

Activity: Choose Praise

By Karen Noal



FAMILY TIME
TRAINING

Teaching Goal: Praise God in good and bad times.

Scripture: Exodus 15:22 Grumble about not having water.

Exodus 16:1-3 Grumble about not having food.

Exodus 19:1-2 People arrive at Mount Sinai.

Exodus 32:22-24 People build a golden calf idol.

Numbers 14:27 God is tired of the complaining.

Leviticus 26:11-13 Despite the grumbling, God promises to bless them if they will worship and follow Him.

Psalms 34:1 “I will extol the Lord at all times; his praise will always be on my lips.”

Philippians 2:14 “Do everything without complaining or arguing.”

Materials: 1 Cracker per person

- I. Play theme song
- II. Pray
- III. Review last lesson
- IV. Lesson and Discussion

✓ Words written in **bold** are when the leader is speaking. Feel free to use your own words.

A. DISCUSSION: **Moses led God’s people, the Israelites, out of slavery in Egypt and divided the Red Sea so they could escape and be free. Were the freed slaves happy?** Invite a volunteer to read Exodus 15:22. **Just three days after escaping from Egypt, they were grumbling about not having water. God showed Moses how to purify the water so the people could drink it. Were the freed, hydrated people happy?** Invite a volunteer to read Exodus 16:1-3. **Just 2 ½ months after leaving Egypt the people started to grumble about not having food. So, God provided bread and meat from heaven (Exodus 16:11). Were the freed, hydrated, well-fed people happy?** Invite a volunteer to read Exodus 19:1-2 and Exodus 32:22-24. **Just 3 months after leaving Egypt they arrive at Mount Sinai. Moses goes up on the mountain for 40 days to talk with God. When he comes down, the people had started complaining again and built a golden calf idol to replace God.** Invite a volunteer to read Number 14:27. **God is tired of hearing the people grumble and complain!** Invite a volunteer to read Leviticus 26:11-13. **Over and over, even after all the grumbling, God promises to bless his people if they will worship Him and follow His rules.**

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Today, we are God's people. He has promised to meet all our needs. How much do we complain? What kind of things do you complain about? *Listen to answers.* Food. Money. Government. Arguing. Chores. Employers. Are we really complaining about others, experiences, and situations, or are we complaining about God? Are we saying, "God, I don't like this person or situation you put in my life."? Or, "God I'm not thankful for the amount of money and food I have."?

Invite a volunteer to read Psalm 34:1 and Philippians 2:14. What does God want us to do instead of complaining and grumbling? *Listen to answers.* He wants us to praise Him! Praise shows God that we love Him and that we are grateful for all He has done for us. God wants to hear our praises.

C. **ACTIVITY: We are going to do a fun activity to help us see why complaining is bad. Let me hear you whistle.** If younger children cannot whistle, then they can watch others do the activity. If you are good whistlers, then whistle a song like "Jesus Loves Me." **The whistling represents praising God like Psalm 34:1, "His praise will always be on my lips."** Give each family member a cracker and say, "I want you to chew this whole cracker, but stop when I say to stop." Let them take two bites of the cracker and then say "Stop." Their mouth should be full of dry, un-chewed cracker. **Stop chewing! The cracker represents complaining and grumbling. Now, let me hear you whistle.** The person will not be able to whistle as well as before. In fact, some cracker may fall out of their mouth. **This is why complaining is bad. When we are complaining, it is impossible to praise God, in the same way it is hard to whistle (which represents praising) when our mouth is full of cracker (which represents complaining).** Also, when we are complaining, bad stuff comes out of our mouth, just like the half-chewed cracker comes out of our mouths when we try to whistle.

V. Close in Prayer

VI. Pass It On: Make an extra copy of this lesson and *pass it on* to another family.