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Sing It, Say It, Share It

Key References: Psalms 103; 107; *Lift Him Up*, p. 36; *The Bible Story* (1994), vol. 4, pp. 28-30; Our Beliefs, nos. 22, 12, 7.



powertext

"Praise the LORD, my soul, and forget not all his benefits—who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle's" (Psalm 103:2-5).

Sabbath

DO Do the activity on page 60.



We praise God for His gift of grace.

How do you praise God? In what ways do you experience worship at home and in your church? How do you share your sorrows and joys with Jesus?

Songs of praise have been a very important part of the worship experience of the people of Israel. The psalms were sung with instrumental accompaniment. King David was a skillful poet and musician, and he composed a great number of psalms included in the Bible. In these songs he expressed his authentic faith in God and a wide range of feelings that all of us can experience. King David instituted the singing of psalms when the children of Israel assembled at the sanctuary in Jerusalem. David's psalms give voice to a whole range of human emotions, from despair and sorrow over a sinful conduct to joyful praise to God, who is compassionate and full of mercy.

When God chose him to be king over Israel, prophet Samuel wrote of David that he was a man after God's own heart (see 1 Samuel 13:13-15). But David had changed much since his youth, when he had chosen to rely completely on God in all aspects of his life. Although David won many victories on the battlefield, his greatest battles were the conflicts over his own selfish desires and ambitions. Yet in spite of David's many shortcomings and character flaws, he was a man who loved God and repented with deep sorrow over his sins. His psalms often express his heartfelt sorrow and prayer for forgiveness.

Psalm 51 is a prayer of confession that David wrote after Nathan the prophet shared with him God's message of rebuke. This psalm is a powerful illustration of the sinner's cry for God's forgiveness and restoration: "Have mercy on me, O God, according to your unfailing

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Sunday

READ Read Psalm 103:1-5 and this week's lesson, "Sing It, Say It, Share It!"

LEARN Begin to memorize the power text.

LIST List some of the blessings you have received from God (e.g., loving family, good health).

PRAY Praise God for His goodness and mercy.

Monday

READ Read Psalm 103:11-22.

WRITE Create a thank-You letter to God, expressing your gratitude for all that He has done in your life.

SHARE Share with your family or friends how blessed you are. Talk about the many reasons you have to trust God with every aspect of your life.

REVIEW Review the power text.

PRAY Thank God for His unending love and grace.

Tuesday

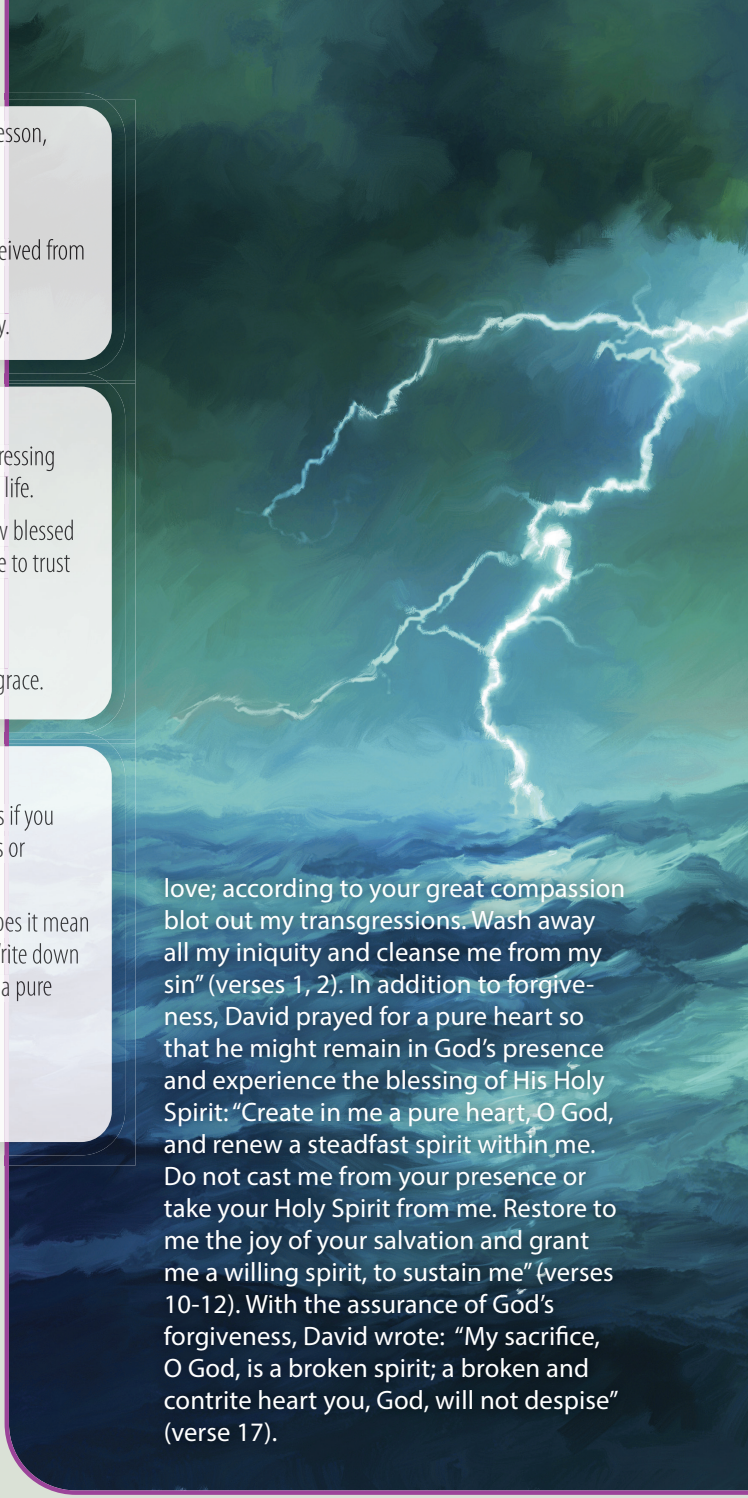
READ Read Psalm 51.

THINK Why is it important to ask forgiveness if you have hurt someone's feelings with your words or actions? (See Psalm 51:7, 8.)

WRITE Read again Psalm 51:10-12. What does it mean to have a clean heart or a clear conscience? Write down some of the blessings that come from having a pure heart.

REVIEW Review the power text.

PRAY Ask God to create in you a clean heart.



love; according to your great compassion blot out my transgressions. Wash away all my iniquity and cleanse me from my sin" (verses 1, 2). In addition to forgiveness, David prayed for a pure heart so that he might remain in God's presence and experience the blessing of His Holy Spirit: "Create in me a pure heart, O God, and renew a steadfast spirit within me. Do not cast me from your presence or take your Holy Spirit from me. Restore to me the joy of your salvation and grant me a willing spirit, to sustain me" (verses 10-12). With the assurance of God's forgiveness, David wrote: "My sacrifice, O God, is a broken spirit; a broken and contrite heart you, God, will not despise" (verse 17).

King David was one of those people who knew the importance of worshipping God with all his heart. He knew God as a personal friend "who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion" (Psalm 103:3, 4). David knew the Lord as "compassionate and gracious" and "slow to anger" (verse 8).

"Psalm 103 has been described as one of the most exuberant of the psalms. It is the spontaneous expression of a heart full of praise to God for His grace and compassion. In it David praises God for blessings in his own life, tells of the loving-kindness God exercises toward His children generally, shows man's dependence upon the mercy of God, and invites the whole creation to worship God" (*The Seventh-day Adventist Bible Commentary*, vol. 3, p. 861).

David describes God's great love for us in visual terms: "For as high as the heavens are above the earth, so great is his love for those who fear him; as far as the east is from the west, so far has he removed our transgressions from us" (verses 11, 12). What a beautiful picture of God! Much like the infinite vastness that exists between heaven and earth, God's love for us is immeasurable and has no end.

Psalm 107 presents another beautiful description of God's miraculous power to save those who come to Him for help:

"Some went out on the sea in ships;



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Wednesday

READ Read Psalm 91.

DRAW Draw an illustration or a picture story inspired by the words of the blessings promised to those who "rest in the shadow of the Almighty" (verse 1).

SHARE Share with a friend or parent your illustration or picture story, describing God's goodness to you. Ask them to share how they've experienced God's goodness.

REVIEW Review the power text.

WRITE Paraphrase the power text and include it in a note of encouragement to someone this week.

PRAY Ask God to help the person who will receive your note of encouragement to be inspired and blessed.

Thursday

READ Read 1 Thessalonians 5:18.

THINK When is it easiest or hardest to thank God? According to the verse above, when should we thank Him?

WRITE A psalm is a poem or song written to the Lord. Write a psalm to God, acknowledging His grace and His blessings in your life. Keep the psalm in your Bible, and reread it occasionally as part of your daily worship.

REVIEW Review the power text.

PRAY Thank God for all His blessings. Thank Him for the difficult times, too, that can help you grow spiritually.

Friday

READ Read Psalm 103 to your family.

WRITE Ask each family member to think of a specific way God has blessed your family and write one short sentence praising God for that blessing. Collect the sentences and read them consecutively, as a psalm of praise.

MAKE Use the above sentences to make a poster that can be placed where everyone will see it as a reminder of the blessings your family enjoys as tokens of God's grace.

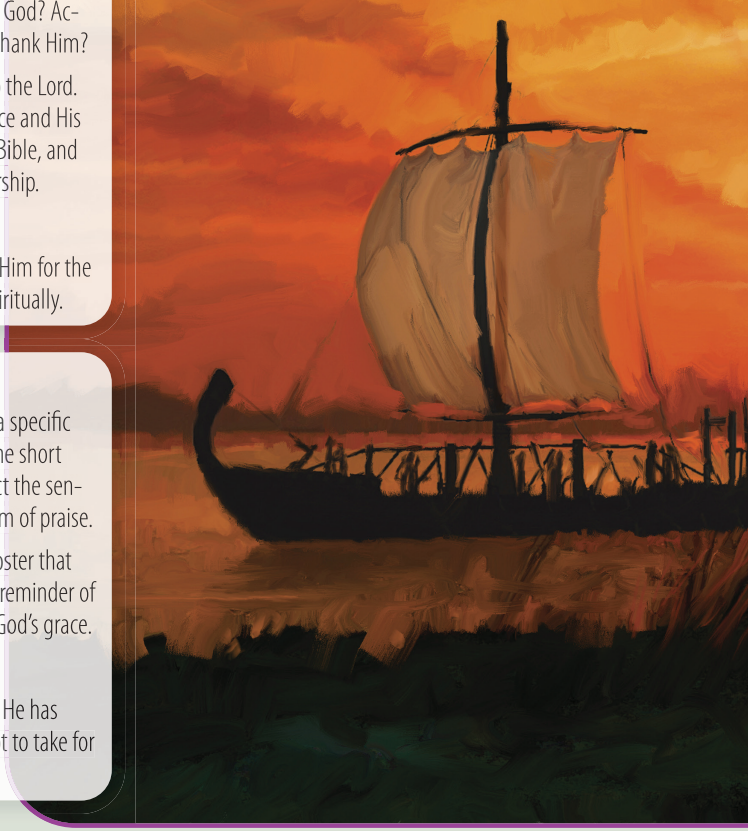
SAY Repeat the power text by memory.

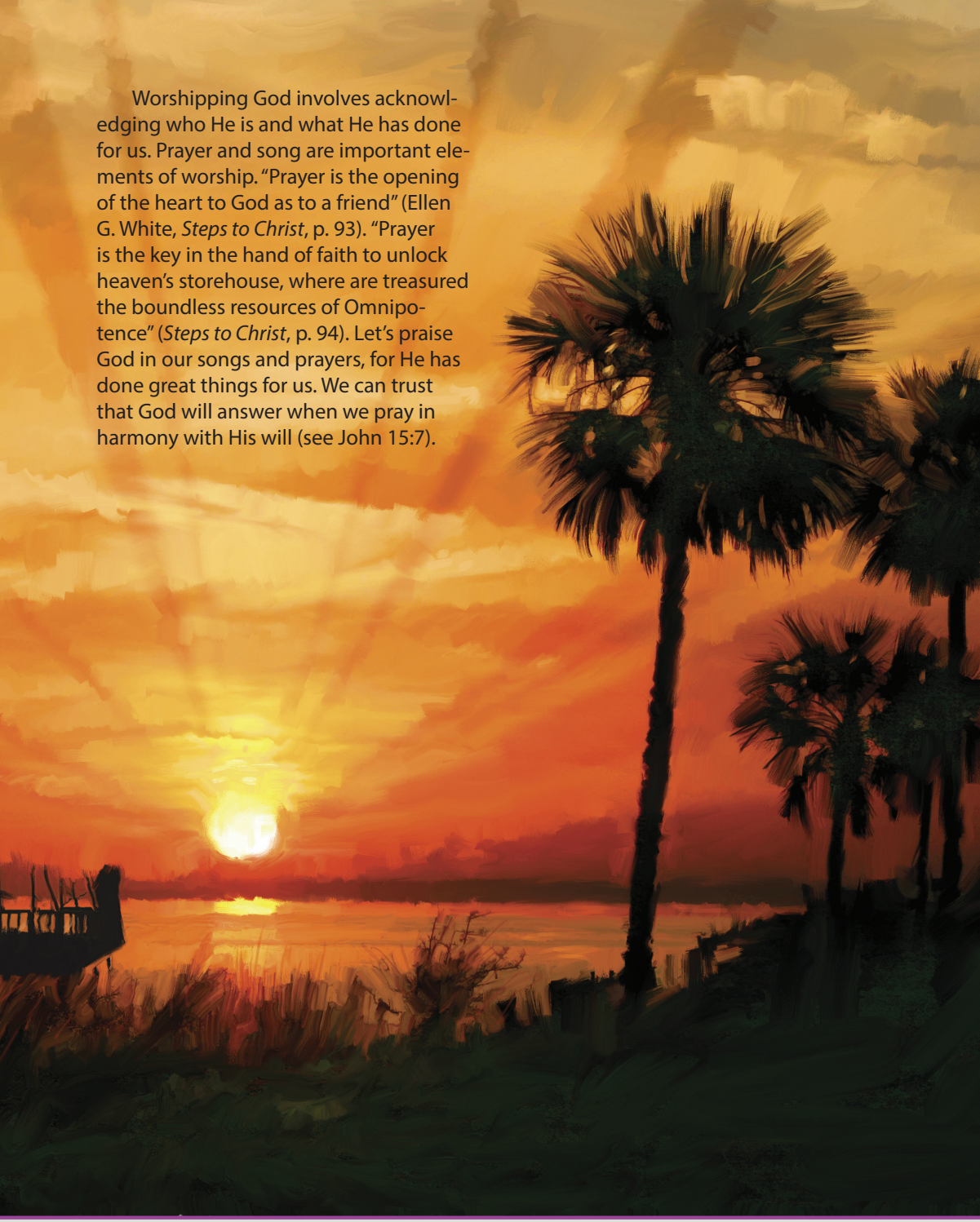
PRAY Thank God for the abundant blessings He has showered on your family. Ask Him for help not to take for granted the many gifts of His grace.

they were merchants on the mighty waters. They saw the works of the LORD, his wonderful deeds in the deep. For he spoke and stirred up a tempest that lifted high the waves" (verses 23-25).

"Then they cried out to the LORD in their trouble, and he brought them out of their distress. He stilled the storm to a whisper; the waves of the sea were hushed. They were glad when it grew calm, and he guided them to their desired haven" (verses 28-30).

How comforting it is to know that our loving God is with us when we feel overwhelmed with troubles. He offers us peace and calms the storms in our lives!





Worshipping God involves acknowledging who He is and what He has done for us. Prayer and song are important elements of worship. "Prayer is the opening of the heart to God as to a friend" (Ellen G. White, *Steps to Christ*, p. 93). "Prayer is the key in the hand of faith to unlock heaven's storehouse, where are treasured the boundless resources of Omnipotence" (*Steps to Christ*, p. 94). Let's praise God in our songs and prayers, for He has done great things for us. We can trust that God will answer when we pray in harmony with His will (see John 15:7).

PUZZLE 7

GOD FORGIVES

Instructions: Find each word in **bold** in the Bible verse; the words twist and turn (either forward, backward, upward, downward, or diagonally), and most do not follow a straight line.

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

"The **Lord,** the Lord, the **compassionate** and **gracious God, slow** to **anger, abounding** in **love** and **faithfulness, maintaining** love to **thousands,** and **forgiving wickedness, rebellion** and sin. Yet he does not **leave** the **guilty unpunished**" (Exodus 34:6, 7).