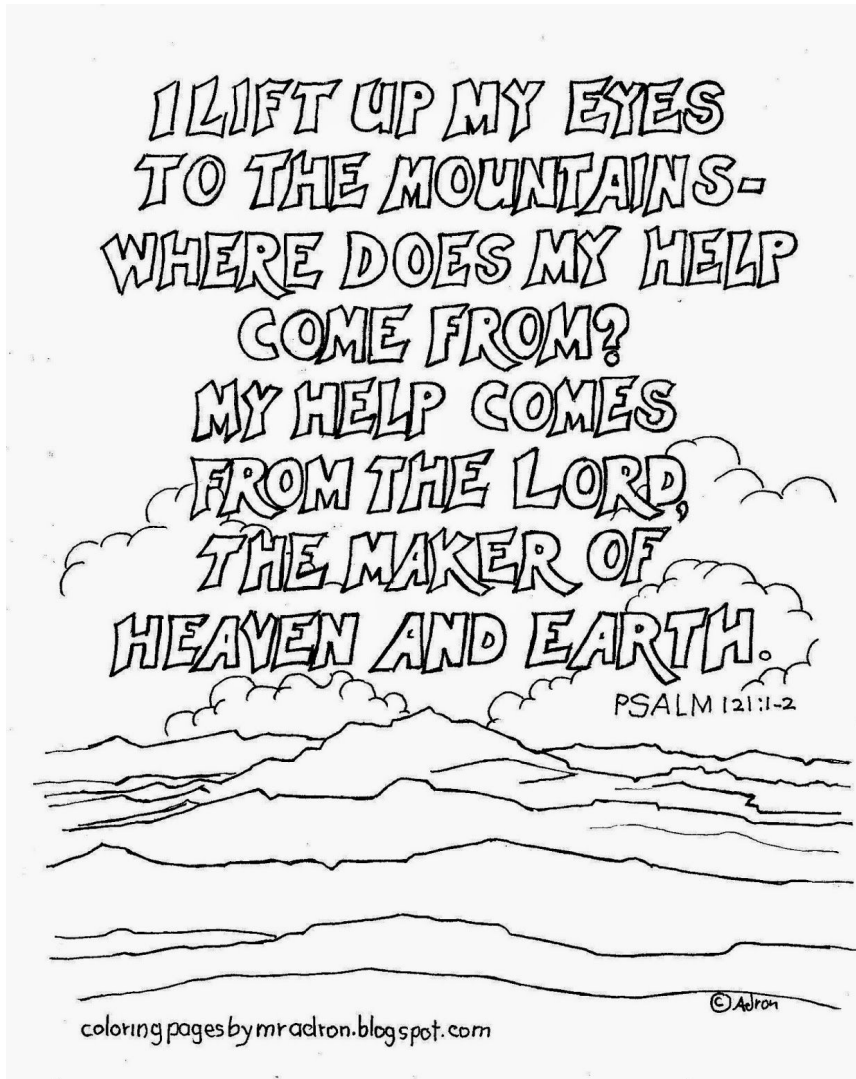


Where Does My Help Come From?

Color the picture of the verse below. Our help comes from God.



Follow-up Questions: Talk through these questions with your family after church.

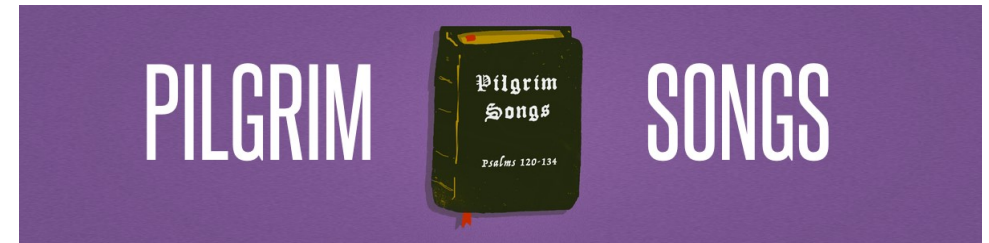
1. How does it make you feel knowing that God is always there for you?
2. God will meet all our needs. What are some things that you can thank God for?



April 26, 2020

Welcome to our worship gathering! Our whole gathering is planned in a way for God to speak to us. But our ears must be open and our hearts must be ready to hear God's message. God speaks to us so we can learn who He is and how He wants us to worship Him.

This week we will be learning about :



I participated during the **music** time by...

- Following what others did (standing, sitting, singing).
- Singing the words to songs I knew.
- Listening to the words of the songs I don't know.

My favorite **song** we sang today is called: _____

Hint: Look a the bulletin if you need help.

It made me think about... (circle a few)



What are the words of this song doing?

___ Praising ___ Thanksgiving ___ Asking for help ___ Declaring truth

Today's Bible Reading ...

Is from the Old or New Testament? _____

Is in what book of the Bible? _____

Is found in what chapter? _____

For the Bible Tells Me So

In today's Bible reading, circle the words keep, keeps, and keeper.

How many times did you find them? _____

I lift up my eyes to the hills.
From where does my help come?
My help comes from the LORD,
who made heaven and earth.

He will not let your foot be moved;
he who keeps you will not slumber.

Behold, he who keeps Israel
will neither slumber nor sleep.

The LORD is your keeper;
the LORD is your shade on your right hand.

The sun shall not strike you by day,
nor the moon by night.

The LORD will keep you from all evil;
he will keep your life.

The LORD will keep
your going out and your coming in
from this time forth and forevermore.

What's a Pilgrim Song?

Over the next few weeks, we are going to be learning about the Psalms of Ascent or Pilgrim Songs. But what does that mean?

A **pilgrim** is someone who goes on an adventure or journey.

Ascent means the act of rising or going upward.

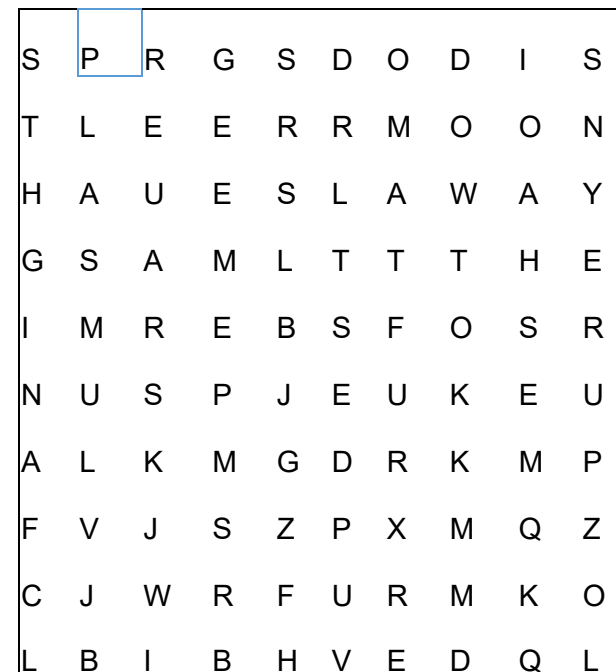
These Psalms are a collection of songs that would have been sung while the people were on their way up to the Temple. In that time the Temple was where God lived with the people.



God Never Sleeps

We all need sleep. Sleep let's us have energy for the next day. The Bible tells us that God never sleeps.

Find all the words in the word bank. (Hint some words are backwards) With the remaining letters find out what we can learn from this verse.



Word Bank:

Dream Moon Night
Rest Sleep Slumber
Stars

What We Can Learn:

