

## BEFORE YOU START...

### Background Information

What is praise and worship? Are there different ways to praise the Lord? What's it for? How do we do it? The following lessons help kids explore what it means to praise the Lord, and the amazing power and results we can get from doing it. Different words in the Bible are translated as "praise," and each of them describe a different way to praise. We will look at 8 of them.

### Learning Objectives

- **\*\* Praise is an outward expression of our honour and wonder of God. \*\***
- Today's Hebrew word of praise: Barak = to bless the Lord for how great He is!
- One of the ways to praise is blessing the Lord, which lifts us above our circumstances as we focus on His greatness.
- When we praise the Lord, we are set free!

### Material & Supplies

- 3 "Posters": Praise Word; Memory Verse; Praise Motto
- Lesson Video: [https://youtu.be/CWov\\_s4IABY](https://youtu.be/CWov_s4IABY) (search words: Made for Praise - Barak; Gateway Victory)
- Bible Story: Peter and John released from jail, and the praise that followed shook the house! Acts 4:13-31
  - Suggested YouTube: [youtube.com/watch?v=rQTFNyctPVU](https://www.youtube.com/watch?v=rQTFNyctPVU) (search words: Peter and John Heal a Man; Life Kids)
- Memory Verse: Psalm 103:1 Bless the Lord, O my soul, and all that is within me, bless His holy name.
- Memory Verse Challenge: Learning Psalm 100. Today's verse:
  - Psalm 100:2 Worship the Lord with gladness, Come before Him, singing with joy.
- Praise and Worship Time: Have some songs ready to sing (and/or play) with the children

### Handouts

- Colouring bookmarks, puzzle sheets, letter to parents

## TEACHING THE LESSON...

### Welcome Time; Praise Word Poster

Welcome the children to your class. Introduce any new children.

Ask the kids for their answers to some of these questions: What is praise and worship? What does it mean? How do we do it?  
What are some of the commands in the Bible regarding praise and worship? **\*\*What does it mean to bless the Lord?\***

Talk about how "Praising the Lord" is more than just singing a couple of songs in church on a Sunday; it is an expression with our bodies to God of what we feel about Him in our hearts, and ultimately Praising the Lord is a way of life!

Show the children this week's Praise Word Poster. Today we will look at the word:

**Barak = to bless the Lord for how great He is!**

Get one of the children to put it up on the wall. Have everyone say the word together and what it means.

One of the ways to praise is the privilege of blessing the Lord that lifts us above our circumstances. What does blessing the Lord look like? And why are we supposed to bless Him? Isn't He supposed to bless us?

Have you ever been to an award ceremony where they tell great things about someone and give them a prize or trophy? That's what Barak looks like. When we focus on someone's greatness, we help to empower them to achieve even more great things. The same is true when we focus on God's greatness -- He in turn does great things for us, and that sets us free from our circumstances!

In the Bible there's a story about Peter and John where a whole house shook because of their "barak-ing"! There's a lot of power that comes when we choose to bless the Lord!

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## TEACHING THE LESSON... CONTINUED

### Bible Story; Lesson Video

Every week there are 2 possible videos to show the kids. One is made for this lesson, and gives a summary of the Bible story. The other is a recommended video for the Bible Story. These videos can be watched in the order of your preference.

Lesson Video Link: [https://youtu.be/CWov\\_s4IABY](https://youtu.be/CWov_s4IABY)

Bible Story Link: [youtube.com/watch?v=rQTFNyctPVU](https://www.youtube.com/watch?v=rQTFNyctPVU) (search words: Peter and John Heal a Man; Life Kids)

Give some background information about today's story. Play this week's video or read the story from the Bible: Acts 4:13-31 Peter and John were thrown in jail after healing the man at the Gate Beautiful. After being questioned by the priests, they were released from jail. They got back together with other believers and Barak-ed, praising and blessing the Lord. The whole house they were in shook!

### Snack Time

If you will be serving snacks to your kids, this would be a great point in the lesson to do that.

### Memory Verse Poster

**PS 103:1 BLESS THE LORD, O MY SOUL, AND ALL THAT IS WITHIN ME BLESS HIS HOLY NAME.**

Put up the Memory Verse Poster. Repeat the memory verse several times with the children. Play a game to help them remember. Mention the opportunity to earn an extra prize by learning Ps 100 by the end of this course.

Today's Memory Verse Challenge Verse: **Psalm 100:2 Worship the Lord with gladness, Come before Him, singing with joy.**

### Class Discussion, Praise Motto

To wrap up the lesson, ask some questions about today's story and lesson to ensure comprehension. Also ask questions from the lesson objectives. Tie in as much of your own personal experience and your own testimony as you can.

- What is praise and worship? Remember it's an **\*\*outward\*\*** expression. People should be able to see it!
- What is "Barak" mean? To bless the Lord for how great He is!
- How does blessing the Lord work? It lifts us up from our circumstances because we're focusing on how great God is.
- How does Barak release power? When we bless the Lord, He will in turn, bless us back! (Peter and John were released from jail, their house shook, and they received power to heal others and boldness when they "barak-ed".) Blessing the Lord sets us free!

End the discussion by introducing this week's praise motto. Put the Praise Motto Poster up on the wall:

**WHEN I PRAISE THE LORD, I AM SET FREE!**

Talk about how this was evident from the story. Lead your discussion into a time of praise!

### Praise and Worship Time

Have some songs ready to sing (and/or play) with the children.

Encourage them to praise in a way that reflects the lesson objectives today.

### Handouts

Hand out this week's puzzle sheets and bookmarks as children are dismissed.

***Thank you for teaching this lesson!***

***You have made a difference in the hearts and lives of God's little ones today.***