



## Session Eight: God Made Today!

### Today's Point:

God made today, and we can choose to be thankful and joyful!

### 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
- Find Psalms in the center of the Bible
- Understand that Psalms is a book of praise and worship

### Bible Truth Activity:

#### Game: "Joy Toss"

*Object of the game:* Reinforce how we can choose joy every day through a fun and interactive game.

### Materials:

- A soft ball or beanbag
- Music (optional)

### Directions:

1. Have children sit or stand in a circle.
2. Toss the ball around while music plays or count slowly to 10.
3. When the music stops or time is up, the child holding the ball must say one reason they can be glad today. (Examples: "The sun is shining," "I have a family," "Jesus loves me")
4. Keep playing until everyone has had a turn.

**Say:**

There's always something to thank God for—because He made today! Even on hard days, we can choose joy. Psalm 118:24 says today is His gift to us, and we can rejoice in that!

**Bible Discovery Discussion:**

Ask the kids:

- What does it mean to rejoice? (Be glad, celebrate, thank God, smile!)
- Do we only rejoice on good days? (No!)
- How can we be glad even on hard days?

**Say:**

Rejoicing doesn't mean everything is perfect. It means we trust that God is good and today is a gift. When we say "This is the day the Lord has made," we are reminding ourselves that God is in control, and He is always with us.

**Bible Verse Activity – Sign Language & Say-Along**

Teach Psalm 118:24 using simple hand motions or basic American Sign Language (ASL) signs.

**Motions (or simple gestures):**

- *"This is the day"* – Point downward
- *"The Lord"* – Point up
- *"Has made"* – Use your hands to pretend to shape a ball or create something
- *"Let us rejoice"* – Big smile and jazz hands or raised arms
- *"And be glad in it"* – Pat heart and give a happy thumbs up
- *"Psalm 118:24"* – Hold up fingers: 1-1-8-2-4

Practice the verse with motions several times. Let a few kids lead the motions as the group repeats the verse.

## **Bible Skills Activity: “Praise Path”**

### **Materials:**

- Paper "footsteps" with different Psalm references written on them (e.g., Psalm 23, 46, 100, 117, 118)
- Tape to create a path across the room

### **Instructions:**

1. Tape the footsteps in a path across the room.
2. Kids follow the “Praise Path” and stop to read each verse (leaders help as needed).
3. When they reach Psalm 118:24, pause and say the verse out loud together.

### **Say:**

All through the book of Psalms, we find reasons to praise God. Psalm 118:24 is special because it reminds us to start every day with joy and thanks!