

LESSON 3

GOD'S WORD IS A LAMP TO MY FEET

LESSON AT A GLANCE

WONDER TRUTH: God Gives Us the Bible to Know Who He Is

SCRIPTURE: Psalm 119

GOD'S BIG STORY: The writer of Psalm 119 tells how wonderful it is to follow God's ways. His Word is like a light that guides us and shows us what God is like so we can know Him better!

WORD OF WONDER: How God made me is amazing and wonderful. —from Psalm 139:14

- Play Stations:
 - Trace the Shape
 - Follow the Path
 - God's Word Is a Lamp to My Feet Coloring Sheet
- Curiosity Activity: Shadow Puppets
- Puppet Intro and Curiosity Questions
- Declaring God's Wonder
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- God's Big Story
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- Craft: Lanterns
- Game: Footprint Fun
- Responding in Worship: Lamp to My Path
- Prayer and Blessing
- Closing Game: Flashlight Freeze





LESSON 3 FOR LEADERS

INVITATION

We invite you to pause, listen, and shift your gaze toward the Father ...

LESSON AT A GLANCE

WONDER TRUTH: God Gives Us the Bible to Know Who He Is

SCRIPTURE: Psalm 119

WORD OF WONDER: From Psalm 139:14

Only recently, walking became a priority to my family. Because of our schedules, most family walks happen in the evening around dusk. Quickly, I realized that without a light, not only were we vulnerable to cars, but we would stub our toes on the uneven gaps of the ground. I had to find the perfect flashlight: not too heavy, not a battery hog, not blinding.

In Psalm 119:105, the psalmist compares God's speech to a light, which illumines a path. God speaks through Scripture, and God is able to reveal a way forward.

Yet in the metaphor, God's words are not themselves the path. We expect Scripture to contain directions and answers, but the analogy is slightly different. Scripture helps us but not by solving all our difficulties or always telling us precisely what to do. Scripture is more like the flashlight you carry. It provides illumination that you may see. And, with God's help, you may walk boldly through the otherwise shadowy world.

I invite you to set aside time to read from Psalm 119 as you prepare to teach. Perhaps you could light a candle to represent the light of God's Word. As you read verses 97–105 to yourself, expect God to show you something new. What paths has God set before you? How is God preparing you?

—Jason Hitchcock

Theology Editor and Ministry Volunteer

Contributor to Wonder Ink

DID YOU KNOW?

FOUNDATION BUILDING BLOCKS

WHO?

We don't know the author of Psalm 119, but he was clearly an Israelite who loved God's Word and took joy in obeying it. Some think the author was a priest who used the psalm to help show others how to walk in God's way.

WHAT?

Psalm 119 has 176 verses and is the longest chapter in the book of Psalms and in the entire Bible. It's an acrostic poem that uses the whole Hebrew alphabet to tell about the wonder of God's Word. The Law of God was the author's highest joy!

WHERE?

Some believe Psalm 119 was written in Israel after the exile—when God's people returned to the land of Israel and became more committed to following Him and His way. This psalm encourages God's people to rejoice in His good Word.

WHEN?

The Psalms were written over hundreds of years—from the time of Moses to after the exile from Babylon. People believe this psalm was likely written after God's people returned to Israel from exile, starting in 538 BC.

CONNECTING TO GOD'S BIG STORY:

In Psalm 119, the psalmist compares God's Word to a lamp that shows the way. Many years later, John described Jesus as "the Word" who was "the light for all people" (John 1:1, 4). Jesus is the living Word of God and the "light of the world" (John 8:12).



LESSON 3 EARLY CHILDHOOD

Spark curiosity and get kids thinking about the wonder of God.

LESSON AT A GLANCE

WONDER TRUTH: God Gives Us the Bible to Know Who He Is

SCRIPTURE: Psalm 119

WORD OF WONDER: From Psalm 139:14

Play Stations

SUPPLIES: flashlights, coloring utensils, painter’s tape, small cars, small dolls or toy figures, butcher paper (optional), highlighters (optional)

Wonder Ink RESOURCES: [Shape Sheets \(1 set\)](#), [God’s Word Is a Lamp to My Feet Coloring Sheet \(1 per kid\)](#)

Greet the kids warmly and briefly explain the play stations to them. Invite them to play at any of the stations.

Welcome to church! While we’re getting ready to start, you can play at any of these stations to help you get ready for our lesson today. Do you have any ideas about what we’ll be learning today?

Play Station: Trace the Shape

Set up: Ahead of time, print a set of the Shape Sheets and set them out, along with a few flashlights and coloring utensils.

Play: Let the kids take turns using the light from their flashlight to trace the different shapes on the papers.

Play Station: Follow the Path

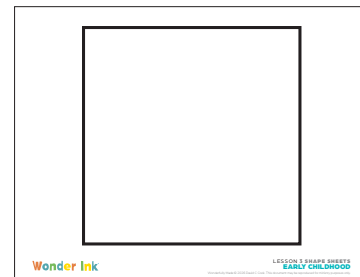
Set up: Use painter’s tape to create a simple path on a table or floor (or draw a path on butcher paper). Set out a few cars and dolls.

Play: Invite the kids to take turns driving the cars or walking the dolls along the path. They can have races or make up scenes that the cars or dolls may see along the path.

Play Station: God’s Word Is a Lamp to My Feet Coloring Sheet

Set up: Print one copy per kid of the coloring sheet and set out the coloring utensils.

Play: Let the kids color. The kids can also turn the sheet over and draw a picture using highlighters. Encourage kids to draw pictures of lights, candles, or other things that light up and glow.



Curiosity Activity: Shadow Puppets

SUPPLIES: puppets, flashlight, small animals or toys (optional), cardstock (optional), scissors (optional), craft sticks (optional), tape or glue (optional)

Use a puppet (or small animals or toys) to create shadows. Find a blank wall, dim the lights, and shine a bright light on the wall using a flashlight.

We're learning about something that has to do with light today. Let's play with light and shadows to help us get curious. Let the kids experiment by putting different objects in front of the light to create shadows on the wall. Encourage them to experiment with putting the objects closer or farther from the light to see how they change sizes. Ask the kids if they can guess what each object is just by its shadow.

You can make your own puppets by cutting animal shapes out of cardstock and attaching them to craft sticks. If you are low on time or materials, you can also create shadows by simply using your hands.

Was it easy or hard to tell what the puppet was by its shadow? Allow the kids to respond.

Sometimes it's hard to know what something is just by its shadow. When we shine a light on the puppet, we can know what it is! In today's God's big story, we're going to learn that God's Word is like a light that helps us know who He is.

Leader Tip: To transition into the Tac the Cat segment, you could use the Tac the Cat puppet to put his shadow up on the wall and see if the kids can recognize who he is.

Word of Wonder

SUPPLIES: Bible, flashlights or battery tealights (1 per kid)

WORD OF WONDER

How God made me is amazing and wonderful.

—from Psalm 139:14

Our Word of Wonder for the Wonderfully Made series is from Psalm 139:14. Let's practice saying the Word of Wonder together. Practice the verse with the kids.

Hand out flashlights or battery tealights to kids. You can either give each kid her own light to use or have them take turns. **We're learning today from Psalm 119 that God's Word is a light for us. Psalm 119:105 says, "Your word is like a lamp that shows me the way." That means God's Word is like a bright light that helps us see where to go. The Bible helps us know what God is like. God wants us to be able to recognize His way which is why He gives us the Bible—to know who He is.**

Leader Tip: Remind kids not to shine flashlights in each other's eyes. Lights should always be pointed at the ground until you say otherwise.



One of the things that the Bible tells us is how God made you and me. That reminds me of our Word of Wonder. Let's say it together a few times.

Encourage the kids to do the motions and say the verse with you.

- **HOW GOD**—Point up with both hands.
- **MADE ME**—Point to yourself with two thumbs.
- **IS AMAZING**—Put one arm out to your side for each word.
- **AND WONDERFUL**.—Burst both arms up and out to the sides at the same time.
- **FROM PSALM 139:14**—Hold your hands open in front of you, as if holding a book.

Let's do an activity using light to help us practice our verse. I'm going to name something in the room, and you can use your flashlight (or tealight) to shine light on whatever I say. Once we have all lit up the object with our lights, we'll say our verse together! Ready? If the kids are using tealights, they can go to the thing you name and put their light near it.

Call out various things around the room (e.g., table, chair, door, ceiling, etc.) and invite the kids to shine their light on each object. Once they have their light focused on the object that you called out, encourage them to repeat the Word of Wonder with you. Repeat as time allows.

Gather kids to discuss these questions:

- **Who made you?** (God)
- **How do you know God made you?** (The Bible tells us.)
- **What does this verse say about how God made you?** (God made us amazing and wonderful; God made us special and on purpose.)

Craft: Lanterns

SUPPLIES: disposable water bottles (1 per kid), stickers, glow sticks (1 per kid), glue or tape (optional)

Hand out a water bottle to each kid. Put out a wide variety of stickers for kids to use to decorate their water bottles.

We're learning from Psalm 119 that God gives us the Bible to help us know who God is and what He's like! This psalm tells us how wonderful it is to follow God. God's Word lasts forever. The Bible teaches us that God never changes.

We're going to make our own lanterns. A lantern is like a fancy flashlight. To begin, you can take some of these stickers and decorate your water bottle. Give kids time to decorate their water bottles with stickers.



After kids have had time to decorate their bottles with stickers, give each kid a glow stick and show the group how to crack the glow stick to make it glow. Help each kid remove the lid from their water bottle, put the glowstick inside, and replace the lid.

[Read Psalm 119:97–98, 102–105 with the kids.](#)

To prevent accidental spills, place some glue under the lid of the bottle or place some tape over the lid. Once everyone has finished their lanterns, turn off the lights and let the kids admire their new lanterns.

In God's big story today, we learned how Psalm 119 says God's Word is like a light for us to follow. Now you can take your light home to remind you to follow God's Word!

Circle Time: Spinning Flashlight

SUPPLIES: flashlight

Gather the kids and have them sit in a circle. Turn on a flashlight and place it in the middle of the circle.

It's important for us to know God's Word. When we learn God's Word and do what He says, we become wise and make good choices. God gave us the Bible to know who He is and to help us choose the right way. God's Word helps us obey and follow Him. Psalm 119 says God's Word is sweet, like honey—a yummy treat!

God's Word helps us stay close to Him and choose to do the right things. It shows us the best way to live—full of joy and love. We're going to use this flashlight to help us remember what we learned in God's big story today. I'm going to spin it around, and if the light is shining on you when it stops, you get to answer a question. Ready?

Dim the lights. Spin the flashlight in the middle of the circle. Wherever the flashlight points, ask that kid a question each time it stops.

Leader Tip: Do not shine flashlights in the kid's eyes. Instead, point the flashlight on the ground in front of the kid.

DISCUSSION QUESTIONS

- **What's a story you've heard from the Bible? What did you learn from that story?**
- **How does the Bible help us?** (*helps us know God, know how to live, know the right thing to do, helps when we're scared, etc.*)
- **What did the writer of Psalm 119 say that God's Word is like?** (*a lamp and a light*)
- **What's something the Bible teaches us?**
- **What are psalms?** (*song poems*)
- **What makes Psalm 119 special? Is it long or short?** (*long; longest Psalm of the Bible*)
- **When and how do you read or hear about the Bible?**

God gives us the Bible to help us know who He is. The Bible helps us know we can talk to God when we're happy or sad—just like the writers of the Psalms. Let's talk to God now in prayer!

Invite kids to share prayer requests and praises and to pray for each other. Some kids may not be comfortable praying out loud. That's OK! Encourage them to pray silently and thank God for giving us His Word. God hears all our prayers!

Declaring God's Wonder

Show the Early Childhood Declaration Slide and encourage the kids to say the statements and do the motions with you.

Thank You, God, that You made me! (*Kids repeat words and motions.*)

Make prayer hands, then point up and then to yourself.

And I am Your kid! (*Kids repeat words and motions.*)

Put your hands on your hips.

Jesus loves me so much; (*Kids repeat words and motions.*)

Spread your arms out wide to your side one at a time, then pull them in for a hug around your chest.

His love for me is big. (*Kids repeat words and motions.*)

Hold your arms up high and wide above your head.

The Holy Spirit leads me, (*Kids repeat words and motions.*)

Bring your arms down from above, making a path in front of you.

And I can follow You. (*Kids repeat words and motions.*)

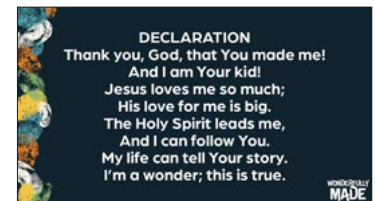
March in place like you're following the leader.

My life can tell Your story. (*Kids repeat words and motions.*)

Hold your hands in front of you like an open book.

I'm a wonder; this is true. (*Kids repeat words and motions.*)

Put your hands up, shake your fingers, and celebrate ("praise hands").



Prayer of Invitation

Before entering into God's big story, lead kids in a prayer of invitation. Use the prayer here or your own words: **God, thank You for Your Word. Thank You for the Bible that guides us and reminds us how much You love us. Thank You for giving us the Bible to help us know who You are. Help us hear from You today as we listen to Your big story from Your Word! In Jesus' name, Amen.**

Worship

Today we'll learn about how the Bible helps us know God. Let's sing and thank God for His Word for who He is!

Play songs All of Me, Be a Light and encourage the kids to sing and dance as they praise God.

God's Big Story

SUPPLIES: Bible

Wonder Ink RESOURCES: [Bible Story Picture \(1/SG\)](#)

Bible Time Rhyme

Say the Bible time rhyme (with motions) each week before the Bible story to remind kids that what they're about to hear is part of God's big story.

I open my Bible, and what do I see? (*Hold your hands together, then open your palms, as if opening a book.*)

God's big story, waiting for me! (*Point to yourself.*)

Let's hear part of God's big story, which comes from the book of Psalms in the Bible.

Read the God's Big Story Script on the following page.

GOD'S BIG STORY SCRIPT

SUPPLIES: tape (prep only), flashlight

RESOURCES: Bible Clue Sheets (1 set)

Ahead of time, print and hang up each of the Bible Clue Sheets using tape and scatter the pictures around the room so you'll be able to locate each in the order it appears in the script.

You can help tell God's big story today! We're going to use this flashlight to look for clues. When you see the light shining on a clue, shout out what you see. Turn off the lights and pull out a flashlight. You can also let the kids take turns holding the flashlight and shining it on the clues.



Leader Tip: It's OK if the room isn't completely dark. It just needs to be dark enough that the kids can see where the flashlight is shining. Be aware of kids who may be afraid of the dark.

Let's find our first clue. Shine a light on the picture of the Bible. **What do you see?** Allow kids to respond. **It's the Bible! The book of Psalms is in the Bible. It's full of song poems to God. Some are praises to God. Some are prayers. Some are questions for God. Some are worship.**

Shine a light on the picture of the happy face. **The Psalms have happy song poems.** Shine a light on the picture of the sad face. **The Psalms have sad song poems. We can tell God all of our feelings.**

There's one Psalm that is super, duper long! Here's our next clue. What numbers do you see? Shine a light on the picture with the number 119 on it. **Good job! This clue shows the numbers one, one, and nine. It's called Psalm 119. It's the longest chapter of the entire Bible! We don't know who wrote Psalm 119. We know it was someone who trusted and obeyed God.**

Here's our next clue. Shine the flashlight on the picture of the heart. **It's a heart! The Bible tells us all about God's love. Psalm 119 is in the Bible to help us know who God and what He's like! This psalm tells us how wonderful it is to follow God. God's Word lasts forever. The Bible teaches us about our God, who never changes.**

Psalm 119:97 says, "LORD, I really love your law! All day long I spend time thinking about it." The writer thought about God's Word all day long. The Bible tells us about God and how to walk in His good ways.

Here's our next clue. Shine light on the picture of the thumbs-up.

When we learn God's Word and do what He says, we become wise and make good choices. God gave us the Bible to help us choose the right way. God's Word helps us obey and follow Him.

Here's our next clue. Shine the light on the picture of the honey and sweet treats. **The person who wrote Psalm 119 said that God's Word is sweet, like honey—a yummy treat! Reading the Bible isn't something we have to do. It's something we get to do. It's a wonderful gift from God.**

God's Word helps us stay close to Him and not follow people who do wrong things. It shows us the best way to live—a way full of joy and love. Remember, God's Word is sweet like honey!

We have one more clue. Shine the light on the lamp. **When we don't know what to do, we can read the Bible.** Psalm 119:105 says, **"Your word is like a lamp that shows me the way."** That means **God's Word is like a bright light that helps us see where to go.**

How special is that? The Bible helps us know what God is like. God wants us to be able to recognize His way. This is why God gives us the Bible to know who He is.

Connecting the Wonder Truth

Ask the following question to help kids connect the Wonder Truth to God's big story:

Our Wonder Truth today is GOD GIVES US THE BIBLE TO KNOW WHO HE IS. Where did you see our Wonder Truth happen in the story? Allow kids to answer freely.

The writer of Psalm 119 compares God's Word to a lamp that shows God's good way. Many years later, Jesus' friend and disciple, John, described Jesus as "the Word" who was "the light for all people" (John 1:1, 4). Jesus is the living Word of God and the "light of the world" (John 8:12).



Curiosity

Belief

Faith

Identity

LESSON 3 EARLY CHILDHOOD

Create space for God to remind kids that they are known, loved, led, and their lives can tell of God’s wonder.

LESSON AT A GLANCE

WONDER TRUTH: God Gives Us the Bible to Know Who He Is

SCRIPTURE: Psalm 119

WORD OF WONDER: From Psalm 139:14

Responding in Worship: Lamp to My Path

SUPPLIES: coloring utensils

RESOURCES: Lamp to My Path Sheets (1/SG)

Ahead of time, print a copy of the Lamp to My Path Sheet and designate stations around the room for each number.

We’re learning today that God’s Word—the Bible—is His big story about how He made us and loves us. We can learn about God from reading the Bible. Let’s listen to some verses from Psalm 119 and connect the dots on the path to help us remember how the Bible helps us know God. Start at the beginning of the path (point to the beginning of the path on the sheet) and connect the dots. As you get to each picture and dot, we’ll thank God together and pray the words of the Psalm.



Invite kids to follow you on a prayer walk. Read the passages at each dot and encourage the kids to connect the dots and color the pictures on their papers.

Dot #1: **Psalm 119:34–35** “Help me understand your law so that I may follow it. I will obey it with all my heart. Teach me to live as you command, because that makes me very happy.”

Pause to allow the kids to respond.

Dot #2: **Psalm 119:90** “You will be faithful for all time to come. You made the earth, and it continues to exist.”

Pause to allow the kids to respond.

DOT #3: **Psalm 119:97** “LORD, I really love your law! All day long I spend time thinking about it.”

Pause to allow the kids to respond.

Dot #4: **Psalm 119:103** “Your words are very sweet to my taste! They are sweeter than honey to me.”

Pause to allow the kids to respond.

Dot #5: **Psalm 119:105** “Your word is like a lamp that shows me the way. It is like a light that guides me.”

We can thank God for His Word and for His love for us. We can learn about God from His Word. Remember, God’s Word is a light for our path. The Bible helps us know God and how to live.

Prayer and Blessing

After the kids finish their activity, pray with them, thanking God for giving us the Bible to help us know Him.

When I say, “Bible,” hold your hands open like a book. Let’s pray and talk to God.

God, thank You for giving us the Bible (hold hands open like a book) to help us know who You are. Thank You for giving us the Bible (hold hands open like a book) to remind us how much You love us! We love You. In Jesus’ name, Amen.

Encourage the kids to hold their hands out in front of them, with palms up, as if their hands are open to receive something. Tell them to listen and receive the blessing as you speak it over them.

Blessing: God knows you and wants you to know Him too! And He loves you and wants you to love Him as well! May you always know God and remember that He loves you!

Closing Game: Flashlight Freeze

SUPPLIES: flashlight

Wonder Ink RESOURCES: upbeat songs from the [Wonderfully Made Early Childhood Spotify playlist](#)

Gather the kids together in a large open space. **Today we learned that God’s Word is a lamp to light our path. The Bible teaches us about God and helps us know how to live. Let’s play a game about lights showing us what to do. I’m going to dim all the lights. When I do, you can dance around and be as silly as you want. But whenever I turn on the flashlight, you need to freeze! If you move when the flashlight is on, you’ll shout out today’s Wonder Truth: **GOD GIVES US THE BIBLE TO KNOW WHO HE IS!****

Dim the lights and invite the kids to dance around. You could play some upbeat music from the [Wonderfully Made Early Childhood Spotify playlist](#) to add to the fun. Occasionally, turn your flashlight on and encourage all the kids to freeze. Shine the flashlight at each kid (making sure not to shine it in their eyes). If they move, they need to shout out today’s Wonder Truth: God gives us the Bible to know who He is!

Continue playing as time allows.