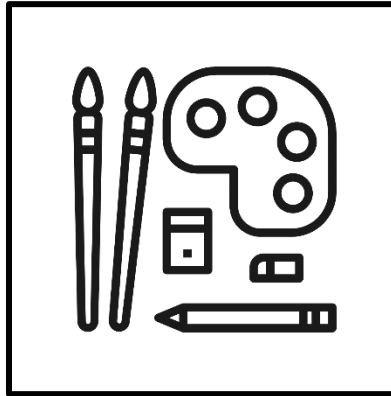


2019 Lenten Family Prayer Activities



Week 3

Psalm 63

Focus verse – Psalm 63:7

**Because you've always stood up for me,
I'm free to run and play.**

Supplies to gather – art supplies, paper or canvas, markers, glue, scissors (use what you have on hand)

Instructions:

- Gather supplies and Bible
- Gather your family together
- Say: Our Psalm is Psalm 63, let's listen together.
- Ask: What places or activities make you feel close to God? Why? Give everyone a chance to share.
- Ask: What's your favorite game to play?
- Say: Our focus verse is Psalm 63:7. Let's read it again.
- Say: In our verse, because of God's love we are free to enjoy life – to run and play. So today, we will honor God by creating art to say "thank you" to God. We are going to use our art supplies to create together.

Reminder for the Week: Hang up your art

Psalm 63

God—you're my God!

I can't get enough of you!

I've worked up such hunger and thirst for God,

traveling across dry and weary deserts.

²⁻⁴ So here I am in the place of worship, eyes open,

drinking in your strength and glory.

In your generous love I am really living at last!

My lips brim praises like fountains.

I bless you every time I take a breath;

My arms wave like banners of praise to you.

⁵⁻⁸ I eat my fill of prime rib and gravy;

I smack my lips. It's time to shout praises!

If I'm sleepless at midnight,

I spend the hours in grateful reflection.

**Because you've always stood up for me,
I'm free to run and play.**

I hold on to you for dear life,
and you hold me steady as a post.
⁹⁻¹¹ Those who are out to get me are marked
for doom,
marked for death, bound for hell.
They'll die violent deaths;

jackals will tear them limb from limb.
But the king is glad in God;
his true friends spread the joy,
While small-minded gossips
are gagged for good.