

**Praise the Lord!**

(based on Psalm 150)

Becca and Benji love going to worship with their parents. Becca likes the voice of the leader calling them to worship. Benji likes when the congregation responds as one to the leader's call. Becca loves the reading of God's words. Benji enjoys being surrounded by people who are part of God's big family. But most of all Benji and Becca love to sing praising songs to God.

This is one of the songs from the Bible they like best:

Hallelujah! Praise God!

Wherever you praise God—in the holy house of worship and under the wide-open skies—praise God!

For all the mighty and wonderful things God has done and for all God's glorious greatness, praise God!

With trumpet blasts and tuba bellows,
with soft strumming strings on harps,
with bells and whistles
and tambourines and dance,

with violins and cellos, guitars and banjos,
with flutes and lutes,
pipe organs and toy pianos,
with snare drums and kettle drums
and clanging cymbals,
even loud crashing cymbals,
let everything that moves and breathes
praise the Lord!
Hallelujah! Praise God!

Singing praise to God makes Becca and Benji laugh. It makes their toes tingle. They can't keep their feet still. They want to jump and dance, ring bells, and bang drums. They want to praise God with everyone and everything imaginable. More than anything else, they know that this praising song includes them because *they* move and breathe. When they shout, "Hallelujah!" they know that they are part of all that praises God.



Praise the Lord!

(based on Psalm 150)

Use one or more activities from each section to explore grace and gratitude with your children this week.

Recognizing God's Grace

- Read and enjoy the story with your children—imagine and wonder.
- The psalm says, “Let everything that breathes praise the Lord!” Wonder together how different creatures praise God.
- Read a book such as *Jazz* by Walter Dean Myers, *Earth & All Stars* by Herbert F. Brokering, *The Listening Walk* by Paul Showers, or *Sing Praise* by Rhonda Gowler Greene. Talk together about how these stories show praise.



Responding to God's Grace

- Use a smartphone to explore emojis in text. Find emojis that express joy. Create a text praising God and send it to a family member or friend, or draw a picture using the emojis and display it in your home.
- Find praise in all things. Look for letters to make the word “PRAISE.” Look at signs or shapes in nature. Take a picture of each letter. Print them out and make a poster of “PRAISE,” reminding you that praise is everywhere.
- Print a coloring page, such as [bit.ly /Psalm150ColoringPage](https://bit.ly/Psalm150ColoringPage), and color together. As you do, talk together about when it is easy to praise God and when it may be more difficult to praise God.

Celebrating in Gratitude

- Find objects in your home to create instruments. Make a family band to praise God!
- Go outside and find a wall, sidewalk, or driveway. Wear something that you don't mind getting wet! Take turns making a shape with your body praising God. Have another person use a spray bottle filled with water and squirt all around your shape. Move and see your silhouettes praising God.
- Pray this prayer each day this week:

*Praise God from whom all blessings flow.
Praise God all creatures here below.
Praise God above ye heavenly host.
Creator, Christ, and Holy Ghost.*

Note: bit.ly web addresses are case sensitive.