

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: Yadah = to lift hands
- One of the ways to praise is to lift your hands, especially in giving thanks or asking for help.
- When we praise the Lord, miracles happen!

Material & Supplies

- 3 "Posters": Praise Word; Memory Verse; Praise Motto
- Lesson Video: https://youtu.be/Utxm8l_8Oww (search words: Made for Praise - Yadah; Gateway Victory)
- Bible Story: Moses' hands being held up so Joshua could win against the Amalekites. Ex 17:8-16
 - Suggested Video: [youtube.com/watch?v=6Dw9ag8OyRQ](https://www.youtube.com/watch?v=6Dw9ag8OyRQ) (search words: Moses Defeats Amalekites; Faith Kids)
- Memory Verse: Psalm 63:4 I will praise You as long as I live, lifting up my hands to You.
- Memory Verse Challenge: Learning Psalm 100. Today's verse:
 - Psalm 100:3b We are His people, the sheep of His pasture.
- 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?

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:

Yadah = to lift hands, especially in giving thanks or asking for help.

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 to lift your hands. What does it look like to lift your hands? Is there a special way to do it? (No.) What if your arms get tired when you are praising?

One of the ways to praise is to lift your hands, especially in giving thanks or in asking for help. When someone is given a gift that they've wanted for a long time, they naturally reach with their hands to give thanks to the giver -- usually with a hug. This is what Yadah looks like, and this is part of why we lift our hands in church today -- to give thanks to God. Another way Yadah looks like is when a child falls or needs help from their parents. They naturally reach out with their hands, asking for help. What's so special about Yadah is they fully expect to receive help! We can also fully expect to receive help from God when we our hands to Him!

In the Bible there's a story about the Israelites getting victory over their enemies because of their Yadah-ing! There's a lot of power that comes when we choose to lift our hands to 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/Utxm8l_8Oww (search words: Made for Praise - Yadah; Gateway Victory)

Bible Story Link: [youtube.com/watch?v=6Dw9ag8OyRQ](https://www.youtube.com/watch?v=6Dw9ag8OyRQ) (search words: Moses Defeats Amalekites; Faith Kids)

Give some background information about today's story from Exodus 17:8-16. Moses and the Israelites were in the wilderness when the Amalekites came to fight them. Moses said he would go to the hilltop and raise his rod to God. This was the same rod he used to do miracles in Egypt. Sure enough, whenever Moses' arms were raised with the rod, the Israelites would miraculously win the battle.

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

PSALM 63:4 I WILL PRAISE YOU AS LONG AS I LIVE, LIFTING UP MY HANDS TO YOU.

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 100:3b We are His people, the sheep of His pasture.**

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 "Yadah" mean? To lift hands, especially in giving thanks or asking for help.
- How does Yadah work?
- Does it matter if your arms get tired? Not at all. God can see your arms, and your heart!
- How does Yadah release power? When we our hands to God, we can fully expect to receive help from God! As a matter of fact, He does miracles for us when we lift our hands to Him, just like He did for the Israelites when Moses lifted his rod during their battle.

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

WHEN I PRAISE THE LORD, MIRACLES HAPPEN!

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.