



## CHILDREN'S PSALMS GUIDE FOR LENT

A Lenten journey for children ages 4–10. Read one verse. Talk about it. Pray together.

### Week 1

#### [Psalm 6:9](#)

**Talk About:** God hears us.

**Prayer:** Dear God, thank You for loving me. Amen.

**Activity:** Color a **heart** and draw things God forgives.

#### [Psalm 51:10](#)

**Talk About:** God forgives us.

**Prayer:** Dear God, thank You for loving me. Amen.

**Activity:** Draw a time when you needed God's help.

#### [Psalm 25:4](#)

**Talk About:** God shows us the way.

**Prayer:** Dear God, thank You for loving me. Amen.

**Activity:** Color a **road or path** and draw yourself walking with God.

#### [Psalm 22:24](#)

**Talk About:** God stays with us.

**Prayer:** Dear God, thank You for loving me. Amen.

**Activity:** Draw God staying with you when you feel sad.

### Week 2

#### [Psalm 3:3](#)

**Talk About:** God protects us.

**Prayer:** Dear God, thank You for loving me. Amen.

**Activity:** Draw a **shield** showing how God protects you.

#### [Psalm 27:1](#)

**Talk About:** God is our light.

**Prayer:** Dear God, thank You for loving me. Amen.

**Activity:** Color a **light shining in the dark**.

#### [Psalm 31:14](#)

**Talk About:** God holds us safe.

**Prayer:** Dear God, thank You for loving me. Amen.

**Activity:** Draw a **backpack** and write worries you can give to God.

#### [Psalm 34:8](#)

**Talk About:** God gives good things.

**Prayer:** Dear God, thank You for loving me. Amen.

**Activity:** Draw things you are thankful for.

### Week 3

#### [Psalm 46:1](#)

**Talk About:** God is strong.

**Prayer:** Dear God, thank You for loving me. Amen.

**Activity:** Color a **castle or strong building** to show God's strength.

#### [Psalm 54:4](#)

**Talk About:** God helps us.

**Prayer:** Dear God, thank You for loving me. Amen.

**Activity:** Draw **helping hands**.

#### [Psalm 56:3](#)

**Talk About:** God cares when we're scared.

**Prayer:** Dear God, thank You for loving me. Amen.

**Activity:** Draw something that feels scary — then draw God nearby.

#### [Psalm 63:1](#)

**Talk About:** God is close.

**Prayer:** Dear God, thank You for loving me. Amen.

**Activity:** Color **water or a cup** to show God filling us up.



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### Week 4

#### [Psalm 1:1](#)

**Talk About:** God shows us how to live.

**Prayer:** Dear God, thank You for loving me. Amen.

**Activity:** Draw **two paths** — one good choice, one hard choice.

#### [Psalm 19:1](#)

**Talk About:** God speaks to us.

**Prayer:** Dear God, thank You for loving me. Amen.

**Activity:** Color the **sun, stars, or sky** as God's creation.

#### [Psalm 78:4](#)

**Talk About:** God loves us always.

**Prayer:** Dear God, thank You for loving me. Amen.

**Activity:** Draw a family remembering something God has done.

#### [Psalm 84:10](#)

**Talk About:** God welcomes us.

**Prayer:** Dear God, thank You for loving me. Amen.

**Activity:** Draw a **church or home** where God welcomes us.

### Week 5

#### [Psalm 91:4](#)

**Talk About:** God watches over us.

**Prayer:** Dear God, thank You for loving me. Amen.

**Activity:** Color a **bird or shelter** that shows God's care.

#### [Psalm 94:15](#)

**Talk About:** God is fair and good.

**Prayer:** Dear God, thank You for loving me. Amen.

**Activity:** Draw God standing up for what is right.

#### [Psalm 96:4](#)

**Talk About:** We can praise God.

**Prayer:** Dear God, thank You for loving me. Amen.

**Activity:** Draw people **singing or praising** God.

#### [Psalm 103:8](#)

**Talk About:** God is kind.

**Prayer:** Dear God, thank You for loving me. Amen.

**Activity:** Draw a **big heart** filled with kindness.

### Week 6

#### [Psalm 107:6](#)

**Talk About:** God rescues us.

**Prayer:** Dear God, thank You for loving me. Amen.

**Activity:** Draw people being helped or rescued.

#### [Psalm 111:2](#)

**Talk About:** God does amazing things.

**Prayer:** Dear God, thank You for loving me. Amen.

**Activity:** Color amazing things God has made.

#### [Psalm 113:5-6](#)

**Talk About:** God cares for everyone.

**Prayer:** Dear God, thank You for loving me. Amen

**Activity:** Draw someone helping another person.

#### [Psalm 116:12](#)

**Talk About:** We say thank You to God.

**Prayer:** Dear God, thank You for loving me. Amen.

**Activity:** Draw yourself saying "**Thank You, God!**"