psalm 5

MEMORY VERSE

PSALM 5:3

“My voice You shall hear in the morning, O LORD; in the morning I will direct it to You, and I will look up.”

WHAT YOU WILL NEED:

A plastic baseball bat.

One sheet of light colored construction paper per child and markers.

One piece of white construction paper and two sheets of regular copy paper per child, pencils and markers.

ATTENTION GETTER!

What a Way to Start the Day!

We are going to learn today that it is important to pray to the Lord each and every morning. This game will help to show the children what happens when we don't pray. Our day can be kind of confusing. You will need a plastic baseball bat.

Have all of the children join together at one side of the room. Lay the plastic baseball bat on the floor about ten feet from your group of children. Tell them that they will run to the baseball bat, one at a time. When they get to the bat, they are to lift the handle so the bat is resting on the floor vertically with the handle up.

Then have them place their forehead on the bat. Without lifting the bat from the floor, run around the bat ten times and then dash back to the group. Continue until all children have had a chance to run in this fun relay. The children will feel dizzy from going in a circle 10 times. Introduce your lesson by sharing with them that

this is what it is like when we don't start our day with prayer. We tend to run around in circles without direction. But God wants us to come to Him every morning in prayer. **God wants us to pray to Him everyday.**

LESSON TIME!

Today we are going to look at prayer. What a privilege it is for us to be able to go to the Lord in prayer at any time. He wants to hear from us and desires to have us come to Him every day. One of the best habits that any of us will develop as we grow in the Lord is prayer. We need to go to Him in the morning, throughout the day, and in the evening. **God wants us to pray to Him everyday.**

PSALM 5:1-3

Give ear to my words, O LORD, consider my meditation.

Give heed to the voice of my cry, my King and my God, for to You I will pray.

My voice You shall hear in the morning, O LORD; in the morning I will direct it to You, and I will look up.

Did you know that we can talk to God every morning? And that He listens to everything we say? He likes to listen to us call out to Him in the morning. The word "meditation" in the New King James is best translated as "my inmost thoughts" or "my sighing." God understands and listens to our sighs (see also Romans 8:26-27).

Why does it matter if we come to Him in prayer? And especially what does it matter that we come to Him every morning? Will it change our day? Will it help us? YOU BET! Psalm 4:8 says we can sleep in peace. Psalm 139:18 tells us that when we wake we are still with Him. It is a blessing to God when He hears us say, "Thank you

for a good night's sleep. Thank you for watching over me." He smiles when He hears words from our mouth to Him first thing in the morning. We are showing that we love Him.

We also need His help to get through each day. If we try to do everything on our own or in our strength we might just mess everything up. We need to acknowledge the Lord in everything we do, and that begins with starting our day off asking for His help and blessing. **God wants us to pray to Him everyday.**

Also in the Old Testament, after the Israelites left Egypt and when Moses was their leader, God gave Moses a set of rules for worshipping Him. Having a morning sacrifice was one of those rules. David, the writer of this Psalm, is shown to have that habit of coming to his King and his God every morning.

David knows that he can only be a good king when he understands his need to seek God for wisdom. He needs to know how to lead God's people in God's wisdom not his own. He is showing that he takes God's law seriously.

David also has a lot of requests to lay before the Lord. He knows his own weaknesses and doesn't want to go about his day in his own strength. He understands God wants to walk through the day with him. He wants the power of God and the presence of God in his day with him. He wants God to help him see the world through God's eyes. May we learn to begin our days in prayer like David did. **God wants us to pray to Him everyday.**

Pray for Others

The Bible tells us that it is important for us to pray for others. You will need construction paper and markers for this craft. Give each child a sheet of construction paper (use a light color). Fold paper in half and have children put their hand on the folded sheet of construction paper. Make sure that the little finger is on the crease

of the fold. Trace and cut out. Make sure that the fold and little finger stay together. If done properly, after cutting there should be two hands, open, joined at the little finger. Also make sure that the bottom is straight so that the hand will stand up on a level surface.

Have the children write down names of family members, friends, neighbors, missionaries, classmates, etc. on the ten fingers. Explain that they can place these hands on their dresser or night stand to remind them to pray for these people everyday.

PSALM 5:4-10

For You are not a God who takes pleasure in wickedness, nor shall evil dwell with You.

The boastful shall not stand in Your sight; you hate all workers of iniquity.

You shall destroy those who speak falsehood; the LORD abhors the bloodthirsty and deceitful man.

But as for me, I will come into Your house in the multitude of Your mercy; in fear of You I will worship toward Your holy temple.

Lead me, O LORD, in Your righteousness because of my enemies; make Your way straight before my face.

For there is no faithfulness in their mouth; their inward part is destruction; their throat is an open tomb; they flatter with their tongue.

Pronounce them guilty, O God! Let them fall by their own counsels;

cast them out in the multitude of their transgressions, for they have rebelled against You.

In these verses we see that David understands the wicked. He acknowledges that their actions are nothing the Lord approves of. He speaks of their arrogance and the hate in their hearts. He sees the difference between the words they speak (which are deceitful) and the mercy that God has shown to him. The wicked are filled with unrighteousness, but David is able to come into the tabernacle of the Lord and bow down before Him. This doesn't mean that David is better than anyone else, but it does mean that he was willing to obey and have a relationship with God. That is what God wants for each one of us. **God wants us to pray to Him everyday.**

David declares them guilty before God because they have rebelled against the one true God, and he calls them enemies. He calls out to the Lord to lead him in righteousness and asks the Lord to make a straight path before him. He doesn't want to live the way that they do. He wants to rely on the Lord.

Do you have enemies in your life? Probably not in the same way David did, but maybe you think your enemy is someone at school who teases you, or an older brother or sister who doesn't want you to be around them much. Or maybe in this day and age, we can think of our enemies, as those things, which want us to hate God, or take our time away from Him—like too much TV or Nintendo. Or maybe we can even see disobedience and laziness as our enemies. The Lord wants you to see these things in your life and talk to Him about them.

Verse 8 shows us that he is seeking the Lord in the morning because he sees his enemies and the strength they have to do him damage, and he also sees that walking in the righteousness of the Lord will be the thing that saves him. He does not want to stray. May we learn to lay our doubts and fears at the throne of God. May we learn to begin our days in prayer like David did. When we go to

the Lord everyday in prayer we will find the strength to face those things that come into our lives. **God wants us to pray to Him everyday.**

PSALM 5:11-12

But let all those rejoice who put their trust in You; let them ever shout for joy, because You defend them; let those also who love Your name be joyful in You.

For You, O LORD, will bless the righteous; with favor You will surround him as with a shield.

David was a king for 40 years over Israel. His enemies were after him year after year. They wanted to cause him harm because they didn't like the way he ruled and served God. And about 10 years before he became king he had to run from Saul, the first king, and hide out in caves. He knew what it was like to be hunted; he knew about battles and being a soldier. It is a wonderful thing to see him now, later in life, having learned many, many lessons about the Lord's faithfulness to him and deliverance of him.

Now David comes to the Lord in the morning. He has learned to go to the Lord when he has problems and not try to solve them himself. He knows that as he remains close to the Lord and follows Him that the Lord will help him. So he goes to the Lord everyday in prayer.

David praises the Lord for His care over those who fear His name. He uses the word "shield," as warrior would, to understand the protection that God provides. Did you know these shields were almost as tall as a man was? How protected David must feel. He is full of praise for a God who is a refuge and a shield for him. May we learn to begin our days in such prayers as we learn from David. **God wants us to pray to Him everyday.**

Prayer Booklet

You will need one piece of white construction paper and two sheets of regular copy paper for each child, pencils and markers.

Fold a piece of white construction paper crosswise in half. Place left hand with wrist near fold and trace their hand or allow them to. Do the same with the right hand. This makes praying hands when the book is closed. Allow the children to fill in and color their hands. It is OK for them to decorate their booklet. They should write, "My Prayer Booklet" on the front cover.

Fold 1 - 2 pieces of regular copy paper the same shape as the cover. These will be the inside pages of the booklet. Print "My Morning Prayers" on the first page of the book. Staple to cover at fold. Encourage the children to write down their prayers each morning. Optional: They can write the following prayer on their inside front cover as a reminder.

MORNING PRAYER

I thank Thee, Lord, for morning light.
I thank Thee for the world so bright.
May everything I do today
Be pleasing to Thee, Lord, I pray.

PRAYER

Lead the children in a prayer to commit themselves to a life of prayer, that they would learn how to pray and practice often and every day in their lives. If there are any children who have not yet responded to the gospel, give them opportunity.