



## LOW-ENERGY GAME

### Park the Ark

[10 min]

#### Supplies

- large plastic cups (1 per child)
- inflated balloon
- shiny foil star stickers (a few sheets)
- 2 chairs
- upbeat music (optional)

#### Easy Prep

- Place 1 of the chairs at an end of your room and the other chair directly across from the first at the opposite end.
- Place the balloon on the first chair and the sheets of stickers on the second chair.

#### Pass the Balloon “Ark”

Say: **In today’s Bible story, we heard about how David and his people celebrated God while they moved the Ark. David and his people celebrated God with music, shouts of joy, dancing, and blowing on horns, but they were always careful with God’s Ark because it’s very, very special.**

**Let’s play a game where you’ll move a pretend Ark—a balloon—being careful not to touch it or drop it. And you’ll get to celebrate along the way, too!**

- Form pairs (you or an adult or teen helper can play if needed to even out the number of players).
- Give everyone a cup, and have kids spread out between the two chairs, with partners standing side by side.
- The pair closest to the chair with the balloon will pick up the balloon by bringing their cups to each side of the balloon and pressing the cups toward each other so the balloon can be held and carried with only the cups making contact with the balloon.



- The first pair will then walk the balloon to the next pair to pass it off without anyone touching the balloon—only the cups.
- Once the balloon makes it to the chair with the stickers, that pair will carefully set the balloon down on the chair, place a celebratory sticker on each of their cups, and then pick up the balloon with the cups again and move it back to the starting chair.
- All pairs will move up a position and move the balloon between the chairs repeatedly until everyone has a star sticker on his or her cup.
- Throughout the game, all the kids can shout, cheer, whistle, sing, jump, dance, and celebrate God as they move their pretend Ark.
- If anyone drops or touches the balloon, the balloon must go back to the first chair to restart the relay round.
- If you'd like, play upbeat music while kids play to encourage celebration.

### Talk About It

Ask: • **What did you do to treat the balloon carefully?**

• **Treating the Ark carefully was a reminder that God is praiseworthy.**

### What reminds you of that?

Say: **We celebrate things that mean a lot to us. God and God's Ark meant a lot to David and his people, and they weren't afraid to celebrate in a big, loud way because God is praiseworthy. God is so good and so important that we can make a big deal about him in our lives even if others think we're being silly.**



## TALK-ABOUT VIDEO Dance & Praise

[10 min]

### Supplies

- “Dance & Praise” teaching video

### Discuss and Watch “Dance & Praise”

Say: **David knew God is praiseworthy, and he celebrated God by singing and dancing.**

Ask: • **What do you like to do when you’re celebrating?**

Say: **Let’s watch a video about a girl who celebrates and worships God by dancing.**

Watch “Dance & Praise.”

Ask: • **Jaedyn says that dancing is an act of worship because God gave you the bodies to dance, so you’re supposed to give it right back to him. Do you agree with that? Explain.**

• **Jaedyn learned about God through dancing. What’s something you do that helps you learn more about who God is?**

• **This video says that “worship is treasuring God above all things.” When you think about worship that way, how could you worship God?**

Say: **God is praiseworthy, so we celebrate him! We can celebrate him through dancing, like David and Jaedyn, or we can celebrate him through focusing on him, making sure he’s the most important, and showing our love for him. Let’s celebrate God all week!**



## DEEPER BIBLE

### Does Praising God Have to Be Embarrassing?

[15 min]

#### Supplies

- Bibles
- worship music

#### Worship

Say: **If you've come to church before, you've probably sung a praise song. We're going to do that now...but a little differently.**

Before playing the song, whisper to each child directions on how to worship. Here are some ideas, and you can repeat them as needed.

- Lift your hands while you sing.
- Jump around while you sing.
- Kneel while you sing.
- Make up motions for the song.
- Sing really loudly.
- Walk around the room while you sing.

Play a familiar worship song, and have kids follow the directions you gave. If anyone isn't following the directions, that's okay.

Ask: • **How did you feel about following the directions I gave you?**

• **How were those directions like or unlike the way you usually sing a praise song?**

Say: **When we worship, sometimes we're focused on ourselves. We might allow our minds to wander so our hearts aren't really in it. Or maybe we want to lift our hands in praise, but we're afraid other people will think we're weird. David's wife thought he was weird for how he praised God, but listen to what he said.**

Read 2 Samuel 6:21-22.

Say: **David was willing to be embarrassed for praising God. He was willing to look foolish! Is that how it is for us? Does praising God have to be embarrassing? Let's dig in to that.**

#### Dig Deeper

Say: **David isn't the only one who thought about whether he was willing to be embarrassed for loving God. Here's what another guy, Paul, wrote in a letter.**

Read Romans 1:16.

Ask: • **Tell about a time you thought it was embarrassing to admit you were a Christian.** Share your own example first.

Say: **Being a Christian sometimes looks weird or strange to other people. Praising God looks even weirder! But when we're focused on God, we're not ashamed or embarrassed to praise him, because God is praiseworthy.**

**Jesus talked about people who pray in a way that's meant to impress other people.**

Read Matthew 6:5-6.

Ask: • **Why do you think Jesus didn't want people to pray this way?**

Say: **When we're focused on impressing others, whether we're praying or praising God, we're not focused on actually talking to or with God. But God is praiseworthy, so we celebrate him however he leads us to. It doesn't matter if there are other people watching who will think we're weird. We're not putting on a show for them!**

**Here's something else Jesus said about praising him.**

Read Matthew 15:7-9.

Ask: • **How can you tell if you're praising God with your lips but not your heart?**

Say: **David praised God with his heart. For him, that meant dancing in the streets. For you, that might mean something else. The bottom line is, praising God can be embarrassing sometimes if we're focused on what other people think. But if our hearts are truly focused on God, we'll stop caring what other people think—so we won't even feel embarrassed!**

### **Praise God**

Say: **Let's practice praising God without other people watching right now. I'm going to read a psalm that's all about why God is praiseworthy. Spread out and face a wall.** Have kids spread out as much as possible around the perimeter of the room and turn to face the wall. **Don't look at anyone around you, and no one will look at you. I'll be facing the wall, too. This is just between you and God. As I read the psalm, praise God however seems right to you. You might dance, kneel, or do hand motions that show the words I'm reading. No one is watching, so just do whatever God leads you to do.**

Read Psalm 29, and let kids praise. When you've finished, gather kids back together.

Ask: • **We've practiced praising God with music and reading Scripture. What are other ways to praise God...even ones that might be out of your comfort zone?** Examples could include talking about what God has done in your life, inviting someone to church, and praying before lunch at school.

Say: **The fact is, God is praiseworthy. It doesn't matter if praising him seems odd to other people or not! People celebrate all kinds of things in silly ways: They paint their faces for sports games, they dress up in costumes for Halloween or parades, they get paint all over them at races, and they wear their hair in funny ways for spirit week at school. If we're willing to look silly celebrating other things, we can be willing to look silly celebrating God, because he's far more praiseworthy than anything else.**

 **ACTIVITY PAGES WITH A POINT**  
Words of Praise

[10 min]

**Supplies**

- “David Celebrates” Activity Page
- pencils
- crayons

**Older Kids: Do an Activity Page**

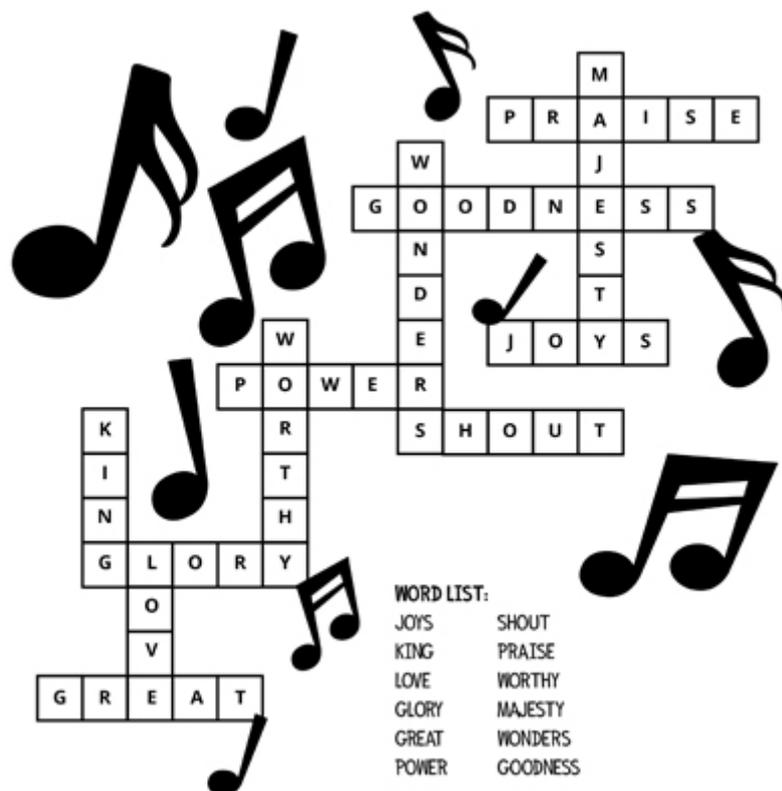
Say: **God is praiseworthy. Let’s celebrate him like David did—using words from songs David wrote, called psalms.**

Distribute the activity pages and pencils. Kids will fit the words into the puzzle.

- Ask:
- **How did you figure out which words went where?**
  - **What are different ways to praise God?**

Say: **There was only one right way to fill the words into this puzzle, but there’s not just one right way to praise God. We can celebrate God through singing, dancing, shouting, or anything else that comes from the heart. God is praiseworthy, so we celebrate him.**

ANSWER KEY:



**WORD LIST:**

JOYS	SHOUT
KING	PRAISE
LOVE	WORTHY
GLORY	MAJESTY
GREAT	WONDERS
POWER	GOODNESS

**Younger Kids: Color a Coloring Page**

Distribute the coloring pages and crayons. Say: **God is praiseworthy!**  
**Let's celebrate God by coloring David praising him.**  
Allow time for kids to color the picture.