

SOUND TRACK — OF THE — SAINTS

Parents Packet

This isn't about teaching a lesson. It's about building a rhythm.

A simple, consistent moment each week where your family slows down, opens Scripture, and learns to be with God together.

WHAT THIS IS

- A short time together
- Honest conversations
- Simple prayers
- A growing habit of turning to God

WHAT THIS IS NOT

- Something you have to lead perfectly
- A test of your knowledge
- One more thing to stress about

A SIMPLE RHYTHM (15 MINUTES)

1. Read a Psalm together.
2. Talk through a few questions.
3. Pray honestly and simply.

Some weeks will feel meaningful. Some weeks will feel messy. Both matter. Stay with it.

Start where you are. Keep it simple. Trust that God is at work.



WEEK 1 | May 24

Psalm 120 (NLT)

READ

I took my troubles to the Lord; I cried out to him, and he answered my prayer. Rescue me, O Lord, from liars and from all deceitful people. O deceptive tongue, what will God do to you? How will he increase your punishment? You will be pierced with sharp arrows and burned with glowing coals. How I suffer in far-off Meshech. It pains me to live in distant Kedar. I am tired of living among people who hate peace. I search for peace; but when I speak of peace, they want war!

BIG IDEA

God hears us when we're surrounded by wrong.

PARENT TIP

Don't rush past this - help them feel what it's like to be around people who choose wrong.

TALK ABOUT IT

1. What kind of people is the writer living around?
Leader Note: Listen for "people who lie, fight, or don't want peace."
2. What does he do when he is in trouble?
Leader Note: He goes straight to God - don't overcomplicate it.
3. What should you do when people around you choose wrong?
Leader Note: Aim for "talk to God + choose what's right."

DO THIS

Pray: "God, help me choose truth and peace."

WEEK 2 | May 31

Psalm 121 (NLT)

READ

I lift up my eyes to the mountains - where does my help come from? My help comes from the Lord, the Maker of heaven and earth. He will not let your foot slip - he who watches over you will not slumber; indeed, he who watches over Israel will neither slumber nor sleep. The Lord watches over you - the Lord is your shade at your right hand; the sun will not harm you by day, nor the moon by night. The Lord will keep you from all harm - he will watch over your life; the Lord will watch over your coming and going both now and forevermore.

BIG IDEA

God watches over us and helps us.

PARENT TIP

Help kids connect this Psalm to everyday fears, worries, and struggles.

TALK ABOUT IT

1. Where does the writer say his help comes from?

Leader Note: Answer is simple - he looks to God.

2. What does this Psalm say God does for His people?

Leader Note: Look for words like watches over, protects, helps, stays with us.

3. When do you need God's help the most?

Leader Note: Help them connect this to school, friendships, fear, worry, or hard situations.

DO THIS

Have each person share one thing they want God's help with this week, then pray together.

WEEK 3 | June 7

Psalm 124 (NLT)

READ

What if the Lord had not been on our side? Let all Israel repeat: What if the Lord had not been on our side when people attacked us? They would have swallowed us alive in their burning anger. The waters would have engulfed us; a torrent would have overwhelmed us. Yes, the raging waters of their fury would have overwhelmed our very lives. Praise the Lord, who did not let their teeth tear us apart! We escaped like a bird from a hunter's trap. The trap is broken, and we are free! Our help is from the Lord, who made heaven and earth.

BIG IDEA

God protects and rescues His people.

PARENT TIP

Help them see: "God helped us" isn't just Bible language - it's real life.

TALK ABOUT IT

1. What would have happened if God wasn't with them?

Leader Note: They would have been overwhelmed or defeated.

2. What does this Psalm say God saved them from?

Leader Note: Big problems - danger, enemies, being trapped.

3. When has God helped or protected you?

Leader Note: Even small answers count - affirm them.

DO THIS

Thank God for one way He has helped your family.

WEEK 4 | June 14

Psalm 125 (NLT)

READ

Those who trust in the Lord are as secure as Mount Zion; they will not be defeated but will endure forever. Just as the mountains surround Jerusalem, so the Lord surrounds his people, both now and forever. The wicked will not rule the land of the godly, for then the godly might be tempted to do wrong. O Lord, do good to those who are good, whose hearts are in tune with you. But banish those who turn to crooked ways, O Lord. Take them away with those who do evil. May Israel have peace!

BIG IDEA

People who trust God are safe and secure.

PARENT TIP

Kids feel unstable more than they say - this is a chance to anchor them.

TALK ABOUT IT

1. What are people who trust God compared to?

Leader Note: A mountain - strong, steady, not moving.

2. How does it make you feel to know God is always with you?

Leader Note: Look for words like safe, calm, not alone.

3. What helps you trust God when you feel unsure or scared?

Leader Note: Help them think of real actions - praying, remembering truth.

DO THIS

Say together: "God, I trust You no matter what."

WEEK 5 | June 21

Psalm 126 (NLT)

READ

When the Lord brought back his exiles to Jerusalem, it was like a dream! We were filled with laughter, and we sang for joy. And the other nations said, "What amazing things the Lord has done for them." Yes, the Lord has done amazing things for us! What joy! Restore our fortunes, Lord, as streams renew the desert. Those who plant in tears will harvest with shouts of joy. They weep as they go to plant their seed, but they sing as they return with the harvest.

BIG IDEA

God can turn sadness into joy.

PARENT TIP

Don't avoid hard emotions - help them see God works through them.

TALK ABOUT IT

1. What changed for the people in this Psalm?
Leader Note: They went from sadness to joy.
2. What is something hard you've gone through?
Leader Note: Don't rush - give space if it's quiet.
3. Have you ever seen something sad turn into something good?
Leader Note: Help them connect the idea of God bringing good later.

DO THIS

Share one hard thing and pray for God to bring good from it.

WEEK 6 | June 28

Psalm 127 (NLT)

READ

Unless the Lord builds a house, the work of the builders is wasted. Unless the Lord protects a city, guarding it with sentries will do no good. It is useless for you to work so hard from early morning until late at night, anxiously working for food to eat; for God gives rest to his loved ones. Children are a gift from the Lord; they are a reward from him. Children born to a young man are like arrows in a warrior's hands. How joyful is the man whose quiver is full of them! He will not be put to shame when he confronts his accusers at the city gates.

BIG IDEA

Life only works when God is at the center.

PARENT TIP

Connect this directly to your home - make it personal, not theoretical.

TALK ABOUT IT

1. What happens if God is not building the house?

Leader Note: It doesn't work - it's empty or wasted.

2. What does this Psalm say about children?

Leader Note: Kids are a gift from God.

3. What is one way we could put God first this week?

Leader Note: Keep it simple - prayer, reading, kindness, obedience.

DO THIS

Pray over your home: "God, lead our family."

WEEK 7 | July 5

Psalm 130 (NLT)

READ

From the depths of despair, O Lord, I call for your help. Hear my cry, O Lord. Pay attention to my prayer. Lord, if you kept a record of our sins, who, O Lord, could ever survive? But you offer forgiveness, that we might learn to fear you. I am counting on the Lord; yes, I am counting on him. I have put my hope in his word. I long for the Lord more than sentries long for the dawn, yes, more than sentries long for the dawn. O Israel, hope in the Lord; for with the Lord there is unfailing love. His redemption overflows. He himself will redeem Israel from every kind of sin.

BIG IDEA

God forgives and gives us hope.

PARENT TIP

Model this - be willing to admit your own sin and talk about God's forgiveness.

TALK ABOUT IT

1. What is the writer asking God for?
Leader Note: Help, mercy, forgiveness.
2. What does God offer instead of punishment?
Leader Note: Forgiveness and love.
3. How does it feel when someone forgives you?
Leader Note: Look for words like relief, happy, free.

DO THIS

Take a moment to confess sin and thank God for forgiveness.

WEEK 8 | July 12

Psalm 131 (NLT)

READ

Lord, my heart is not proud; my eyes are not haughty. I don't concern myself with matters too great or too awesome for me to grasp. Instead, I have calmed and quieted myself, like a weaned child who no longer cries for its mother's milk. Yes, like a weaned child is my soul within me. O Israel, put your hope in the Lord - now and always.

BIG IDEA

We can trust God and be content like a child.

PARENT TIP

Slow this one down - create a calm moment instead of rushing through it.

TALK ABOUT IT

1. What kind of heart does the writer say he does NOT have?
Leader Note: Proud, trying to control everything.
2. What is he compared to instead?
Leader Note: A calm child with their parent.
3. When do you feel worried, and how could you trust God then?
Leader Note: Help them connect worry → trusting God.

DO THIS

Sit quietly for 30 seconds and remind yourselves: "God is in control."

WEEK 9 | July 19

Psalm 133 (NLT)

READ

How wonderful and pleasant it is when brothers live together in harmony! For harmony is as precious as the anointing oil that was poured over Aaron's head, that ran down his beard and onto the border of his robe. Harmony is as refreshing as the dew from Mount Hermon that falls on the mountains of Zion. And there the Lord has pronounced his blessing, even life everlasting.

BIG IDEA

Unity is good and brings God's blessing.

PARENT TIP

Use this to address real tension - don't ignore it.

TALK ABOUT IT

1. What does God say about people living in harmony?

Leader Note: It's good, pleasant, and a blessing.

2. Why is it sometimes hard to get along?

Leader Note: Let them be honest - don't correct too fast.

3. What is one way you can be kind this week?

Leader Note: Push toward something specific they can actually do.

DO THIS

Have each person encourage someone else in the family.

WEEK 10 | July 26

Psalm 134 (NLT)

READ

Oh, praise the Lord, all you servants of the Lord, you who serve at night in the house of the Lord. Lift your hands toward the sanctuary and praise the Lord. May the Lord, who made heaven and earth, bless you from Jerusalem.

BIG IDEA

We are made to praise God.

PARENT TIP

Keep this one simple and joyful - don't overcomplicate it.

TALK ABOUT IT

1. What are the people doing in this Psalm?

Leader Note: Praising and worshiping God.

2. What does it mean to praise God?

Leader Note: Saying thank you, honoring Him, recognizing who He is.

3. When can you praise God this week?

Leader Note: Anytime - home, school, church, good or hard moments.

DO THIS

End by praising God out loud (short, simple prayers).