



**BIBLE READING FOR
REASONING LESSON PLANS**

Thy Word is a lamp unto my feet

And a light unto my path.

~ PSALM 119:105 ~

Introduction to the Book of Psalms

*Praise ye the LORD. . . Praise him with the sound of the trumpet: praise him with the psaltery and harp.
Praise him with the timbrel and dance: praise him with stringed instruments and organs.
Praise him upon the loud cymbals: praise him upon the high sounding cymbals.
Let every thing that hath breath praise the LORD. Praise ye the LORD. – Psalm 150:1; 3-6 (KJV)*



timbrel



various ancient Jewish stringed instruments



pipes

The Book of Psalms

The Book of Psalms is one of the books of wisdom in the Bible, along with the books of Job, Proverbs, Ecclesiastes and the Song of Solomon. It is often called the **Bible's hymnal** or songbook. As the longest book in the Bible, it contains 150 lyrical poems, laments and praises written under the inspiration of the Holy Spirit by various Jewish poets and temple musicians. Many of the Psalms were written to be sung in worship of God by the ancient Jews to the accompaniment of stringed instruments, timbrels and flutes or pipes. The Book of Psalms has also been the songbook of the Christian church since the first century and continues to be used in worship today throughout the Judeo-Christian world.

The Book of Psalms is the most frequently read of any book in the Bible, for the Psalms provide inspiration, comfort, instruction and motivation. They convey every range of human emotion from anger, fear and loneliness to joy, gratitude and praise. Throughout the ages, many have found great consolation and encouragement from the Psalms. Martin Luther, the great 16th C. German reformer, called the Book of Psalms “**a school of prayer**”:

“The Christian can learn to pray in the psalter, for here he can hear how the saints talk with God. The number of moods which are expressed here, joy and suffering, hope and care, make it possible for every Christian to find himself in it, and to pray with the psalms.”¹

Luther also called the Book of Psalms “**a little Bible**,” because the Psalms contain all the truths which are found in the rest of the Bible. It is interesting to note that the New Testament quotes more frequently from the Book of Psalms than from any other Old Testament book.

The central figure in the Psalms is Jesus Christ, even though His name is never mentioned. Jesus is revealed through the many messianic prophecies, metaphors and similes. In fact, Jesus Himself declared this to His disciples after His resurrection, saying:

“These are My words which I spoke to you while I was still with you, that all things which are written about Me in the Law of Moses and the Prophets and the Psalms must be fulfilled” (Luke 24:44).

What Is a Psalm?

A psalm is a sacred song or poem written with the purpose to sing praises and worship God. The Jews called it the ‘Book of Praises’ from the Hebrew word *tehillah*, which means *to praise, celebrate, glory, sing, or boast*. In the Septuagint, the Greeks named it the ‘Book of Psalms’ from the Greek word *psalmos*, which means *to pluck*, as a stringed instrument.

¹ Quoted in Allen, R. B. (1980). *Praise! A matter of life and breath*. Nashville: Thomas Nelson Publishers, p. 24.

Book of Psalms I

Time: 45 minutes

Teacher Reading: Book of Psalms Overview

Principle: It is appointed by

God for children to sing praises to the Lord!

Scripture: From the lips of children and infants, you have ordained praise! (Psalm 8:2)

TEACHER



Vocabulary:

doxology (n.) An expression of praise and honor to God that is repeated by the congregation during worship.

hymn (n.) An ode or song of praise or thanksgiving intended for use in a worship service.

lament (n.) 1) A mournful poem. 2) A cry of sorrow and grief; a complaint.

lyric (n.) 1) A poem that has the form and musical quality of a song. 2) Pertaining to songs written expressly to be sung with the lyre.

lyrical (adj.) 1) Suitable for singing. 2) Expressing deep personal emotion.

messianic prophecies, Prophecies in the Old Testament that foretell of the coming of the Messiah or Savior, Redeemer and King of kings.

metaphor (n.) A figure of speech which declares one thing to be another. i.e. "The Lord is my shepherd" (Psalm 23:1)

pipes (n.) A wind instrument in which the sound is produced by an enclosed column of air that is moved by the breath.

poetry (n.) A literary genre written in meter or verse with beauty and elevation of expression.

psalter (n.) A collection of psalms in a book for use in worship.

simile (n.) A figure of speech which compares two things which resemble one another in some way. i.e. "My tongue is like the pen of a skillful writer." (Psalm 45:1)

timbrel (n.) A small hand drum similar to a tambourine.



Preparation and Lesson Background:

1. Be certain that you have read the Book of Psalms before teaching this unit. For this lesson, read and reflect upon the Overview for Psalms.
2. Study the teacher vocabulary words, principle and teacher background information.
3. Locate pictures of Jewish instruments. Gather resources: Book of Psalms Graphic Organizers, Title Pages, Student

STUDENT



Key Word:

psalm (n.) A sacred song or poem that expresses praise and worship to God.

? Reason Questions:

1. What is a psalm?
2. Why is the Book of Psalms so revered by Christians?
3. Who is the centerpiece of the Book of Psalms?



Notebook Record:

1. Write your name on your Title Page. Color the illustration of David and his lyre. File behind your Bible divider.
2. Record the following on your Book of Psalms Graphic Organizer:
 - It is a song book of Jewish poems.
 - It is a prayer book.
 - The writers are king David, Moses and other psalmists.
 - Jesus is the central figure.
 - Types of psalms:
 1. Praise and thanksgiving
 2. Wisdom
 3. Prayer and lament
 4. Trust in God
 5. Royal



Memory Verse:

From the lips of children and infants, You have ordained praise! (Psalm 8:2, BSB)



Singing the Psalms:

"I Will Enter His Courts with Thanksgiving"
(Psalm 100)

Vocabulary Card, Memory Verse Card, Parent Blessing and Prayer Cards, pictures of Jewish instruments, and the music you've chosen to sing.

Teaching Plan:

1. Declare: *Praise the Lord! Praise God in His sanctuary; Praise Him in His mighty expanse. Praise Him for His mighty deeds; Praise Him according to His excellent greatness. Let everything that has breath praise the LORD. Come O Lord and dwell in our praises this day. Hallelujah!* (Inspired by Psalm 150)
2. Distribute student binders. Have the children write their names on the Title Page and color the illustration.
3. Introduce the children to the book of Psalms and where it is located in the Bible.
4. Review the background of the Bible. See background information on Lesson 1 in the Proverbs Reading Unit.
5. Pin the Student Vocabulary Card on your Treasure Chest bulletin board and define 'psalm' for the children.

Connect the vocabulary word to the principle. Teach the principle and share with the children that oral reading, singing, and memorizing the psalms are ways to praise God.

Principle: It is appointed by God for children to sing praises to the Lord!

6. Read the Overview of Psalms to the children. Discuss how unique this book is and compare it with the other types of literature in the Bible. It is wisdom literature.

Teach the children that the book of Psalms is the Bible's hymnal or song book. The psalms are Jewish poems that were written to be sung with the accompaniment of flutes and stringed instruments.

Be certain they understand that even though Jesus' name is never used in the book, He is the central figure throughout the Psalms. He is the King of kings and Lord of lords. (1 Timothy 6:15; Revelation 17:14 & 19:16)

Teach the children there are five different types of psalms in this book.

Much of the language of Psalms is written in poetic imagery. For example:

- *The Lord is my fortress.*
- *The Lord is my song.*
- *As the deer pants for the water brooks, so my soul pants for You, O God.*
- *The King's daughter is all glorious within, her clothing is interwoven with gold.*



Take Blessing and Prayer Cards home to parents.

- *The Lord's judgments are sweeter than honey and the drippings of the honey comb.*

7. Show the children pictures of the various Jewish instruments that were used to accompany the poems.

Have them open their Bibles to the book of Psalms and examine some of the superscriptions for each one. (i.e. Psalms 3-7) These superscriptions were often the writers' instructions for accompanying the poem with music.

8. Select your favorite psalm put to music and sing it aloud for the children or play one from your favorite CD.

9. Ask Reason Questions and have children respond orally.

10. Write the Psalms Overview notes on the chalkboard and have children copy onto their Book of Psalms Graphic Organizer. Have the children file this and their title page in their binders behind the Bible divider.

11. Before completing the lesson, have children repeat their weekly Memory Verse. Pin it on the bulletin board. Throughout this unit, the children will be memorizing complete psalms beginning with Psalm 1. This will require that you spend additional time each week memorizing the verses.

12. Also in this Bible Reading unit, the children will be learning to sing some of the psalms. We've selected various songs that are in English. If you cannot find these in your language, please select songs that you know in your language that are taken directly from the Book of Psalms.

13. Conclude with a short prayer and blessing for the children.

14. Send Parent Blessing and Prayer Cards home with the children for the week.

The Book of Psalms



A large rectangular area containing 20 horizontal lines, intended for writing or drawing.

