

## 2019 Lenten Family Prayer Activities



### Week 4

#### Psalm 32

Focus verse – Psalm 32:11

<sup>11</sup>**Celebrate GOD.**

**Sing together—everyone!**

**All you honest hearts, raise the roof!**

Supplies to gather – music to share, speakers

#### Instructions:

- Gather supplies and Bible
- Gather your family together
- Say: Our Psalm today is Psalm 32, let's listen together.
- Ask: What is a song that makes you happy every time you hear it? Find it on your phone or search for it on YouTube. Listen to it for a minute. Give each person the chance to share.
- Ask: As a family, what are some of our favorite songs together?
- Say: Our focus verse today is Psalm 32:11. Let's read that again.
- Say: One of the ways we can pray to God is by dancing in celebration. That's what we are going to do to close our time together.
- Look up one of your favorite family songs, turn it up loud and have a dance party.

**Reminder for the Week:** Every night or every morning this week, play your dance party song to remember the focus verse.

#### Psalm 32

Count yourself lucky, how happy you must be—

you get a fresh start,  
your slate's wiped clean.

<sup>2</sup>Count yourself lucky—

GOD holds nothing against you  
and you're holding nothing back from him.

<sup>3</sup>When I kept it all inside,  
my bones turned to powder,  
my words became daylong groans.

<sup>4</sup>The pressure never let up;  
all the juices of my life dried up.

<sup>5</sup>Then I let it all out;  
I said, "I'll make a clean breast of my failures to GOD."

Suddenly the pressure was gone—  
my guilt dissolved,  
my sin disappeared.

<sup>6</sup> These things add up. Every one of us needs  
to pray;  
when all hell breaks loose and the dam  
bursts

we'll be on high ground, untouched.

<sup>7</sup> GOD's my island hideaway,  
keeps danger far from the shore,  
throws garlands of hosannas around my  
neck.

<sup>8</sup> Let me give you some good advice;  
I'm looking you in the eye  
and giving it to you straight:

<sup>9</sup> "Don't be ornery like a horse or mule  
that needs bit and bridle  
to stay on track."

<sup>10</sup> God-defiers are always in trouble;  
GOD-affirmers find themselves loved  
every time they turn around.

<sup>11</sup> **Celebrate GOD.**  
**Sing together—everyone!**  
**All you honest hearts, raise the roof!**