



# Bless the Lord, O My Soul!

By Deborah Wassenberg

## Introduction:

Children learn to bless the Lord for all the amazing things He has done, and they discover how to bless Him with their words, actions, and hearts. A bright balloon display or a cheerful balloon arch at the entry can help set a joyful atmosphere as kids walk in.

## Warm-up Activity: Balloons in the Air!

### You will need:

- Balloons (one per child and extras)
- Balloon pump (optional)

### What to do:

Children each have a balloon (or share one as a group) and must keep it aloft by tapping it upwards.

## Bible Lesson: Bless the Lord, O My Soul

Bible References: Psalm 103:1-5

## Visuals You Will Need:

1. Child worshipping
2. Bible and Scripture reference
3. Mind (brain), will (signpost or arrows) and emotions (emoji)
4. Child and elderly person
5. Eraser (sins forgiven)
6. Healthy child jumping/running
7. Rescue (rope/life preserver)
8. Crown
9. Food
10. Child 'flying' arms outspread/or an eagle
11. Children worshipping

## Words:

1. Do you know what it means to bless God?  
Blessing God means telling Him how good He is, thanking Him, and showing Him love in return.
2. King David wrote Psalm 103.  
Listen to the first five verses...  
(*Read the verses aloud from your Bible*)
3. David tells his soul to bless the Lord.  
What is your soul?  
Your soul is the invisible part of you.
  - your mind – the part of you that thinks, remembers and imagines
  - your will – the part of you that chooses (decides what you will do)
  - your emotions – the part of you that feels (happy, sad, excited, scared, frustrated, etc.)
4. Your body will grow, change and get tired.  
But your soul (together with your spirit) is the forever part of you.  
Your soul is important and needs looking after.  
King David knew this very well, and that's why he told his soul what it needed to remember!
5. **Soul, bless the Lord because He forgives all your sin!**  
Sin is anything we think, say, or do that disobeys God. But here's the amazing news:  
God doesn't forgive just a few sins. He forgives *all* of them.  
Every single one.  
When you ask Jesus to forgive you and turn away from your sin:  
He doesn't keep a list of your wrongs.  
He doesn't remind you of your mistakes.  
He doesn't say, "I'll forgive you later".  
He forgives you completely and washes your heart clean.  
That's why your soul needs to jump up and bless the Lord.  
**'Thank You, God! You cleaned me. You love me. You forgave me. You made me new.'**
6. **Soul, bless the Lord because He heals your diseases!**  
Every bit of healing comes from God.  
He heals us when people pray.  
He created our bodies and gave them the ability to fight germs.  
He gave us doctors and nurses.  
That's why your soul needs to jump up and bless the Lord.  
**'Thank You, God! You take care of me. You help me get better. You are my Healer.'**

- 7. Soul, bless the Lord because He redeems your life from the pit!**  
 In the Bible, 'the pit' means a place where everything is dark, sad, stuck, or hopeless.  
 When you feel trapped in a big problem.  
 When you've made a mistake and don't know how to fix it.  
 When life feels heavy or confusing.  
 When sin pulls you in the wrong direction.  
 What does redeem mean?  
 It means to buy back, to rescue, to pull someone out of trouble, to give them a fresh start.  
 When God redeems you, it's like you fell into a deep hole and someone reached down, grabbed your hand, and lifted you out.  
 That's what God does for our hearts and lives.  
 That's why your soul needs to jump up and bless the Lord.  
**'Thank You, God! You rescued me!**
- 8. Soul, bless the Lord because He crowns you with lovingkindness and tender mercies!**  
 A crown is something special placed on someone's head to show honour, love, and value.  
 Kings and Queens wear crowns because they are important.  
 David is saying that God puts something even better than a gold crown on you.  
 Two beautiful things:  
 Lovingkindness: God's never-stopping, never-giving-up, always-and-forever love.  
 Tender mercies: God's gentle care, kindness, and compassion when you need it most.  
 It's like God wraps your life in His love and kindness every single day.  
 That's why your soul needs to jump up and bless the Lord.  
**'Thank You, God! You treat me like someone precious.  
 You cover me with Your love.  
 You are so kind and gentle with me.'**
- 9. Soul, bless the Lord because He satisfies your mouth with good things!**  
 God gives good things to enjoy, especially the things you need every day like food and water.  
 Even special treats sometimes.  
 All these good things come from God because He loves to take care of you.  
 But David isn't only talking about your mouth.  
 He's talking about your life.  
 God fills your life with good things like family who love you.  
 Friends who make you laugh.  
 Teachers who help you learn.  
 A Church where you can know God.  
 God gives joy, peace, hope and strength.  
 Not just enough, He give you good things that bless your heart.  
 That's why your soul needs to jump up and bless the Lord.  
**'Thank You, God! You take care of me.  
 You give me what I need. You fill my life with good things.'**

10. **Soul, bless the Lord because He renews your youth like the eagles!**

Eagles are amazing birds. They are strong, they soar high, and they don't get tired easily.

When the Bible talks about 'renewing youth,' it means:

God gives you new strength, new energy, and new joy.

That's why your soul needs to jump up and say,

**'Thank You, God! You make me strong again.**

**You lift me up.**

**You fill me with new joy and new energy.'**

11. Like King David, we tell our souls to bless the Lord.

It's like keeping those balloons up in the air.

We tell our souls to bless the Lord because God forgives, heals, rescues, loves, provides, and strengthens us.

We bless Him with our bodies.

We bless Him with our actions.

We bless Him with our hearts.

We bless Him with our words, just like David!

God loves to hear His children bless Him because that means they have remembered Him and are thankful.

## Ministry to the Children:

We've learned about all the wonderful things God gives His children:

- He **forgives** all your sins.
- He **heals** your diseases
- He **rescues** your life from the pit
- He **crowns** you with His love and kindness
- He **fills** your life with good things
- He **renews** your strength like the eagle's

But there's something very important you need to know. Those blessings are for God's children, and Jesus is the only way to become God's child. We can't earn these gifts. We can't work for them. We can't be 'good enough' to get them.

Jesus is the One who makes all of this possible.

He allowed Himself to be killed and died on the cross to take away your sin. He rose again to give you new life. And He invites you to belong to Him. What does Jesus ask you to do? Just three simple things:

**Believe** that Jesus died and rose again for you

**Ask** Him to forgive your sin

**Invite** Him to be your Saviour and Lord

When you do that, God becomes your Heavenly Father, and all these blessings become yours.

If you want to receive Jesus today, you can pray this with me:

**‘Jesus, I believe You love me. I believe You died for my sin and rose again. I turn away from my sins. Please forgive me and make my heart clean. Come into my life and be my Saviour. I want to belong to You and receive all the good things You give Your children. Thank You for saving me. Amen.’**

## Extra Worship Time:

- 10 000 Reasons (Bless the Lord) by Matt Redman
- Steadfast Love (Psalm 103) by Aaron Shust

## Memory Verse: Balloon Plate Pass

### You will need:

- A paper plate for every child
- A copy of the Memory Verse glued to every plate
- Balloons

### What to do:

- Children stand in a circle
- One child starts with the balloon balanced on their plate.
- The child reads the verse aloud
- Then, they must try to pass the balloon to the child next to them, balancing it on their plate.
- Then that child recites the verse before continuing to pass the balloon on

## Balloon Games:

- **Balloon Volley Ball**  
Use a rope or line as a net if you don't have one
- **Balloon Tap Challenge**  
Children must keep their balloon in the air, but only tap with one finger, their head, or their knee.
- **Balloon Train**  
Children stand in a line, each with a balloon pressed between their tummy and the back of the person in front. They must walk together without dropping or popping the balloons.
- **Balloon Target Toss**  
Set up buckets, hoops, or chalk circles. Children toss balloons to land inside the targets. (It's trickier than you think because the balloons float!)
- **Balloon Herding**  
Children use a pool noodle, a rolled-up newspaper, or a cardboard tube to 'herd' a balloon across an area like a sheep dog!
- **Balloon Bridge**  
Children work in pairs to carry a balloon across an area with the balloon between their foreheads. If it drops they must start again.

## Craft: Paper Plate Hot Air Balloon

### You will need:

- Paper plates
- Glue
- Scissors
- Felt pens and crayons
- Cardboard (to make the basket that hangs below the balloon)
- Scripture to glue to the basket (Psalm 103:1)
- Wool, string or drinking straws (to make the suspension lines from the balloon to the basket)
- Paper, trims, washi tape
- Decorative/collage items such as stickers, jewels, foam hearts, etc.

### What to do:

- Children decorate the paper plate so that it looks like a hot air balloon
- They cut out the basket from cardboard, glue on the Scripture and decorate
- They join the balloon to the basket using wool, string or straws

