

# Bible Sunday

Junior church lesson plan on Psalm 119.129-136 (GNB)

## Junior church lesson plan

### Key verse

Psalm 119.129 – Your teachings are wonderful; I obey them with all my heart.

### Introduction

Ask the children who is best at teaching us how to do something really well.

Use a series of pictures of people to spot who they would always obey on a particular topic.

See Sheet 1: Teaching us

*God's teachings are wonderful; I obey them with all my heart.*

### Game

Play a game of '**stuck in the mud**'. This is where the children run randomly around the play area and try to avoid being tagged by a leader designated to be 'on'. Once tagged, the children need to stand absolutely still as though stuck in some mud. They can be 'freed' by anyone who runs underneath their outstretched arms.

Talk to the children about whether their friends were wonderful to them and rescued them from the mud.

Q: Once our friends rescued us, did we continue to stand still or start running again?

A: Once we were free, we started running again.

*God's teachings are wonderful; I obey them with all my heart.*

### Read

#### Psalm 119.129-136

We recommend using the Good News Bible for this lesson.

<sup>129</sup>Your teachings are wonderful; I obey them with all my heart.

<sup>130</sup>The explanation of your teachings gives light and brings wisdom to the ignorant.

<sup>131</sup>In my desire for your commands I pant with open mouth.

<sup>132</sup>Turn to me and have mercy on me as you do on all those who love you.

<sup>133</sup>As you have promised, keep me from falling; don't let me be overcome by evil.

<sup>134</sup>Save me from those who oppress me, so that I may obey your commands.

<sup>135</sup>Bless me with your presence and teach me your laws.

<sup>136</sup>My tears pour down like a river, because people do not obey your law.

Check their understanding of difficult words:

- Explanation – to help us understand
- Ignorant – people who haven't been told how to do something yet
- Oppress – make people feel that they can't be themselves

## Discuss and Apply

### For younger children

- Talk about who teaches us wonderful things.
- Refer back to the pictures from the Introduction.
- Help them discover who they already obey, using language they can understand. Older brothers and sisters who have taught them how to colour in, do up their shoes, etc.

### For older children

- Print out Psalm 119.129-136 in full and give them highlighters to mark up the phrases.
- Talk about what we ask God to do for us in the psalm (Turn to me/have mercy on me/save me/bless me/teach me)

Back this up with Ephesians 2.8-9 to show that God does do these things for us. 'For it is by God's grace that you have been saved through faith. It is not the result of your own efforts, but God's gift, so that no one can boast about it.'

- Talk about what we ask God to stop happening to us. Give them different coloured highlighters to mark up the verses. (Keep me from falling/don't let me be overcome by evil)

Back this up with Psalm 139.5 to show that God does stop these things for us. 'You are all round me on every side; you protect me with your power.'

## Memory Verse Activity Sheets

Psalm 119.129

<sup>129</sup>Your teachings are wonderful; I obey them with all my heart.

See Sheet 2: Colouring sheet

See Sheet 3: Word search activity

See Sheet 4: Hangman activity (answer for Hangman 1: Your teachings are wonderful and answer for Hangman 2: I obey them with all my heart)

See Sheet 5: Solve a code activity (answer: Your teachings are wonderful; I obey them with all my heart)

## Other ideas

If you think the children in your care would prefer to learn about the stories of Jesus, then we have resources for that too.

### Seriously Surprising Story

This covers the disciples on the road to Emmaus after Jesus' death and resurrection. There's a story book, an animated video, a quiz and an adventure trail.

English: [biblesociety.org.uk/products/bib-000369/](https://biblesociety.org.uk/products/bib-000369/)

Welsh: [biblesociety.org.uk/products/bib000373/](https://biblesociety.org.uk/products/bib000373/)

### The Super Cool Story of Jesus

This book covers a selection of parables Jesus told. There's a story book, an animated video, an adventure trail and colouring sheets.

[biblesociety.org.uk/landing/the-super-cool-story-of-jesus-video/](https://biblesociety.org.uk/landing/the-super-cool-story-of-jesus-video/)

### Three Friends and the Miracle Man

This is our most recent book which covers the death and resurrection of Jesus. There's a story book, an animated video, colouring sheets and a script for an all-age service.

English: [biblesociety.org.uk/get-involved/easter/](https://biblesociety.org.uk/get-involved/easter/)

Welsh: [biblesociety.org.uk/products/bib-000434/](https://biblesociety.org.uk/products/bib-000434/)

