

2019 Lenten Family Prayer Activities



Week 5

Psalm 126

Focus verse – Psalm 126:3

*God **was** wonderful to us;
we are one happy people.*

Supplies to gather – paper and pencil

Instructions:

- Gather supplies and Bible
- Gather your family together
- Say: Our Psalm today is Psalm 126, let's listen together.
- Ask: What feelings do you hear in this Psalm?
- Say: Our focus verse is Psalm 126:3 – let's read that together.
- Say: The person writing this Psalm is remembering when their people returned home and there was so much celebrating! They were so happy!
- Ask: What are the ways you like to celebrate happy occasions?
- Say: One way of celebrating is by sharing a meal together. In worship, we celebrate by sharing Holy Communion with each other. At home, we might share special occasions around the dinner table.
- Say: As we are getting close to wrapping up the season of Lent, let's make a plan to celebrate together with a meal. What should we eat? Who can we invite over to celebrate with us?

Reminder for the Week: Every time we gather for a meal, say the focus verse for the week to remind us how we celebrate and thank God.

Psalm 126

¹⁻³ It seemed like a dream, too good to be true,
when GOD returned Zion's exiles.
We laughed, we sang,
we couldn't believe our good fortune.
We were the talk of the nations—

"GOD was wonderful to them!"
*God **was** wonderful to us;
we are one happy people.*
⁴⁻⁶ And now, GOD, do it again—
bring rains to our drought-stricken lives
So those who planted their crops in despair

will shout hurrahs at the harvest,
So those who went off with heavy hearts

will come home laughing, with armloads
of blessing.