

Praise — Day 1



🎵 Listen to
Scripture Song:



Today's Promise (#46) — NKJV

Psalm 34:1–4 "I will bless the Lord at all times; His praise shall continually be in my mouth. My soul shall make its boast in the Lord; The humble shall hear of it and be glad. Oh, magnify the Lord with me, And let us exalt His name together. I sought the Lord, and He heard me, And delivered me from all my fears."

❤️ Apply the Promise!

God promises that when you choose to praise Him at all times, He listens! If you ask Him for help, He will always hear your prayers and deliver you from all your very biggest fears.

📖 Bible Story (Psalm 34)

David wrote many songs of praise to God. Some of his songs were written during happy times, but many were written when life was hard. David knew what it felt like to be afraid, lonely, misunderstood, and in danger.

But David learned that he did not have to wait until all his troubles were gone before he praised God. In Psalm 34, he wrote, "I will bless the Lord at all times: his praise shall continually be in my mouth."

Praise did not mean David pretended everything was easy. It meant he chose to remember what was true about God. The Lord was still good. The Lord still heard prayer. The Lord was still near to the brokenhearted. The Lord was still able to deliver.

When David praised God, his heart turned away from fear and complaint and back toward the One who loved him. Praise helped him trust God while he waited for help.

We can do the same. When something is hard, we can tell God honestly how we feel. Then we can choose to thank Him for His love, His promises, His care, and His power to help us. We do not praise God as a trick to make Him do what we want. We praise Him because He is worthy, and because praising Him helps our hearts remember the truth.

David's words remind us that praise is not only for church, music, or happy days. Praise can be in our mouths every day. When we choose thankful words instead of complaining words, God helps our hearts grow stronger, brighter, and more peaceful in Him.

☀️ True Story

In the 1950s, a woman named Mrs. Gibbs loved serving the Lord. She was a wonderful church pianist, but her life took a sudden, painful turn. She contracted a severe disease called polio. She had to live in the hospital for over two years! When she returned home, she was paralyzed in a heavy wheelchair.

Her young son, David, was heartbroken. He watched her suffer and felt angry at God. But his wise mother gently corrected him. She calmly declared, "God makes no mistakes. Our God does all things well."

Mrs. Gibbs wanted to keep working for God. She asked a pastor if she could help at church. Sadly, he rejected her, unkindly calling her "damaged goods."

But Mrs. Gibbs refused to complain. She joyfully praised God! She knew the Lord could still use her, and she kept boldly praying for a special job.

Soon, another pastor allowed her to teach an empty Sunday School class. Mrs. Gibbs could not walk, but she could still talk and share God's love!

She made calls to invite families. She asked a local bus owner to drive children to church so she could teach them.

God beautifully blessed her joyful praise! Her classroom filled up. Eventually, that empty class grew to have five thousand children, and many families accepted Jesus! Mrs. Gibbs's story reminds us that praise is not only for easy days. Praise means choosing to believe that God is good, even when life is painful. When we thank Him, trust Him, and offer Him what we still have, He can use even our weakness to bless others.

💬 Discussion Questions:

- What did David choose to do even when his life was hard?
- What unkind name did the first pastor call Mrs. Gibbs when he rejected her?
- Psalm 34:1 says, "I will bless the Lord at all times." Is it easy or difficult for you to praise God when something goes wrong? Why?

🎨 Activity:

Write frustrating situations on slips of paper and put them in a bowl. Include problems like "It rains on your birthday," "You drop your ice cream," or "Your block tower falls." Have the children take turns drawing a slip and reading it aloud. Then, have them think of one reason they can still choose to praise God even in that frustrating situation!

Praise — Day 2



 Listen to
Scripture Song:



Today's Promise (#47) — KJV

Psalm 100:4–5 "Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name. For the Lord is good; his mercy is everlasting; and his truth endureth to all generations."

Apply the Promise!

God is so incredibly good to us! Whenever we come to Him, He wants us to enter His presence with hearts completely full of joyful thanksgiving and mouths full of loud, happy praise!

Bible Story (2 Chronicles 5)

King Solomon built a beautiful temple for the Lord in Jerusalem. When it was finished, he gathered the people for a special dedication.

The singers, musicians, and priests stood together to praise God. Trumpets sounded, cymbals rang, and voices lifted in one song: "For He is good; for His mercy endureth for ever."

The people were not praising the gold, the building, or Solomon's hard work. They were turning their hearts to God. They remembered His goodness, thanked Him for His mercy, and honored Him as the One who had blessed them.

Then the glory of the Lord filled the temple like a cloud. God was showing His people that He was near. The priests could not continue their work because the house was filled with His presence.

This story reminds us that praise begins when we remember who God is. It is easy to talk about our problems, complain about what is hard, or forget the blessings God has already given. But praise helps us turn our thoughts back to the Lord.

Thanksgiving is one way we enter God's presence with joy. We can thank Him for His mercy, His forgiveness, His daily care, His promises, and His love. As we speak of His goodness, our hearts become softer, brighter, and more trusting.

Praise does not change God's love for us, because He already loves us. But praise changes us. It helps us stop looking only at ourselves and our troubles, and it teaches us to see the goodness of the One whose mercy lasts forever.

True Story

In the 1960s, Pastor Glenn Coon was a gentle, happy man who loved to teach people a special rule from the Bible.

He taught from First Thessalonians, which says to give thanks in everything! He believed we should praise God even when things go terribly wrong.

One day, Pastor Glenn was standing on a stage in front of a large crowd. He was preaching a wonderful sermon about choosing to praise God.

Suddenly, a bee zoomed through the air, landed directly on Pastor Glenn, and stung him! The crowd gasped, because getting stung by a bee really hurts. It would have been easy for him to yell, swat the bee, or complain.

But Pastor Glenn remembered the exact words he had just been teaching. He stopped his sermon, took a deep breath, and smiled.

Instead of complaining about the sudden pain, he lifted his hands to heaven. He prayed right out loud, "Thank You, Lord, for this bee sting!"

He continued to joyfully praise God for the sting afterward! Because he praised, the sharp pain and swelling miraculously went away much faster than normal!

The crowd saw a man truly living out God's Word. Pastor Glenn did not just talk about praising God; he actually did it. His amazing story reminds us that praise is a choice. The next time something frustrating happens to you, try to smile and thank God!

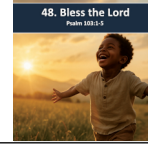
Discussion Questions:

- What happened to the priests in the Temple when God's shining glory came straight down from heaven?
- What did Pastor Glenn do when the tiny bee suddenly stung him during his sermon?
- What is something you have asked God for that you can choose to "Claim and return thanks" for right now, even before you see the answer?

Activity:

Grab sturdy pots, wooden spoons, oatmeal boxes, and bean shakers to recreate King Solomon's temple choir! Have the children march around the house or yard making a loud, joyful noise to the Lord. Practice shouting "For He is good; for His mercy endureth for ever!" just like the Israelites did!

Praise — Day 3



🎵 Listen to
Scripture Song:



Today's Promise (#48) — KJV

Psalm 103:1–5 "Bless the Lord, O my soul: and all that is within me, bless his holy name. Bless the Lord, O my soul, and forget not all his benefits: Who forgiveth all thine iniquities; who healeth all thy diseases; Who redeemeth thy life from destruction; who crowneth thee with lovingkindness and tender mercies; Who satisfieth thy mouth with good things; so that thy youth is renewed like the eagle's."

💖 Apply the Promise!

When you praise God from the bottom of your heart, He will completely surround you with His tender, loving kindness! He will forgive you, heal you, and protect you.

📖 Bible Story (Luke 17)

During the time of Jesus, leprosy was an absolutely terrifying disease. It caused terrible, painful sores all over a person's body. Because it was incredibly contagious, people with leprosy were forced to leave their comfortable homes and their loving families. They became lonely outcasts, completely separated from everyone else.

One day, as Jesus was traveling toward Jerusalem, He passed near a small village. Ten men with leprosy stood far away and shouted, "Jesus, Master, have mercy on us!" Jesus felt deep, tender mercy for them. Instead of ignoring them, He called out and told them to go show themselves to the priests.

The ten men immediately obeyed and started walking down the dusty road. Suddenly, an absolute miracle happened! As they were walking, their terrible sores completely vanished. Their sick bodies were instantly healed! They were perfectly clean.

All ten men were completely thrilled, but nine of them kept running toward the city. Only one man stopped. When he realized what God had done, he turned entirely around. He ran all the way back to Jesus, shouting loud, joyful praises at the absolute top of his lungs! He fell down on his face at Jesus' feet and thanked Him with all his heart. Jesus gently asked, "Were there not ten cleansed? but where are the nine?" Because this one thankful man chose to bless the Lord and praise Him, Jesus crowned him with a special blessing, telling him that his faith had made him entirely whole. The thankful man proved that our greatest healing happens when we praise God!

☀️ True Story

In 1993, a singer named Dave Anderson was flying in a small plane over the remote Bering Sea. Forty-five minutes into the flight, the engine suddenly sputtered and died. The plane plunged into the freezing water at ninety miles per hour. The group had barely one minute to escape before the aircraft sank completely beneath the dark, heavy swells.

They were stranded in water between 36 and 41 degrees Fahrenheit. In such deadly temperatures, the average person can only survive for about ten minutes! They had no life rafts, no life jackets, and no way to signal for help.

Instead of giving in to panic, they found empty gas cans to cling to for buoyancy. As the icy waves crashed over their heads, they made a brave choice. Right there in the freezing ocean, they began to sing hymns and praise God together!

There is a powerful, God-designed connection between our minds and our bodies. When they chose to praise, their minds stayed calm and alert, which helped their bodies fight off the freezing cold. As they lifted their hearts in worship, the crushing weight of fear was replaced by a supernatural sense of peace that warmed their spirits from the inside out. Their voices rose in worship, defying the biting sea. They survived in that cold for nearly an hour until a helicopter miraculously spotted them and all seven were rescued!

Dave Anderson's story reminds us that praise is not only for safe, easy moments. We can praise God when we are afraid, cold, tired, or unsure what will happen next. Praise helps us turn our thoughts from panic to God's power, love, and care.

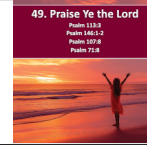
💬 Discussion Questions:

- Why were the ten men with leprosy forced to live away from their families?
- How did choosing to praise God help Dave and his friends physically while they were in the freezing water?
- Psalm 103 says God "forgiveth all thine iniquities [sins]; who healeth all thy diseases." Do you think it is harder for God to heal a sick body or a sad heart?

🎬 Activity:

Hide ten small objects, like blocks, to represent the ten lepers. Have the children search and bring all ten back. Next, place a happy face sticker on just one object. Discuss how all ten men received exactly what they wanted, but only one remembered to turn around and give Jesus the "sticker" of praise. Challenge the children to be the one out of ten who always says thank you!

Praise — Day 4



 Listen to
Scripture Song:



Today's Promise (#49) — KJV

Psalm 113:3 "From the rising of the sun unto the going down of the same the Lord's name is to be praised."

Psalm 146:1–2 "Praise ye the Lord. Praise the Lord, O my soul. While I live will I praise the Lord: I will sing praises unto my God while I have any being."

Apply the Promise!

God promises He is worthy to be praised from the very moment the sun rises until it sets! When you choose to sing His praises continually, He will stay close and protect your entire life!

Bible Story (Luke 19)

Jesus was traveling toward Jerusalem, knowing the time had come to fulfill God's great plan. As He rode toward the city on a young donkey, the people heard He was coming and ran to meet Him.

They laid their coats on the road before Him and waved palm branches in the air. Many had seen His miracles and heard His words. Now they lifted their voices in joyful praise, saying, "Blessed is the King who comes in the name of the Lord!"

Some of the religious leaders did not like the loud praise. They told Jesus, "Teacher, tell Your disciples to be quiet."

But Jesus answered, "If they kept quiet, the stones would immediately cry out."

Jesus was showing that praise was the right response. He was the promised King, the Son of God, and the Saviour of the world. The people were not wrong to praise Him. He was worthy of every word. Their praise was not empty noise. It came from hearts that had seen His kindness, His healing power, and His love. When they remembered what Jesus had done, thanksgiving naturally rose from their mouths.

This story reminds us that praise should not be hidden or silenced. When we remember who Jesus is and what He has done, our hearts should answer with thanksgiving.

We can praise Him with songs, prayers, thankful words, and obedient lives. Praise is not just noise or excitement. It is the heart saying, "Jesus, You are good. You are my King. I am thankful for Your love."

True Story

Many years ago in Burma, ten young Christian students and teachers were suddenly kidnapped by a terrifying group of armed bandits! They were dragged deep into the dark, mosquito-filled jungle. The angry bandits demanded a large ransom from their poor village, threatening to kill the prisoners if the money wasn't paid.

That first terrifying night in the jungle, the captives huddled closely together on the hard dirt. They were surrounded by dangerous men. But instead of crying or giving up in fear, the students realized they couldn't possibly go to sleep without their evening worship. So, right there in the dark, they began to pray and sing praise songs!

The bandits were shocked. One of them muttered, "I've never seen or heard prisoners sing in all my life!" Even though they were fed nothing but plain rice and salt, and suffered from terrible mosquito bites and fevers, the brave prisoners just kept singing every single day. Their beautiful praises completely changed the atmosphere of the scary camp, and they even told the robbers about Jesus.

When the deadline passed and the bandits realized no more money was coming, they could have easily hurt them. But the bandit chief shook his head. "These prisoners are so different," he said. "We can't kill them. They've been so cheerful, and their songs have made us happy too."

Because those brave young people chose to continually praise God in their absolute darkest hour, the hardened bandits let them go completely free!

Discussion Questions:

- Why did the religious leaders want Jesus to tell His disciples to be quiet?
- What did the Burmese students decide to do on their very first terrifying night in the dark jungle?
- Psalm 113 says to praise God from the rising to the setting sun. What is one way you can remember to praise God in the morning, and one way to praise Him at night?

Activity:

Have the children cut out green paper "palm branches" or find real leaves outside. Have everyone wave them high and march around the house shouting "Hosanna!" (which means "Save us, Lord!"). Explain that just like the crowd in Jerusalem, we want to celebrate Jesus as our King with our whole hearts!

Praise — Day 5



🎵 Listen to
Scripture Song:



Today's Promise (#50) — KJV

Revelation 15:3–4 "...Great and marvellous are thy works, Lord God Almighty; just and true are thy ways, thou King of saints. Who shall not fear thee, O Lord, and glorify thy name? for thou only art holy: for all nations shall come and worship before thee; for thy judgments are made manifest."

💖 Apply the Promise!

God promises that one day, all His children will stand on the sea of glass and sing a spectacular song of victory! We will praise Him for His marvelous works and His perfect, holy ways!

📖 Bible Story (Revelation 15)

John was given a special glimpse into the future. He saw a magnificent sea of glass mingled with dancing fire. Standing on this shining sea were all the people who had remained faithful to God through their hardest trials.

They were not tired or sad anymore. Jesus Himself gave them beautiful golden harps and shiny crowns to wear. They stood tall and victorious, having finally overcome the trouble they faced in the world below. Their faces shone with pure happiness because they were safely at home with Jesus forever. There will be no more pain or crying, only a perfect, unending symphony of thankful praise!

As John watched, this great multitude began to sing a new song that filled heaven with glorious music. The Bible calls it the Song of Moses and the Song of the Lamb. It is the special song of their own experience, a victory song for those who have been freed from sin.

They swept the strings of their harps and sang out, "Great and marvelous are thy works, Lord God Almighty!" They sang because they had learned to trust that God's ways are always right and true.

One day, the Bible promises that every knee will bow, and every tongue will confess that God is just. The whole universe will finally agree and gladly join this beautiful chorus. If we practice praising God during our dark days on earth, we are preparing our hearts to sing that ultimate anthem of freedom upon the sea of glass! What a wonderful, happy day that will be for all of God's faithful children!

☀️ True Story

In January 2010, a terrible earthquake struck the country of Haiti. Without warning, the ground shook violently, causing homes, schools, churches, and buildings to collapse. Power lines broke, leaving the capital city in darkness. When the sun went down that evening, families who had lost their homes were forced to sit outside in the streets and open spaces.

The city was dark, and people were surrounded by dust, broken concrete, sorrow, and fear. Many families had lost absolutely everything they owned. News reporters walking through the destroyed neighborhoods expected to hear only crying and panic. But in the middle of the rubble, the people made an unexpected choice.

Somewhere in the darkness, one person began to sing a hymn to God. A neighbor heard the music and joined in. Soon, another voice started singing, and the melody spread down the street. Within a short time, thousands of voices across the ruined city were singing together in the dark!

Their beautiful songs did not mean their pain was gone. They were still grieving, and they still desperately needed food, water, and safe shelter. But their faithful praise helped them lift their hearts to the One who could see them in the ruins.

As they sang, they remembered that God was still near. Their praise became a powerful way to hold onto hope when everything around them looked broken. The singing in Haiti reminds us that praise is not only for easy days. We can choose to praise God with heavy tears in our eyes. Praise helps bring light into the darkest places of our lives.

💬 Discussion Questions:

- In John's vision of heaven, what were the people standing on as they played their golden harps?
- When the earthquake hit Haiti and the lights went out, what did the people choose to do instead of just crying?
- Revelation 15 says God's works are "great and marvelous." What is one marvelous thing God has done in your life this week?

🎬 Activity:

Turn the lights off (or use flashlights) and sing a favorite song of praise in the dark. Talk about how easy it is to praise when things are bright and easy, but how brave it is to praise in the dark! Explain that just like the people in Haiti, we can always find a reason to thank God, no matter what.