



March 05, 2000
2 yr. olds - Kindergarten
1st - 6th Grades







Psalm 90
PSA05

Psalms



Materials I Need:
Legend: 2 = Option 1, Appropriate for 2yr olds - 3yr olds 4 = Option 2, Appropriate for 4yr olds - Kindergarten  = Option 3, Appropriate for 1 st - 2 nd Grade  = Option 4, Appropriate for 3 rd - 6 th Grade
Memory Work: "Teach us to number our days aright, that we may gain a heart of wisdom." (Proverbs 90:12 NIV)
Aim Questions for 2yr olds - Kindergarten: <ol style="list-style-type: none">1. Did Moses write Psalm 90? <i>(yes)</i>2. Has God been around forever? <i>(yes)</i>3. Did the Israelites always obey God? <i>(no)</i>4. Does God punish sin? <i>(yes)</i>5. Is it better to spend our short lives obeying or disobeying? <i>(obeying)</i> Aim Questions for 1st - 6th Grade: <ol style="list-style-type: none">1. Who wrote Psalm 90? <i>(Moses)</i>2. How long has God been around? <i>(He has always been around.)</i>3. How long is man's life compared to God? <i>(very, very short)</i>4. If life is short what kinds of things can we do that will last forever? <i>(pray, praise, tell others about Christ)</i>5. How do we keep from committing the same sin again? <i>(Remember the consequences, pray for help.)</i>

Hook:

- Life is Short (*Demonstration*).** 2, 4, ,  Get flash powder from a magic store and show children how short life is. Life is like a vapor. As bright and surprising as it is, the flash only lasts a second. Compared to eternity our lives are very short.
- It's Amazing Maze (*Worksheet*).** 4, ,  God preformed many miracles while He led Moses and the Israelites to the promised land. Find the path they take to the promised land, PSA05.GF1.
- Remember Moses? (*Review*).** ,  See how much the students remember about Moses. List the facts on the board. He is the author of the Psalm we will be learning about. David wrote all of the other Psalms we have studied so far. It is believed that Moses wrote Psalm 90. That would make it the oldest Psalm of them all!

- The Race of Life (Discussion).** 🎨, 🦋 Moses in Psalm 90 contrasts the eternity of God with the shortness of man's life. God sees one day as a thousand years (vs. 4), but man lives only 70 or 80 years at the most (vs. 10). Since our time in this life is so short compared to eternity, Moses asks God to "teach us to number our days aright, that we may gain a heart of wisdom." We need to make every day count towards eternity. However, no one but God knows how many days we have left on earth. Everybody has a different number of days to the length of their life. To illustrate this fact, prepare beforehand three strips of adding machine tape. Each strip should measure approximately 6 to 10 feet or longer. Glue ends together to form three loops that appear to be the same. However, make each loop different by gluing the first loop with a 1/2 twist, the second loop with a full twist, and the third loop with no twist in it at all. Ask for three volunteers to do a paper cutting race. Explain that each loop represents the length of their life, and their race will be to cut the loops lengthwise in half to get two loops. The first one completed with two loops will be the first to "enter heaven and gain the highest reward." The loop with no twist and the loop with a full twist will yield two loops when cut in half lengthwise, however the loop with a full twist will be connected as two chain loops. The loop with a half twist will yield one large loop and will take twice the time to cut. It also must be cut in half lengthwise again to yield two loops. Each apparent identical loop when cut in half lengthwise yields different unexpected results.
- Eternal Effort Stickers (Activity).** 4, 🎨 Every time you witness a student performing an action, attitude, worthy of ETERNAL EFFORT, reward them with a sticker. See who gathers the most for the morning and provide a treat of some sort for them at the end of class. How do we spend our time? Are we focused on ourselves, or others? Do we do and say things which are pleasing to God? Are we helpful and obedient? Acts of self-sacrifice, sharing, and kindness are all worthy of ETERNAL EFFORT STICKERS. These are things which please God, **PSA05.GF2**.
- Dwelling Places (Visual Activity & Discussion).** 4, 🎨 Provide different pictures of all different kinds of dwelling places. People all over the globe live in different kinds of dwellings. What kind of dwelling do you live in? You probably live in an apartment or a house. Talk about the characteristics which tie all of these different kinds of dwellings together. They all offer shelter, protection, safety, comfort, a sense of belonging, and are a place to seek refuge. Moses wrote Psalm 90 where he calls God our eternal dwelling place.
- Temporal vs. Eternal (Demonstration/Discussion).** 4, 🎨, 🦋 Spend a little time presenting the concept of things which are more temporary than others. Talk about how things are made to last longer than others. Give them choices to make to see if they can select the items which will last longer. Compare something such as an ice cube to a rock. Which will last longer? How about cardboard vs. plastic, or a paper cup vs. a glass jar? Compare a pair of heavy-duty sturdy shoes to a pair of surgical booties. Then, if it is appropriate to their age, move to a more difficult concept of earthly thing vs. eternal things. You might compare material possessions to time spent with developing relationships. Time spent playing video games vs. times spent doing activities with your family. See if they can begin to grasp the idea of temporary vs. eternal. It's a difficult thing for them to understand, so move slowly and see if they stick with you.
- The Concept of Time (Discussion).** 🎨, 🦋 What is time? It is a dimension in which we measure events which have occurred or will occur at some time in the future. It is also the measurement of the length in which these events occur from beginning to end. Bring a stopwatch, and take turns timing how long it takes to do different things. Talk about the beginning of time, the formation of the earth, and the idea of eternity (never ending). Could there have been an eternal beginning too?

- Life Span (Timeline Activity).** 4, 🐛 Tear out pictures in magazines of people at different stages of life. Paste them up on a timeline, and discuss how each one of us has been born and will eventually some day die. Some people live longer than others. Have they ever known someone who has died? Were they old or young? Sometimes young people die too. God has a different plan for each one of our lives. Some of us will live for a very long time, and others may not. Our Bible Adventure this morning will tell us how to please God with our lives no matter how long we live.
- Nowhere to Hide (Hide and Seek Activity).** 2, 4, 🐛, 🦋 With the lights on and all the furnishings pushed aside and not able to be used, try playing a game of hide and seek. Have the teachers close their eyes and count to ten. Of course when they open their eyes, all of the students will be in plain view as there was "nowhere to hide." Bring in a box that is just large enough for a child to crouch down inside. Cut off the top so you have plain view of whoever gets into the box. Now ask for a volunteer to crouch down inside the box and see if they can hide from the rest of the class. This will be impossible as once again they will be in plain view of everyone. God sees us this same way. There is nothing we can do to hide our actions or thoughts from God. He knows them all. Moses reminds us of this in the Psalm he wrote which we will learn about this morning.
- Life is Short (Discussion).** 4, 🐛 For plants and animals life is very short. Many plants and animals have extremely short lifespans while others have extremely long ones. The fruit-fly lives for only 48 hours. The blossom on a day lily lasts for less than 24 hours. Sea turtles live for over 100 years. Redwoods live for hundreds and hundreds of years. Ask children what they would do with their life if they only had 24 hours to live. What if they had 400 years? Discuss God's perspective and our perspective of time.
- Flash paper (Demonstration).** 2, 4, 🐛, 🦋 Pick up a piece of flash paper from children's ministry, and use this as a demonstration illustrating the brevity of life. To God, our life is very short. If we live it for ourselves, it is just like flash paper. It flashes by making no real impact. We want to live so that what we do can be seen in eternity.
- Run an Hour Glass (Object Lesson).** 🐛, 🦋 Show the students an hour glass or a kitchen timer that keeps time for one hour. Discuss with them how fast time can go by. Tell the children to keep track of how many things that can be done in an hour.
- Satisfied with God's Lovingkindness (Review Activity).** 🐛 Use last week's coloring page, **What Gives Us Eternal Satisfaction? (PSA04.GF3)** as a review. Cross out the items which the world says will satisfy us, and draw a heart around those items provided by God for our for eternal satisfaction. In the Psalm we are studying today, Moses asks God to satisfy them with His lovingkindness. Explain to the students what God's lovingkindness is, and ask them why it is more satisfying.
- Discipline Makes Glad (Discussion).** 4, 🐛 Ask students about the times they have been disciplined by their parents or by their teachers. This is not just spanking. For what kinds of things are they disciplined? What are we supposed to learn from discipline? Why do we have a hard time learning our lessons? In the lesson today, we are going to learn about how God disciplined the Israelites and what Moses learned from it. In the end, discipline is supposed to make us glad, not in getting it, but by not repeating those things that are bad for us.



Book:

Presentation Ideas –

- The Israelites' Camp (Illustration/Coloring Page).** The Israelites wandered many years in the wilderness, **PSA05.GF3.**
- Moses Views Canaan (Illustration/Coloring Page).** God told Moses to go look at Canaan, Deuteronomy 32:48, **PSA05.GF4.**
- Kora's Rebellion (Illustration/Coloring Page).** Use this picture to help you illustrate this week's Bible Adventure, **PSA05.GF5.**
- A Visit From Moses (Role Play).** If the students have not seen a Bible Character in your classroom for a while, you might have fun with this one if you present it dressed up like Moses himself. You might keep their attention better, and be able to explain how Moses wrote this as a prayer to God, praising Him for His eternal power, and His mercy.

Bible Adventure- 2's and 3's

Today we are learning about Psalm 90. Moses was an old man when he wrote Psalm 90. He and the Israelites stayed many years in the wilderness. The Israelites disobeyed God and didn't go into the land God had promised to them. It was a good land filled with good things. But they didn't trust God. The Israelites disobeyed Moses too. This was really disobeying God. Even Moses himself was being punished because one time he disobeyed God. He would never be able to enter the promised land as a result of his sin.

God still loved Moses and the Israelites. Moses began, "Lord, You have always been our home. Before you made the mountains and the earth you were here.". Moses knew God would always be a place of safety and shelter--"For a thousand years in Your sight is like a day that has just gone by, or like a watch in the night." A thousand years is a very long time. If a thousand years is a short period of time to God, then a man's life is even shorter. The people kept disobeying God, and God kept punishing them. That doesn't seem smart does it? Our time is short. It is better to spend it obeying than disobeying.

Have you ever been to a birthday party? Birthday parties go by really fast. It isn't much fun to go if you are disobeying and have to sit out. It is more fun to obey and enjoy the party.

He prayed that the people would please God by their obedience and trust. They needed God's help to obey. When we obey God from the heart, God remembers it forever in heaven. We want to do things that last forever. Moses also asked that they would be thankful for the discipline of the Lord because it would help them obey.

We can learn a lot from Psalm 90. Our lives are very short. We need to be sure that our time is spent on pleasing God. Only pleasing God will make us happy. Ask God to show you how to live for Him as you go about your day.

We also realize from Psalm 90 that we must learn from the discipline that we receive when we sin. Ask God to help you not repeat your sinful thoughts or action. He will be merciful and kind and make your work for Him a success.

Prayer: Lord, thank you that you have always been with us. Thank you, that you teach us to obey. Help us obey because life is so short.

4's- Kindergarten:

For the past few weeks we have been studying different Psalms. So far, King David has written them all in response to different events in his life. Today, however, we're going to examine Psalm 90 which was written by Moses.

Moses was an old man when he wrote Psalm 90 after he and the Israelites had wandered many years in the wilderness. The Israelites disobeyed God and didn't go into the land God had promised to them. God wanted to give them great things. But they didn't trust God. The Israelites disobeyed against Moses too. This was really disobeying God. Even Moses himself was being punished because one time he disobeyed God. He would never be able to enter the promised land as a result of his sin.

God still loved Moses and the Israelites. Moses began, "Lord, You have been our home. Before you made the mountains and the earth you were here." Moses knew God would always be a place of safety and shelter--"For a thousand years in Your sight is just like a day that has just gone by, or like a watch in the night." If a thousand years is a short period of time to God, then a man's life is even shorter. The people kept disobeying God, and God kept punishing them. That doesn't seem smart, does it? Our time is short. It is better to spend it obeying than disobeying.

The people were tired from living under God's anger. Moses asked God to help them know how short life is and to help them please Him. "Teach us to number our days aright, that we may gain a heart of wisdom." (vs. 12)

Have you ever been to a birthday party? Birthday parties go by so fast. It isn't much fun to go if you are disobeying and have to sit out. It is more fun to obey and enjoy the party.

Moses prayed that the people would please God by their obedience and trust. Only by God's love and mercy could the people do anything to please God. Moses called out, "help us enjoy Your unfailing love, so we can sing for joy and be glad all our days." Moses also asked that they would be thankful for the discipline of the Lord because it would help them obey.

We can learn a lot from Psalm 90. Our lives are extremely short. We need to be sure that our time is spent on pleasing God. Only pleasing God will make us happy. Ask God to show you how to live for Him as you go about your day.

We also realize from Psalm 90, that we must learn from the discipline that we receive when we sin. Ask God to help you not repeat your sinful thought or action. He will be merciful and kind and make your work for Him a success.

Prayer: Lord, thank you that you have always been with us. Thank you, that you teach us to obey. Help us obey because life is so short.

1st - 6th:

For the past few weeks we have been studying different Psalms. So far, they've all been written by King David in response to different events in his life. Today, however, we're going to examine Psalm 90 which was written by Moses.

Psalm 90 was most likely written when Moses was an old man after he and the Israelites had wandered many years in the wilderness. The Israelites were being punished for refusing to enter the land God had promised to them. God had great things in store for them, but they let fear overcome them instead of trusting God. During their time of wandering, the Israelites rebelled against Moses' leadership. This was ultimately rebellion against God because He had placed Moses in authority over them. Even Moses himself was being punished because of his disobedience when he struck a rock in front of the people at Meribah. He would never be able to enter the promised land as a result of this sin.

This time of wandering was full of misery for the Israelites. People died one after another and were buried in the desert sand. Perhaps one day Moses was overwhelmed by it all and poured out his heart to God in the prayer we now know as Psalm 90.

Moses began, "Lord, You have been our dwelling place throughout all generations. Before the mountains were born or You brought forth the earth and the world, from everlasting to everlasting You are God" (vs. 1,2). In the mist of so much death, Moses found hope in the fact that God has always existed. While all else fades and vanishes, God is unchanging, a home and place of safety for His people.

Because He is eternal and all-powerful, Moses knew God possessed the power over death as well as life. God has power to create life and to end it. Man, on the other hand, has little power and his life is fleeting. For God, a thousand years is just like on day. "For a thousand years in Your sight are like a day that has just gone by, or like a watch in the night" (vs. 4). If a thousand years is a short period of time to God, then a man's life is even shorter. "They are like the new grass of the morning—though in the morning it springs up new, by evening it is dry and withered" (vs. 6). That doesn't mean a man's life doesn't matter, it just means it is short.

In addition to being eternal and all-powerful, Moses realized God is all knowing. Nothing we do or think is hidden from Him. He is aware of every sin we commit. The Israelites sinned grievously against God over and over. Because He is righteous and just, He punished them for their sin. The people were weary from living under God's anger. Moses cried, "The length of our days is seventy years—or eighty, if we have the strength; yet their span is but trouble and sorrow, for they quickly pass and we fly away" (vs.10). He pleaded with God to help them realize how short life really is and to give them wisdom to live in such a way that would please Him. "Teach us to number our days aright, that we may gain a heart of wisdom" (vs. 12).

Moses longed for God to show compassion on them after so many years of discipline. He prayed that with the years he and the people had left, they would honor God by their obedience and trust. Only by God's love and mercy could the people do anything to please God. Moses called out, "Satisfy us in the morning with Your unfailing love, that we may sing for joy and be glad all our days" (vs. 14). Moses also asked that they would be grateful for the discipline of the Lord for now they knew the righteousness of God and the comfort and joy of walking in obedience.


Finally, Moses asked God to look in favor on His chosen people and make their work effective and enduring. "May the favor of the Lord our God rest upon us; establish the work of our hands for us—yes, establish the work of our hands" (vs. 17).

We can learn much from Psalm 90. Our lives are extremely short when compared to eternity. We need to be sure that our time is spent on pleasing God for only these efforts will last. Ask God to show you how to live for Him as you go about your day at home and at school. We also realize from Psalm 90 that we must learn from the discipline that we receive when we sin. Ask God to help you not repeat your sinful thought or action. He will be merciful and kind and make your work for Him a success.



Look:



Be Careful (Craft). 4, . Each student will need **PSA05.GF6 Pgs. 1&2** copied onto cardstock, scissors, glue, coloring crayons, and small brads. The children can color the body on **PSA05.GF6 Pg. 1** and draw in some hair. The leg and arms on **PSA05.GF6 Pg. 2** are to be cut out and assembled with small brads onto the body. Cut out the ears eyes, mouth and feet and paste them on the body.

- Decide Which Goes Where (Worksheet).** 🦋 Decide which verses in Psalm 90 apply to what God does and which verses happen to man. Draw a line to the correct box. If it will last eternally, put an "E" next to it. If it happens in a man's lifetime, put a "P" for present if it is not eternal. How many can you find? **PSA05.GF7.**
 - Using My Time To Please God (Craft).** 2, 4, 🐛, 🦋 Each student will need a paper plate, scissors, construction paper, glue, labels from **PSA05.GF8 Pgs. 1&2**, and a small brad. Make a simple clock using a paper plate. Cut hands (arrows) from construction paper and attach loosely with a brad so that they can be rotated around the clock face. Cut and glue the labels to the clock face. Who is the creator of time? Who is in control of our lives and the length of time we spend here on earth? Talk about the different times of day with your students and what kinds of things they do throughout the course of their days. Review with them what Moses said we should do with our time. How much of our time is spent with an eternal focus? What kinds of things can we do each day that will please God?
 - Make Each Day Count (Discussion).** 🦋 Lead your students in a discussion of what Moses meant when he said, "Teach us to number our days aright, that we may gain a heart of wisdom." Our time on earth is short. We must make the most of the time God allows each one of us. God is greatly concerned with how we spend our time each day. Talk about daily schedules and activities. How can we please God throughout the day? What can we do to use all of our time to work for Him? Are there activities which can prove to be a total waste in the eyes of God? How much of our time during the day is spent doing those things?
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Took:

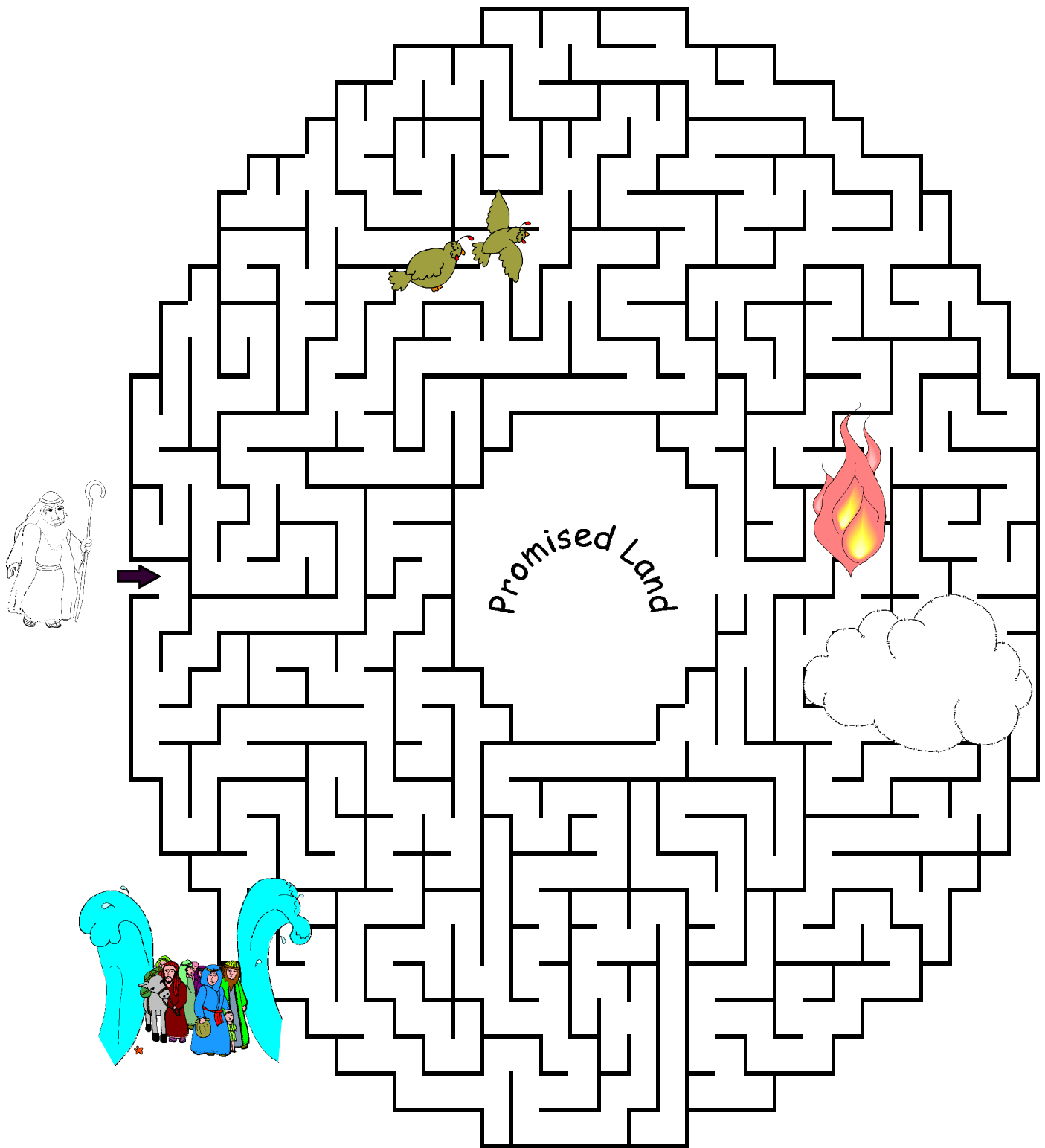
- The Work of Our Hands (Craft).** 🐛 Moses asked God to establish the work of the Israelites' hands (Psalm 90:17). Moses wanted God's favor upon all the work the people did so that it would have a permanent or lasting quality. The only "work of our hands" that will last into eternity are those which involve our relationship with God and our relationship with others. This craft will help the student choose to work for eternal values. Each student will need **PSA05.GF9 Pg. 1** copied onto flesh colored cardstock, **PSA05.GF9 Pg. 2** copied onto white paper, scissors, glue, hole punch, yarn, and coloring crayons. Assemble craft according to the instructions on **PSA05.GF9 Pg. 1**. The paper hands folded together represent prayer and our relationship to God. The paper hands spread apart represent the things we do which please God and others.
- How Do You Spend Your Days? (Worksheet).** 🐛, 🦋 Use **PSA05.GF10** to analyze the time spent by an average person during a day. Which tasks are necessary and which tasks are not necessary? Which tasks or activities count for eternity? Which activities have no eternal value whatsoever? How much time during an average day does a person have to do activities that have eternal value? Send a copy of the worksheet home, and challenge the students to keep track of how they spend their days this week.
- Counting The Days (Calendar).** 🐛, 🦋 Each student will need a calendar from **PSA05.GF11**. Allow the students to color and decorate it. Paste it to a piece of construction paper, and tie a piece of yarn through the top for hanging. Encourage the students to hang these up and note each day one activity, action, or event each day in which they pleased God. It might be fun to send notes of encouragement to them this month. Ask them to bring

their calendars back at the end of the month. Maybe they might understand how a lifetime of living for God could actually bring eternal blessings to God's servants.

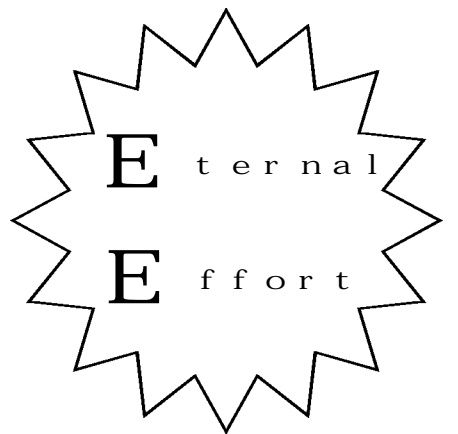
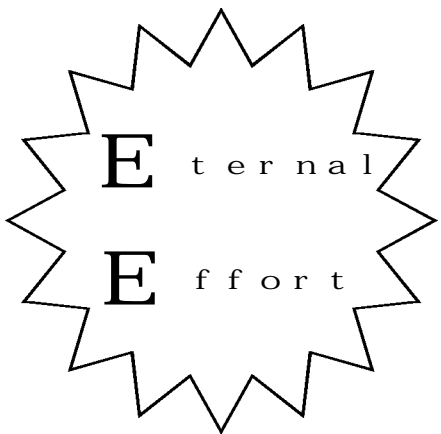
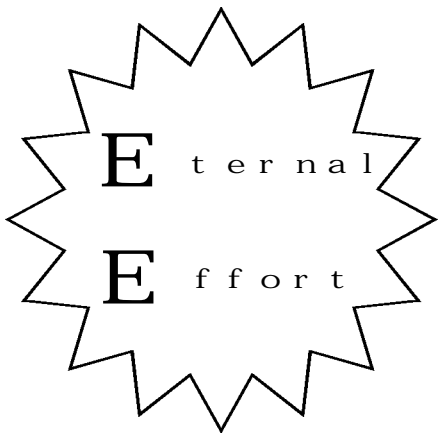
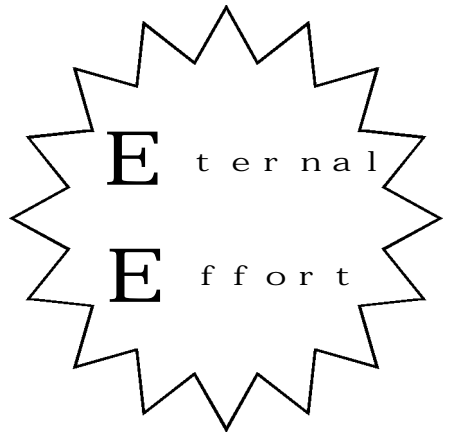
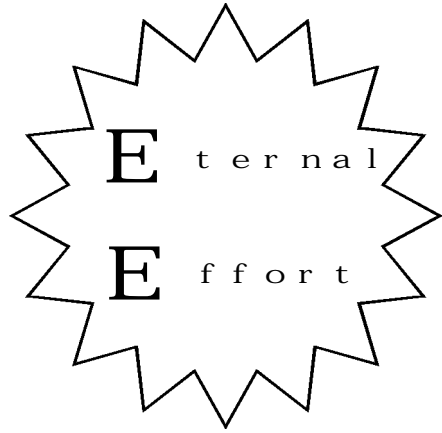
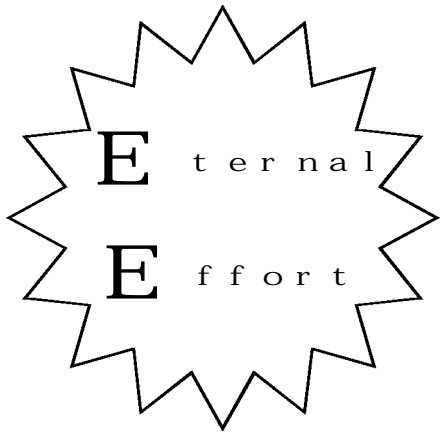
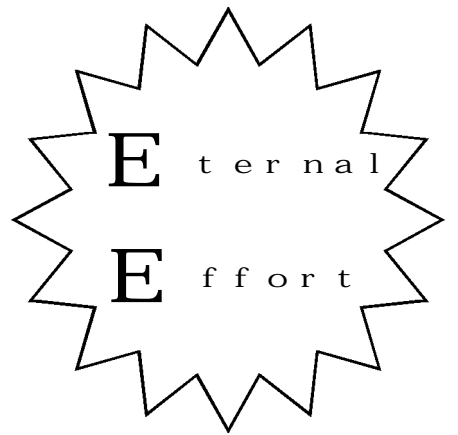


Helping God Build His Kingdom (Take Home Assignment). 🐛, 🦋 Each student will need a baggie with a handful of construction paper “bricks” or rectangles, a blank piece of construction paper, a label from **PSA05.GF12**, scissors, and glue. Have students cut and paste the "Helping God Build His Kingdom" label at the top of the blank construction paper. Encourage the students to add a “brick” to the page as if building a wall each time they make an ETERNAL EFFORT toward building God's kingdom here on earth. Be sure to explain this to the parents as they come to pick up their children. We must each seek God's assistance in using the time He provides for us on earth to serve Him.

IT'S AMAZING WHAT GOD DID!



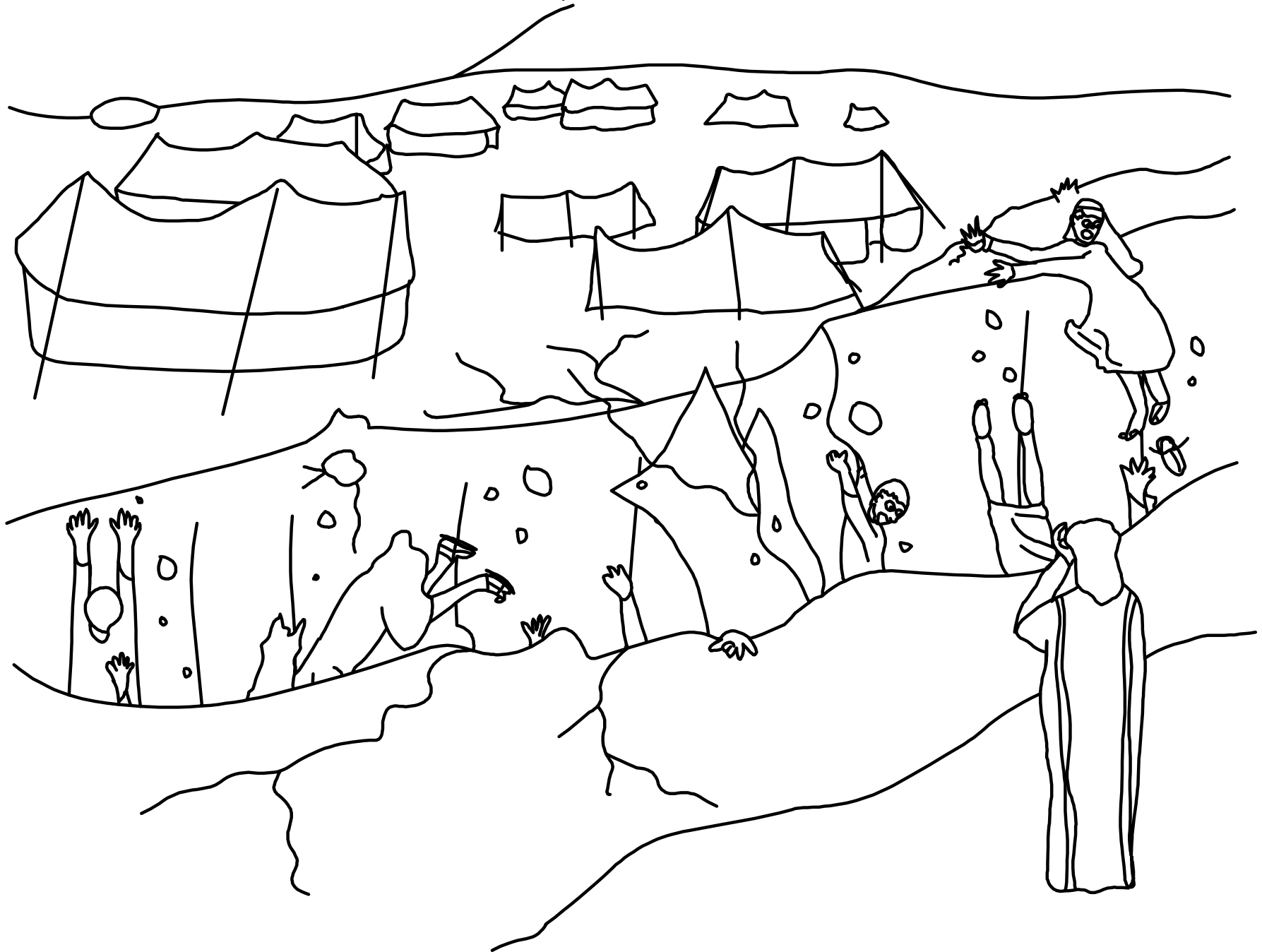
God performed many miracles while He led Moses and the Israelites to the Promised Land. Find the path they took.



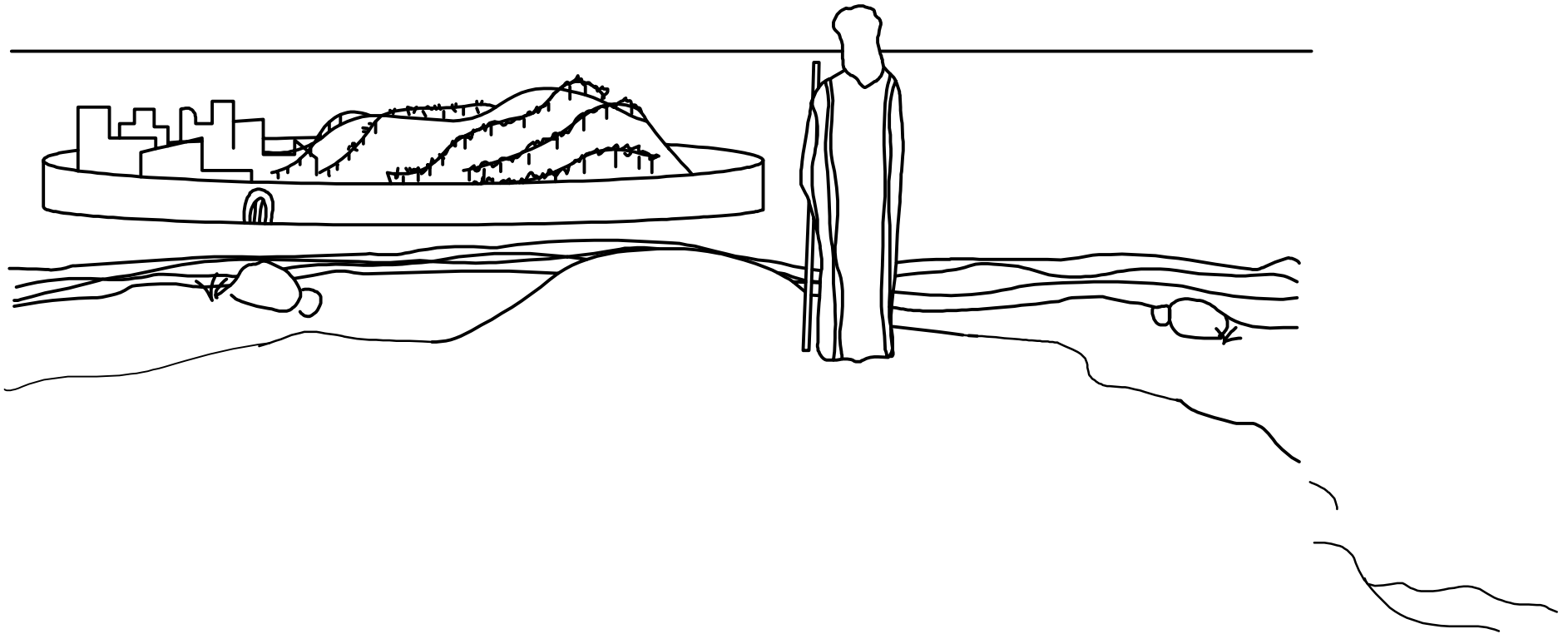
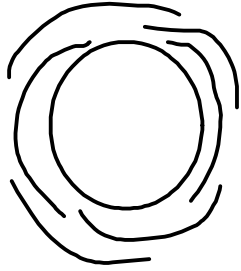
Moses Prays for Israel



Kora's Rebellion



Moses Views Canaan



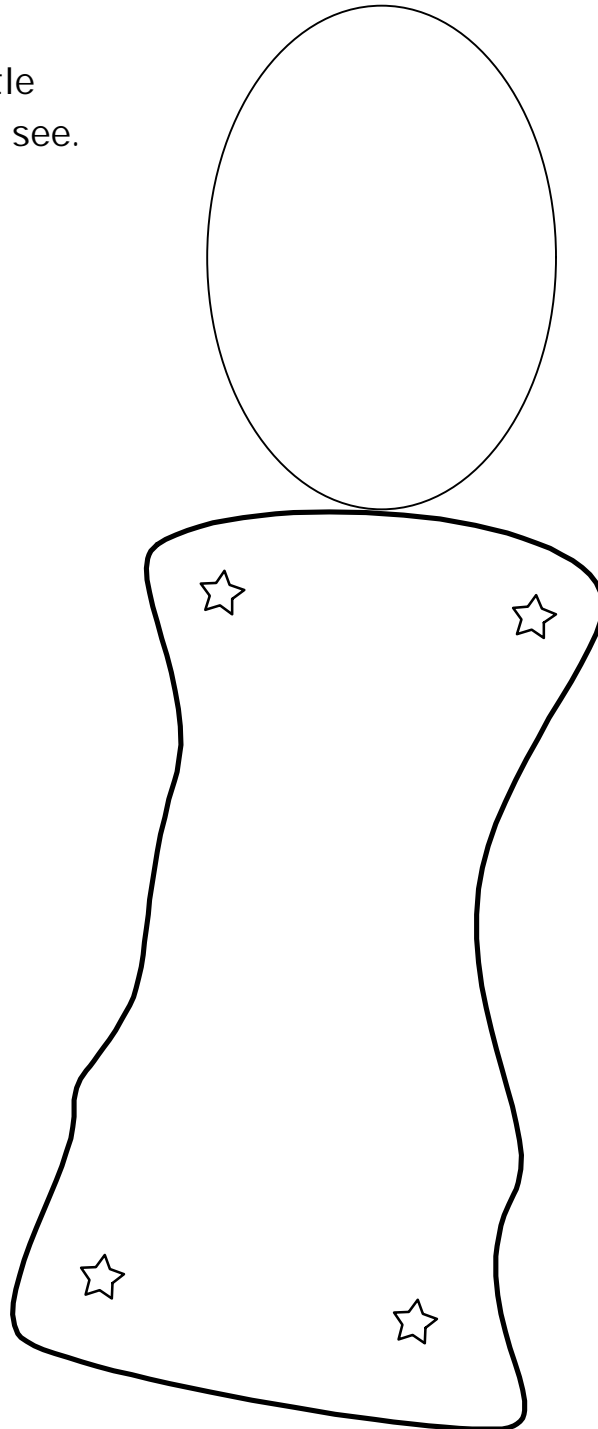
Be Careful

Be careful little
eyes what you see.

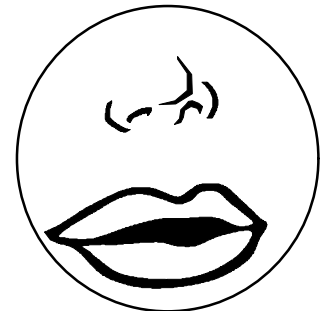
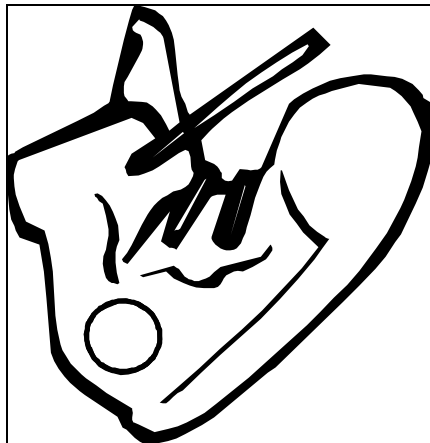
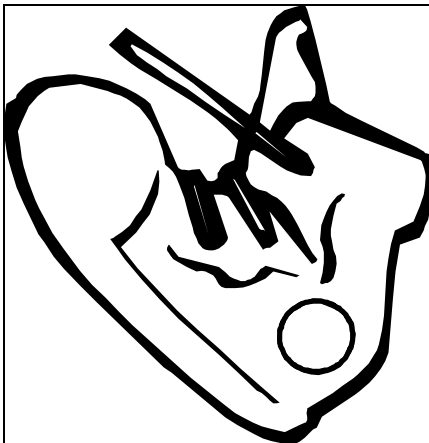
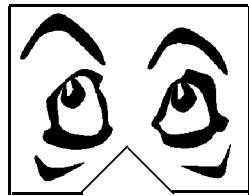
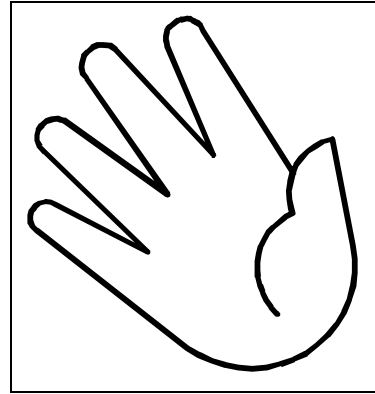
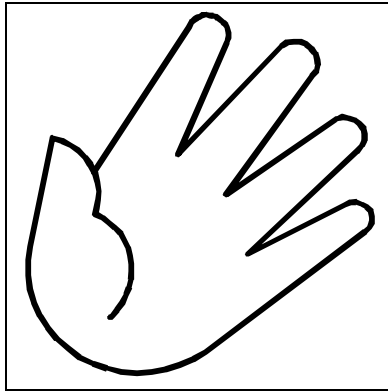
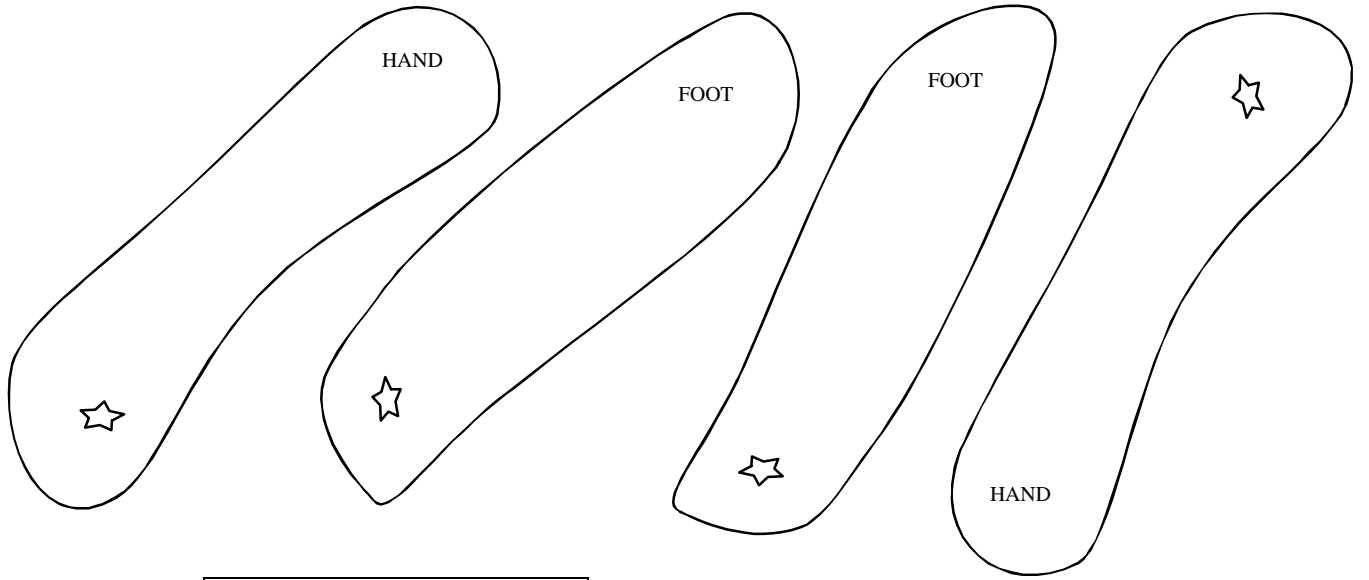
Be careful little
ears what you hear.

Be careful
little hands
what you do.

Be careful
little mouth
what you say.



Be careful
little feet
where you go.



DECIDE WHICH GOES WHERE!

Decide which verses apply to what God does and which verses happen to man. Draw a line to the correct box. If it will last eternally, put a "E" next to it. If it happens in a man's lifetime, put "P" for present if it is not eternal. How many can you find?

A prayer of Moses, the man of God

1. Lord, you have been our dwelling-place throughout all generations.
2. Before the mountains were born or you brought forth the earth and the world, from everlasting to everlasting you are God.
3. You turn men back to dust, saying, "Return to dust, O sons of men."
4. For a thousand years in your sight are like a day that has just gone by, or like a watch in the night.
5. You sweep men away in the sleep of death; they are like the new grass of the morning--
6. though in the morning it springs up new, by evening it is dry and withered.
7. We are consumed by your anger and terrified by your indignation.
8. You have set our iniquities before you, our secret sins in the light of your presence.
9. All our days pass away under your wrath; we finish our years with a moan.
10. The length of our days is seventy years-- or eighty, if we have the strength; yet their

GOD

MAN

- span is but trouble and sorrow, for they quickly pass, and we fly away.
11. Who knows the power of your anger? For your wrath is as great as the fear that is due to you.
 12. Teach us to number our days aright, that we may gain a heart of wisdom.
 13. Relent, O LORD! How long will it be? Have compassion on your servants.
 14. Satisfy us in the morning with your unfailing love, that we may sing for joy and be glad all our days.
 15. Make us glad for as many days as you have afflicted us, for as many years as we have seen trouble.
 16. May your deeds be shown to your servants, your splendor to their children.
 17. May the splendor of the Lord our God rest upon us; establish the work of our

Write the definition of eternal.

Using
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To Please
God

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**“Teach us
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Psalm 90:12

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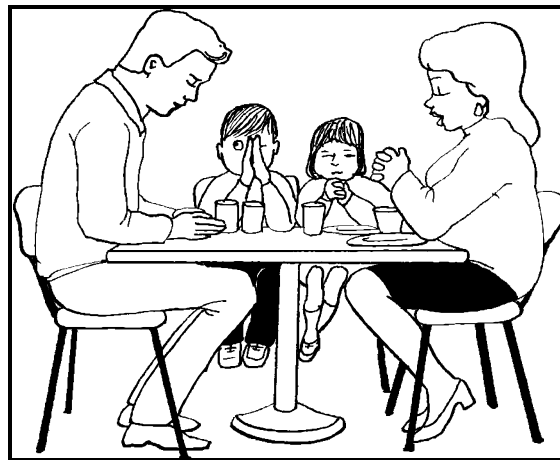
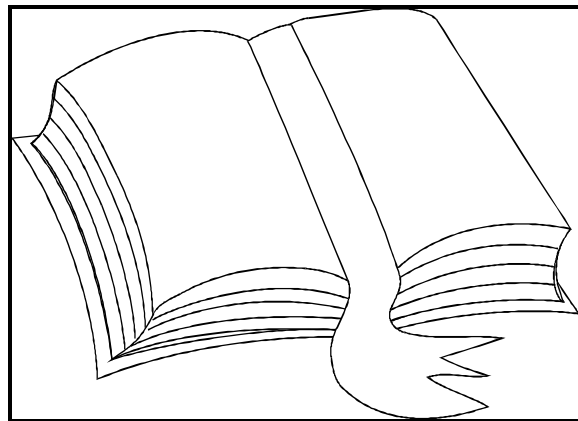
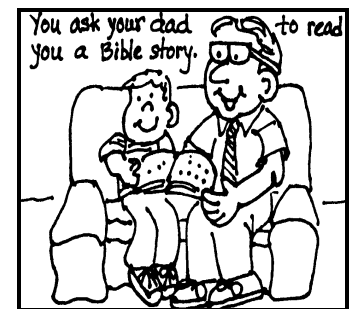
Psalm 90:12

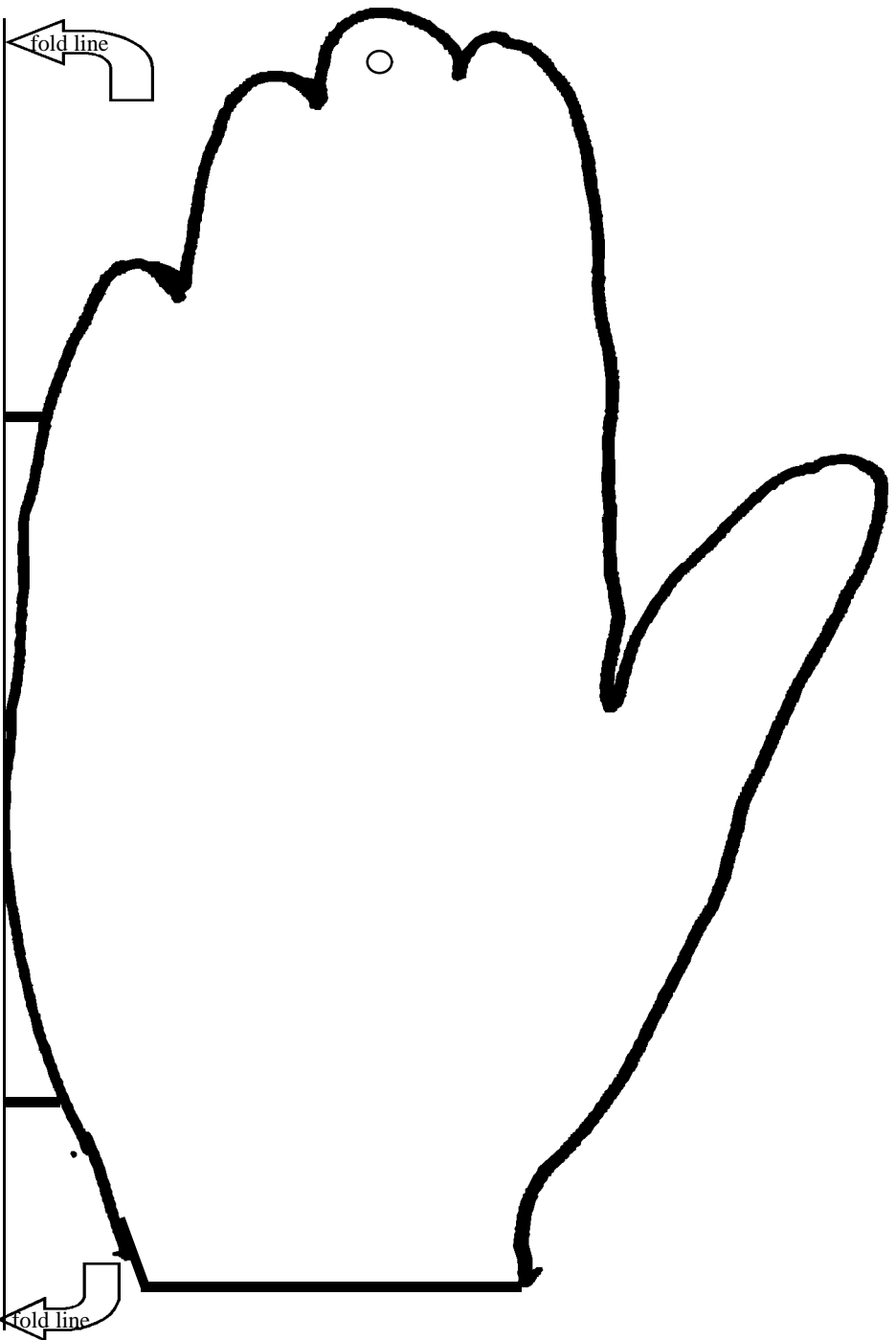
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The Work of our Hands Moses asked God to establish the work of the Israelites' hands (Psalm 90:17). Moses wanted God's favor upon all the work the people did so that it would have a permanent or lasting quality. The only "work of our hands" that will last into eternity are those which involve our relationship with God and our relationship with others. This craft will help you choose to work for eternal values. You will need **PSA05.GF9 Pg. 1** copied onto flesh colored cardstock, **PSA05.GF9 Pg. 2** copied onto white paper, scissors, glue, hole punch, yarn, and coloring crayons. The paper hands folded together represent prayer and your relationship to God. The paper hands spread apart represent the things you do which please God and others. Glue the pictures which represent your relationship to God on the outside of the hands and the pictures which represent your relationship to others on the inside of the hands.

Praying Hands: Fold paper in half, then cut out the hands but don't cut them apart. Leave them attached on the left side. Punch a hole at the top of the fingers. Thread the yarn through so that it will hang. Cut and glue the pictures of the Bible and family praying on the outside. Glue the other pictures you like on the inside. Think about your relationship to God and others as you color the pictures.





HOW DO YOU SPEND YOUR DAYS?

Do you spend your time on things that last or are important? How many hours do you sleep, eat, play, work, watch TV, help around home, pray, go to school, do homework, talk on the phone, read the Word, read, listen to the radio, or talk with friends? Each box represents an hour of a day in your life. Write in each box what you normally do for that hour. This will help you decide if your time is used wisely.

12am.	1am.	2am.	3am.	4am.	5am.
6am.	7am.	8am.	9am.	10am.	11am.
12pm.	1pm.	2pm.	3pm.	4pm.	5pm.
6pm.	7pm.	8pm.	9pm.	10pm.	11pm.

Write down what is important to you.

Write down what has eternal value.



Helping God Build
His Kingdom



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