

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: Zamar = to praise with instruments
- One of the ways to praise is a joyful expression with instruments, or making "a joyful noise" before the Lord with every available instrument.
- When we praise the Lord, God defeats our enemies!

Material & Supplies

- 3 "Posters": Praise Word; Memory Verse; Praise Motto
- Lesson Video: <https://youtu.be/IUk1WRzXGtQ> (search words: Made for Praise - Zamar; Gateway Victory)
- Bible Story: Miriam leading the women in praise with dancing and tambourines Ex. 14:26-31; 15:20-21
- Suggested Video: [youtube.com/watch?v=1Ld8NmrNt9c](https://www.youtube.com/watch?v=1Ld8NmrNt9c) **only up to 2:38. (search words: Story of Miriam; Nelly)
- Memory Verse: Psalm 150:4 Praise Him with the tambourine and dancing; praise Him with stings and flutes.
- Memory Verse Challenge: Learning Psalm 100. Today's verse:
- Psalm 100:4a Enter His gates with thanksgiving, go into His courts with praise.
- 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:

Zamar = to praise with instruments

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 praise with instruments. Does anyone play an instrument? Could they praise the Lord with that instrument? What if someone doesn't play an instrument? Can they still Zamar? (Yes! Our hands can clap like an instrument!)

One of the ways to praise is a joyful expression with instruments, or making "a joyful noise" before the Lord with every available instrument. We see Zamar every Sunday when the worship team leads the congregation in singing with their instruments. Another expression of Zamar can be seen at sports arenas, where people cheer, clap their hands and stomp their feet and use noisemakers when their team scores! It's using everything possible to make a joyful noise! We can make a joyful noise, even without "real" instruments: our hands, voices and anything around us can be used. Jesus said if we didn't praise Him, even the rocks would cry out. That's Zamar!

In the Bible there's a story about the Israelites getting victory over their enemies because of their Zamar-ing! There's a lot of power that comes when we choose to praise the Lord with instruments!

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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/IUK1WRzXGtQ> (search words: Made for Praise - Zamar; Gateway Victory)

Bible Story Link: [youtube.com/watch?v=1Ld8NmrNt9c](https://www.youtube.com/watch?v=1Ld8NmrNt9c) **only up to 2:38 (After this point the video goes beyond this story.)
(search words: Story of Miriam; Nelly)

Give some background information about today's story from Ex 14:26-31 and 15:20-21. After the Egyptians were covered up by the Red Sea, Miriam led all the women in dancing and singing with tambourines. They all sang joyfully, expressing praise to God for defeating their enemies!

Memory Verse

PSALM 150:4 PRAISE HIM WITH THE TAMBOURINE AND DANCING; PRAISE HIM WITH STINGS AND FLUTES.

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 100:4a Enter His gates with thanksgiving, go into His courts with praise.**

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 "Zamar" mean? To praise with instruments.
- What if we don't play a "real" instruments? You can still "Zamar" and make a joyful noise to the Lord with your body, even if it's just clapping your hands.
- How is there power released when we Zamar? Isaiah 30:32 says "Every stroke the Lord lays on them with His punishing club will be to the music of timbrels and harps, as He fights them in battle with the blows of His arm."
God uses our praising with instruments to defeat our enemies for us. And, when He does, it makes us want to praise Him again with our instruments!
- Talk about how this happened when Miriam and the women praised the Lord.

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

WHEN I PRAISE THE LORD, GOD DEFEATS MY ENEMIES!

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.

