



## Session Seven: Rejoice in the Day God Made

### Today's Point:

Every day is a gift from God, and we can choose to be glad in it!

### Bible Verse:

**Psalm 118:24**

**CSB:** This is the day the Lord has made; let's rejoice and be glad in it.

**KJV:** This is the day which the Lord hath made; we will rejoice and be glad in it.

### Today's Bible Skill:

- Memorize Psalm 118:24
- Learn that Psalms is in the Old Testament and is a book of songs and prayers
- Learn to find Psalms by opening the Bible to the middle

### Bible Truth Activity:

#### Game: "Glad, Sad, or Mad?"

*Object of the game:* Teach that we can choose to rejoice no matter what kind of day we're having.

#### Directions:

1. Prepare several situation cards (e.g., "You lost your toy," "You had pancakes for breakfast," "It's raining on your picnic," "You got a hug from a friend").
2. Hold up each card and ask the group: "Would that make you glad, sad, or mad?"
3. After each response, say together: "This is the day the Lord has made!"

#### Say:

Sometimes our days are happy, and sometimes they're hard. But no matter what happens, we can still be thankful. God made every day, and He is always with us. That's why we can rejoice and be glad—even when things don't go our way.

## **Bible Discovery Discussion:**

Ask the kids:

- Who made today? (God!)
- What are some ways we can rejoice today?
- Does rejoicing mean we're always happy? (No—it means we trust God and thank Him, even on tough days.)

Say:

Psalm 118:24 reminds us that each day is a gift from God. He gives us sunshine, friends, food, fun, and even His help when things are hard. When we wake up, we can say, “Thank you, God, for this day!” That’s one way to rejoice and be glad in it.

## **Bible Verse Activity – Sing and Praise**

Let’s learn our verse with a song and motions! (To the tune of “*If You’re Happy and You Know It*”)



This is the day that the Lord has made—clap, clap  
We will rejoice and be glad in it—clap, clap  
This is the day that the Lord has made  
We will rejoice and be glad in it  
This is the day, this is the day  
That the Lord has made—clap, clap!



Repeat the song a few times, encouraging kids to smile, raise their hands, or dance as they sing.

## **Bible Skills Activity: Psalm Flip Hunt**

### **Materials:**

- Bibles (1 per pair or small group)
- Index cards labeled with different Psalm numbers (e.g., 23, 46, 100, 118, 150)

### **Instructions:**

1. Pass out Bibles and cards.
2. Have kids race to find the Psalm listed on their card.
3. When someone finds Psalm 118, have everyone turn there together.
4. Ask: What verse are we learning today? (Verse 24!)
5. Help them point to it and say it aloud together.

### **Say:**

The book of Psalms is full of songs and prayers to God. Psalm 118:24 is like a thank-you song to God for every new day!