

7

Sing It, Say It, Share It

Grace
We extend God's grace to others.

POWER TEXT

"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).

KEY REFERENCES

- Psalms 103; 107
- *Lift Him Up*, p. 36
- *The Bible Story* (1994), vol. 4, pp. 28-30
- Student story on page 82 of this guide

OUR BELIEFS

- No. 22, Christian Behavior
- No. 12, The Church
- No. 7, The Nature of Humanity

OBJECTIVES

The students will:

- **Know** that they can allow God's gift of grace to change their lives.
- **Feel** the peace that comes from accepting God's gift of grace.
- **Respond** by telling others that God's grace is for everyone.



We praise God for His gift of grace.

The Bible Lesson at a Glance

Many of the psalms acknowledge special blessings from God: health, food, water, protection from danger, gifts from God, strength to meet trials, forgiveness, healing, etc. These psalms of David are an acknowledgment of God's great love for us. They illustrate what God does for us and tell us what He is really like.

This is a lesson about grace.

In these psalms David reminds us of the many blessings humanity has received from God down through the ages. He calls upon all of God's children and the "heavenly hosts" (Psalm 103:21) to join him in praising the Lord. Praising God for His goodness and recognizing His gifts to us is one way we show our gratitude for His grace.

Teacher Enrichment

"Described as one of the most exuberant of the psalms," Psalm 103 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 (vs. 1-5), tells of the loving-kindness God exercises toward His children generally (vs. 6-14), shows man's dependence upon the mercy of God (vs. 15-18), and invites the whole creation to worship God (vs. 19-22)" (*The Seventh-day Adventist Bible Commentary*, vol. 3, p. 861).

"Among the psalms attributed to David, Psalm 103 stands a little apart: it is less intensely personal than most of his; less harassed, if at all, by enemies or private guilt. The personal note is there, but David is soon speaking for us all. It is a hymn rather than a private thanksgiving, and we are reminded that David was the founder of the great choirs of Israel. . . . Echoes of the psalm are heard in Isaiah and Jeremiah" (Derek Kidner, *Psalms 73-150, Tyndale Old Testament Commentaries* [Downers Grove, Ill.: InterVarsity Press, 1975], p. 364).

In what ways has the Lord healed my body, mind, or spirit? How have I praised Him for His healing? What other desires of my soul can I share with Him today?

Welcome

Welcome students at the door and direct them to their seats. Ask them how their week has been. Encourage learners to study their Sabbath School lesson regularly, and use several minutes to debrief students on the previous week's lesson.

Ask: **What was the most interesting part of the Bible story? What activity did you find the most helpful? Which activity was the most fun?** Invite students to share their experiences and/or the handiworks they created for Sabbath School during the week. (The leader should be familiar with the previous lesson to be able to direct the discussion.) This is also a good time to have students recite the power text.

Have students begin the Readiness Activity of your choice. 

Program notes

LESSON SECTION	MINUTES	ACTIVITIES	MATERIALS NEEDED
Welcome	Ongoing	Greet students at the door. Ask about their week.	
1 Readiness	10-15	*A. Count Your Blessings Mural*	Bibles, paper, pencils, pens, crayons, paint or colored markers
		B. Survey of Blessings	Bibles, plain and colored paper, pencils, glue sticks, scissors
		C. Blessings List	Bibles, paper, pencils
* Prayer & Praise	15-20	See page 77. Prayer & Praise may be used at any time during the program.	Bibles, songbooks, world map, pushpins, offering plate/basket
2 Bible Lesson	15-20	Introducing the Bible Story	*The Seventh-day Adventist Hymnal* or photocopy of no. 4
		Experiencing the Story	Bibles, white/chalkboard, markers/chalk
		Exploring the Bible	Bibles, white/chalkboard, markers/chalk
3 Applying the Lesson	10-15	*Scenario*	
4 Sharing the Lesson	10-15	*Sing Your Praises*	
* Closing		A. Prayer and Closing Comments	
		B. Reminder to Parents	
		C. Coming Up Next Week	

1

READINESS ACTIVITIES

Select the activity or activities that are most appropriate for your situation.

A

YOU NEED:

- ☐ Bibles
- ☐ paper
- ☐ pencils
- ☐ pens
- ☐ crayons
- ☐ paint or colored markers

Count Your Blessings Mural

Distribute art supplies and have students create works of art, illustrating and acknowledging God's grace and all He does for them. Display their works of art on a bulletin board or place them on the classroom walls.

Debriefing

Ask: **What are some of the ways God blesses us? Let's say our power text together, Psalm 103:2-5:**

"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).

Say: **We want to remember our power point:**

We praise God for His gift of grace.

Accommodations for students with special needs

Encourage students who experience difficulty with this activity to work with a partner who could assist them. If needed, provide these students with materials for alternative modes of artistic expression. The goal is to help them contribute in ways that they feel comfortable, accepted, and valued.

B

YOU NEED:

- ☐ Bibles
- ☐ plain and colored paper
- ☐ pencils
- ☐ glue sticks
- ☐ scissors

Survey of Blessings

Distribute pieces of paper and pencils/pens. Have each student write a thank-You note to God for the numerous gifts of His grace.

As the thank-You notes are being finished, have the students add color and imagination to it all. They may want to cut out some of the messages and paste them onto colorful paper, or paper on which they can add drawings and illustrations.

Debriefing

Ask: **How has God's presence in our church family made a difference in your life? How important is it to acknowledge God's grace and all that He does for us? Let's say together our power text, Psalm 103:2-5:**

"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).

Say: **Let's say our power point together:**

We praise God for His gift of grace.

Prayer & Praise

C

YOU NEED:
- ☐ Bibles
- ☐ paper
- ☐ pencils

Blessings List

After distributing paper and pencils, say to the students: **As quickly as you can, make as complete a list as you can of all the blessings God has given you. Number your items. I am going to time you. Go.**

Debriefing

Ask: **How long is your list? How easy was it to think of blessings? How long could you have kept on writing? Let's say our power text, Psalm 103:2-5:**

"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).

Say: **Let's repeat our power point together:**

We praise God for His gift of grace.

Accommodations for students with special needs

This activity may be challenging for students with certain learning disabilities or physical disabilities. If any students in your class experience difficulty in writing or spelling, you may wish to ask a student volunteer to help that learner. Alternatively, don't time the students or consider using another readiness activity in which all students could participate without feeling rushed or left out.

Fellowship

Report the students' joys and sorrows (pleased and troubled) as reported to you at the door (as appropriate). If they have given you permission, share one or two special items from students' Bible study during the week. Acknowledge any birthdays, special events, or achievements. Give a special, warm greeting to all visitors.

Suggested Songs

"Altogether Lovely" (*He Is Our Song*, no. 57)
"Praise to the Lord" (*He Is Our Song*, no. 19)
"I Just Came to Praise the Lord" (*He Is Our Song*, no. 16)

Mission

YOU NEED:
- ☐ world map
- ☐ pushpins

Use *Adventist Mission for Youth and Adults* (go to www.juniorpowerpoints.org and click on MISSION) or another mission report available to you. Using a world map, have the students mark with pushpins the location of the mission story.

Offering

YOU NEED:
- ☐ offering plate/basket

Remind students that one of the best ways to express our joy for God's goodness to us is to bring our tithes and offerings to Him.

Prayer

YOU NEED:
- ☐ Bibles

To introduce students to the elements of worship in prayer, begin a prayer and then have them each read a successive verse from a psalm you have chosen (for examples, see Psalm 111 or 113). Thank God for all the blessings we experienced in our lives. Close with a prayer for the students' joys and sorrows, for the birthday and other special event celebrants, as well as for the visitors.

2

BIBLE LESSON

YOU NEED:

- ☐ *The Seventh-day Adventist Hymnal* OR photocopy of no. 4

Introducing the Bible Story

Have the class sing "Praise, My Soul, the King of Heaven" (*The Seventh-day Adventist Hymnal*, no. 4). Then say: **This is the best-known hymn inspired by Psalm 103, which is one of the psalms we are going to be studying today. What kinds of feelings did you have when we were singing this hymn?**

YOU NEED:

- ☐ Bibles
- ☐ white/chalkboard
- ☐ markers/chalk

Experiencing the Story

Write the following outline of Psalm 103 where all can see it:

"So Great Is His Love"

1. Praise to God for blessings in David's own life (verses 1-5)
2. Praise to God for the loving-kindness of God to His children in general (verses 6-14)
3. Praise to God for His mercy on which man depends (verses 15-18)
4. Invitation to the whole creation to worship God (verses 19-22)

Assign the four parts to four groups and have each group join with you when it is their turn, reading aloud together.

Then read together aloud Psalm 107. Ask: **How do you think God feels when we acknowledge all He does in our lives? How does it make you feel when you acknowledge all God does in your life? When have you felt it was the easiest to praise God: when you had gone through trials or when things went along smoothly? When do you think it was easiest for David to praise God?**

We praise God for His gift of grace.

Accommodations for students with special needs

Have students with visual impairments sit near the board, or make available a handout with the outline of Psalm 103.

YOU NEED:
- ☐ Bibles
- ☐ white/chalkboard
- ☐ markers/chalk

Exploring the Bible

Divide the students into four groups.

Say: **Examine the text from the board assigned to your group. Be prepared to explain what each says about God's love.**

1. Psalm 104:1-24 (God created the world and everything in it, and He takes care of it).
2. Psalm 136:1-26 (God delivers His people, and His love endures forever).
3. Psalm 139:1-14 (God is with us all the time).
4. Psalm 145:3-13 (God is gracious and compassionate).

Allow time for students to complete the assignment, then call for each group to share their answer. Discuss the differences among them and encourage the students to recognize, acknowledge, and praise God for His goodness.

Say: **Let's say our power text, Psalm 103:2-5:**

"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).

Say: **The power point reminds us that**

We praise God for His gift of grace.

Scenario

Read the following scenario to your students:

A friend of yours, Preethie, wants to worship God in all the things she does. She has been looking for other ways to worship Him than just going to church and reading her Bible.

Debriefing

Ask: **What ideas can you give her about worshipping God in all she does? How can understanding Psalms 103 and 107 help her? Think how you will explain to her that**

We praise God for His gift of grace.

4

SHARING THE LESSON

Sing Your Praises

Allow time for students to share with the class if they had the opportunity during the past week to share with someone how the Lord has blessed them. What experiences did they share? How did the people with whom they shared their blessings respond? Say: **Imagine you are in the throne room of God. There is a great choir of angels singing praises to God for His blessings. What are some of your favorite praise songs? Let's try to sing some of your favorites. (Allow students to name their favorite hymns or choruses and have them sing those together.)**

Debriefing

Ask: **How does acknowledging what He does for us give us something to share? When you acknowledge all that God has done for you, do you think it is easy or difficult to share your love for God with others?**

Let's repeat our power point one more time:

We praise God for His gift of grace.

Closing

Prayer and closing comments:

Say: **Dear God, we acknowledge that You are great and loving. We are so thankful for what You have done for us. We realize how much You love us. We want to worship You and praise Your name. Amen.**

Reminder to parents:

Say: **Check out the student Bible study guide to find Parents' Pages for your use in family worship, or however you wish to use them to spiritually guide your children. You may listen to the podcast of the lesson online at www.juniorpowerpoints.org/podcast.php?channel=1.**

Coming up next week:

Say: **Elisha receives a double portion. The Holy Spirit empowers us to work for Him.**

Notes

Student lesson

Sing It, Say It, Share It

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 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; 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

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
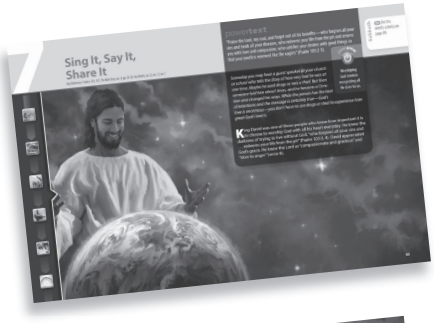
POWER TEXT

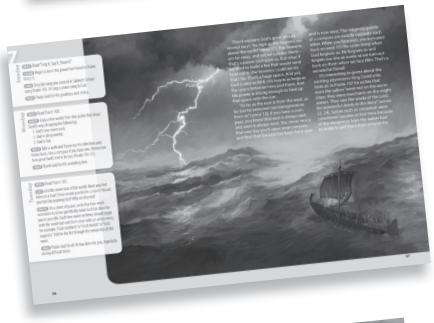
"Praise the LORD, my soul, and forget not all his benefits—who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle's" (Psalm 103:2-5).

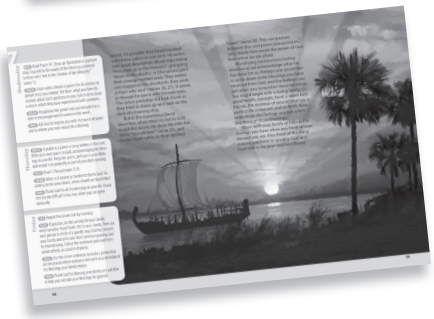
POWER POINT

We praise God for His gift of grace.

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).







Sabbath

DO Do the activity on page 60.

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.

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.