



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!**"