

# POUR OUT — YOUR — HEART

A Study for Youth  
on Prayer and Praise  
in the Psalms

by  
Sally Michael

**Visuals  
Packet**

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# Visuals Packet Index

## Important Notes:

- Visuals that can be displayed electronically are indicated with **bold text**.
- Visuals that show how Scripture text is to be marked up during the lesson time are indicated with ***bold italics*** in the list below. These visuals are also provided as a separate PDF (i.e., Text Mark-Up Visuals) in case you find it helpful to print these visuals, as described in the Introduction section of the Teacher's Guide.
- Nearly all of the visuals for this study are best displayed in color.
- The vast majority of the visuals for this study are designed to display as full page (no cutting required). Those that do need to be cut out are noted in the list below.

## Lesson 1

- Storm 1 (1A)
- Storm 2 (1B)
- *Psalm 39:9-15—Slide 1 (1C)*
- *Psalm 39:9-15—Slide 2 (1D)*
- *Psalm 39:9-15—Slide 3 (1E)*
- *Psalm 39:9-15—Slide 4 (1F)*
- *Psalm 33:16-17 (1G)*

## Lesson 2

- *Psalm 19:1-6 (2A)*
- *Psalm 19:7-11 (2B)*
- *Psalm 78:5-7 (2C)*
- *Exodus 19:3-6—Slide 1 (2D)*
- *Exodus 19:3-6—Slide 2 (2E)*
- *Exodus 19:3-6—Slide 3 (2F)*
- *Exodus 19:5-6—Slide 1 (2G)*
- *Exodus 19:5-6—Slide 2 (2H)*

## Lesson 3

- *Psalm 81:11-16—Slide 1 (3A)*
- *Psalm 81:11-16—Slide 2 (3B)*
- *Psalm 81:11-16—Slide 3 (3C)*
- *Psalm 14:2-3 (3D)*

## Lesson 4

- Grasshopper (4A)
- Grasshopper Swarm (4B)
- Grasshopper Destruction (4C)
- Seagulls (4D)
- Born Sinners (4E)
- Hope and Rescue (4F, cut out as indicated)
- Stone (4G)

## Lesson 6

- Swiss® Army Knife 1 (6A)
- Swiss® Army Knife 2 (6B)
- Swiss® Army Knife 3 (6C)
- Swiss® Army Knife 4 (6D)
- Weeds (6E)

## Lesson 7

- Emotions (7A, cut out as indicated)
- *Psalm 142:1-7 (7B)*
- *Psalm 62:5-8—Slide 1 (7C)*
- *Psalm 62:5-8—Slide 2 (7D)*
- *Psalm 62:5-8—Slide 3 (7E)*

## Lesson 8

- *Psalm 24:1-6—Slide 1 (8A)*
- *Psalm 24:1-6—Slide 2 (8B)*

## Lesson 9

- Pour Out Your Heart (9A)
- Help (9B, cut out as indicated)
- Lift Up Your Eyes (9C)
- *Psalm 121:3-8 (9D)*
- Rock (9E)
- *Psalm 61:1-5—Slide 1 (9F)*
- *Psalm 61:1-5—Slide 2 (9G)*
- *Psalm 61:1-5—Slide 3 (9H)*

## Lesson 10

- *Psalm 40:1-3 (10A)*
- *Psalm 40:11-17 (10B)*
- Open Your Mouth (10C)

## Lesson 11

- *Psalm 42:1-2a (11A)*
- *Psalm 63:1a (11B)*
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## Lesson 12

- *Psalm 91:2—Slide 1 (12A)*
- *Psalm 91:2—Slide 2 (12B)*
- Bird (12C)
- Shield (12D)
- Buckler (12E)

## Lesson 13

- Dog (13A)
- Dog on Leash (13B)

## Lesson 14

- Normal Vision (14A)
- Tunnel Vision (14B)
- *Psalm 77:1-6—Slide 1 (14C)*
- *Psalm 77:1-6—Slide 2 (14D)*
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- *Psalm 71:18-21 (17A)*
- *Psalm 71:22-24 (17B)*

### **Lesson 18**

- *Psalm 32:1-2 (18A)*
- *Psalm 32:5 (18B)*
- Transgressions (18C, the Forgiven visual will be taped across this visual during the lesson)
- Sin (18D, the Covered visual will be taped across this visual during the lesson)
- Iniquity (18E, the Not Counted visual will be taped across this visual during the lesson)
- Crime Cards 1-3 (18F-18H, cut out three cards as indicated)
- Forgiven (18I, cut out as indicated)
- Covered (18J, cut out as indicated)
- Not Counted (18K, cut out as indicated)

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- *Psalm 73:1-3 (19B)*
- Truly (19C)
- But (19D)
- For (19E)
- *Psalm 74:4-12 (19F)*
- *Psalm 73:16-20 (19G)*
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### **Lesson 21**

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- *Psalm 103:15-18—Slide 3 (26E)*
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- Sheep (28A)





# PSALM 33:9-15

For he spoke, and it came to be; he commanded,  
and it stood firm.<sup>10</sup> The LORD brings the counsel  
of the nations to nothing; he frustrates the plans  
of the peoples. <sup>11</sup>The counsel of the LORD stands  
forever, the plans of his heart to all generations.  
12 Blessed is the nation whose God is the LORD,  
the people whom he has chosen as his heritage!  
13 The LORD looks down from heaven; he sees  
all the children of man; <sup>14</sup>from where he sits  
enthroned he looks out on all the inhabitants of  
the earth, <sup>15</sup>he who fashions the hearts of them  
all and observes all their deeds.

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# PSALM 33:16-17

The king is not saved by his great army; a warrior is not delivered by his great strength.

17 The war horse is a false hope for salvation, and by its great might it cannot rescue.

# PSALM 19:1-6

The heavens declare the glory of God, and the sky above proclaims his handiwork.<sup>2</sup> Day to day pours out speech, and night to night reveals knowledge.<sup>3</sup> There is no speech, nor are there words, whose voice is not heard.<sup>4</sup> Their voice goes out through all the earth, and their words to the end of the world. In them he has set a tent for the sun,<sup>5</sup> which comes out like a bridegroom leaving his chamber, and, like a strong man, runs its course with joy.<sup>6</sup> Its rising is from the end of the heavens, and its circuit to the end of them, and there is nothing hidden from its heat.

# PSALM 19:7-11

The law of the LORD is perfect, reviving the soul; the testimony of the LORD is sure, making wise the simple; <sup>8</sup>the precepts of the LORD are right, rejoicing the heart; the commandment of the LORD is pure, enlightening the eyes; <sup>9</sup>the fear of the LORD is clean, enduring forever; the rules of the LORD are true, and righteous altogether.

<sup>10</sup>More to be desired are they than gold, even much fine gold; sweeter also than honey and drippings of the honeycomb. <sup>11</sup>Moreover, by them is your servant warned; in keeping them there is great reward.

# PSALM 78:5-7

He established a testimony in Jacob  
and appointed a law in Israel, which  
he commanded our fathers to teach to  
their children,<sup>6</sup>that the next generation  
might know them, the children yet  
unborn, and arise and tell them to their  
children,<sup>7</sup>so that they should set their  
hope in God and not forget the works of  
God, but keep his commandments;

## Exodus 19:3-6

while Moses went up to God. The LORD called to him out of the mountain, saying, “Thus you shall say to the house of Jacob, and tell the people of Israel: <sup>4</sup>You yourselves have seen what I did to the Egyptians, and how I bore you on eagles’ wings and brought you to myself. <sup>5</sup>Now therefore, if you will indeed obey my voice and keep my covenant, you shall be my treasured possession among all peoples, for all the earth is mine; <sup>6</sup>and you shall be to me a kingdom of priests and a holy nation. These are the words that you shall speak to the people of Israel.”

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# Psalm 81:11-16

“But my people did not listen to my voice; Israel would not submit to me. <sup>12</sup>So I gave them over to their stubborn hearts, to follow their own counsels. <sup>13</sup>Oh, that my people would listen to me, that Israel would walk in my ways! <sup>14</sup>I would soon subdue their enemies and turn my hand against their foes. <sup>15</sup>Those who hate the LORD would cringe toward him, and their fate would last forever. <sup>16</sup>But he would feed you with the finest of the wheat, and with honey from the rock I would satisfy you.”

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## Psalm 14:2-3

The LORD looks down from heaven on the children of man,  
to see if there are any who understand, who seek after God. 3They have all turned aside; together they have become corrupt; there is none who does good, not even one.

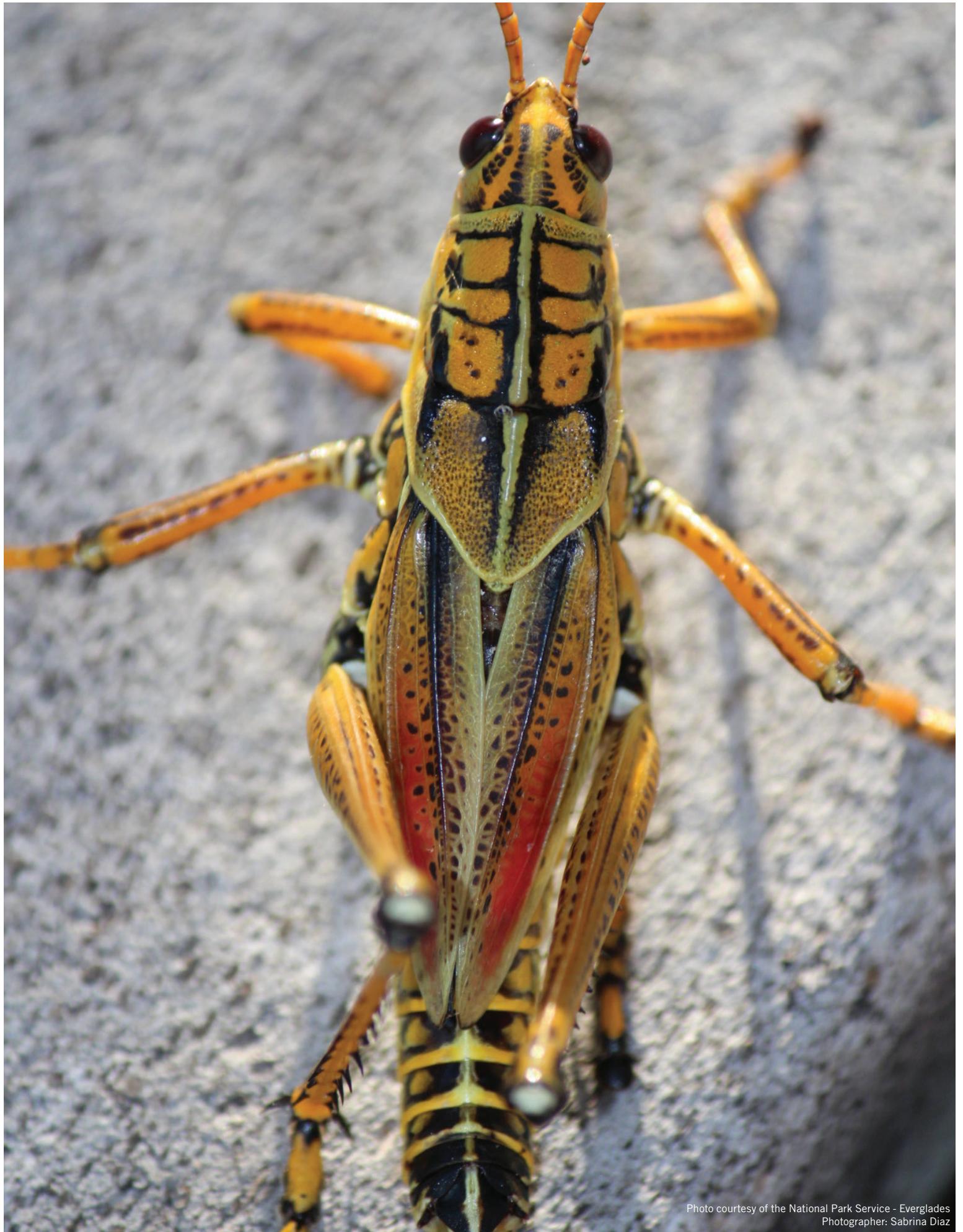


Photo courtesy of the National Park Service - Everglades  
Photographer: Sabrina Diaz







Photo by Richard Lee on Unsplash

All men are born sinners in  
rebellion against God. Rebellion  
against God is foolish and  
brings God's anger or wrath  
upon man, as some day the  
whole world will be subdued  
under the Messiah's rule. But  
there is rescue for those who  
submit to and worship the Son.

# **Hope and Rescue: Jesus the Messiah**

4F

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**Emotions**

7A

**Where does my help come from?**

9B

**The Greatest Rescue**

16D

לְמִזְרָחֶךָ













# PSALM 142:1-7

With my voice I cry out to the LORD; with my voice I plead for mercy to the LORD. 2I pour out my complaint before him; I tell my trouble before him. <sup>3</sup>When my spirit faints within me, you know my way! In the path where I walk they have hidden a trap for me. <sup>4</sup>Look to the right and see: there is none who takes notice of me; no refuge remains to me; no one cares for my soul. <sup>5</sup>I cry to you, O LORD; I say, “You are my refuge, my portion in the land of the living.” <sup>6</sup>Attend to my cry, for I am brought very low! Deliver me from my persecutors, for they are too strong for me! <sup>7</sup>Bring me out of prison, that I may give thanks to your name! The righteous will surround me, for you will deal bountifully with me.

# PSALM 62:5-8

For God **alone**, O my soul, wait  
in silence, for my hope is from  
him. <sup>6</sup>He **only** is my rock and my  
salvation, my fortress; I shall not be  
shaken. <sup>7</sup>On God rests my salvation  
and my glory; my mighty rock, my  
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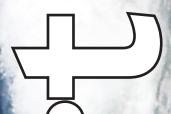
# PSALM 24:1-6

The earth is the LORD's and the fullness thereof,  
the world and those who dwell therein, <sup>2</sup>for he  
has founded it upon the seas and established it  
upon the rivers. <sup>3</sup>Who shall ascend the hill of the  
LORD? And who shall stand in his holy place?  
<sup>4</sup>He who has clean hands and a pure heart, who  
does not lift up his soul to what is false and does  
not swear deceitfully. <sup>5</sup>He will receive blessing  
from the LORD and righteousness from the God  
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who seek him, who seek the face of the God of  
Jacob.

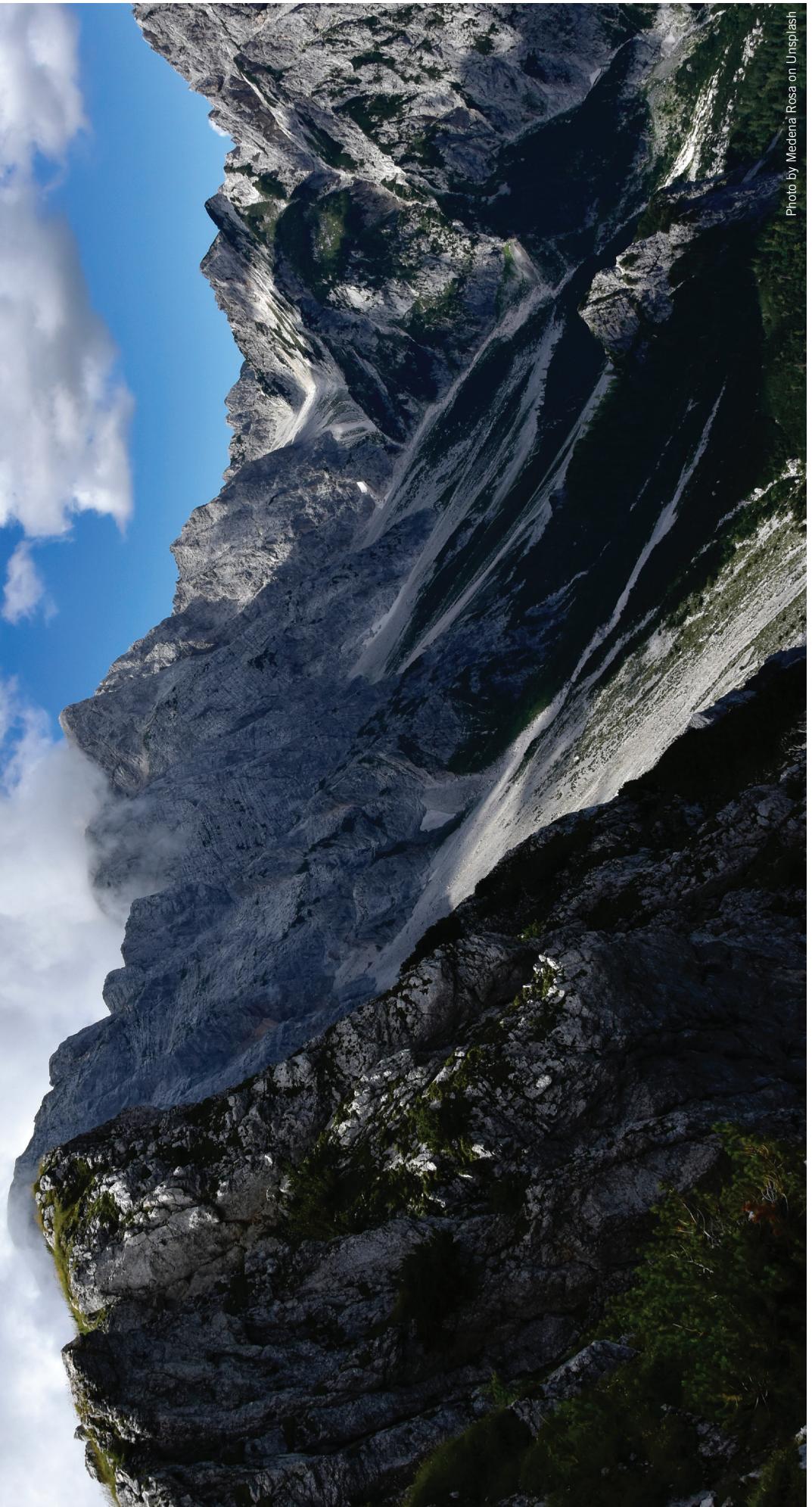
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who seek him, who seek the face of the God of  
Jacob.

# Pour Out Your Heart



# Lift Up Your Eyes



# PSALM 121:3-8

He will not let your foot be moved; he who keeps you will not slumber.<sup>4</sup> Behold, he who keeps Israel will neither slumber nor sleep.<sup>5</sup> The LORD is your keeper; the LORD is your shade on your right hand.<sup>6</sup> The sun shall not strike you by day, nor the moon by night.<sup>7</sup> The LORD will keep you from all evil; he will keep your life.<sup>8</sup> The LORD will keep your going out and your coming in from this time forth and forevermore.



# PSALM 61:1-5

Hear my cry, O God, listen to my prayer;  
from the end of the earth I call to you  
when my heart is faint. Lead me to the  
rock that is higher than I,<sup>3</sup> for you have  
been my refuge, a strong tower against the  
enemy.<sup>4</sup> Let me dwell in your tent forever!  
Let me take refuge under the shelter of  
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# PSALM 40:1-3

I waited patiently for the LORD; he inclined to me and heard my cry.

2 He drew me up from the pit of destruction, out of the miry bog, and set my feet upon a rock, making my steps secure. 3 He put a new song in my mouth, a song of praise to our God. Many will see and fear, and put their trust in the LORD.

# PSALM 40:11-17

As for you, O LORD, you will not restrain your mercy from me; your steadfast love and your faithfulness will ever preserve me!<sup>12</sup>For evils have encompassed me beyond number; my iniquities have overtaken me, and I cannot see; they are more than the hairs of my head; my heart fails me.<sup>13</sup>Be pleased, O LORD, to deliver me! O LORD, make haste to help me!<sup>14</sup>Let those be put to shame and disappointed altogether who seek to snatch away my life; let those be turned back and brought to dishonor who delight in my hurt!<sup>15</sup>Let those be appalled because of their shame who say to me, “Aha, Aha!”<sup>16</sup>But may all who seek you rejoice and be glad in you; may those who love your salvation say continually, “Great is the LORD!”<sup>17</sup>As for me, I am poor and needy, but the Lord takes thought for me. You are my help and my deliverer; do not delay, O my God!

# Open Your Mouth



## Psalm 42:1-2a

As a deer pants for flowing  
streams, so pants my soul for  
you, O God. <sup>2</sup>My soul thirsts for  
God, for the living God.

# **Psalm 63:1 a**

O God, you are my God;

## Psalm 63:1a

earnestly I seek you; my soul  
thirsts for you; my flesh faints  
for you, as in a dry and weary  
land where there is no water.

# Psalm 91:2

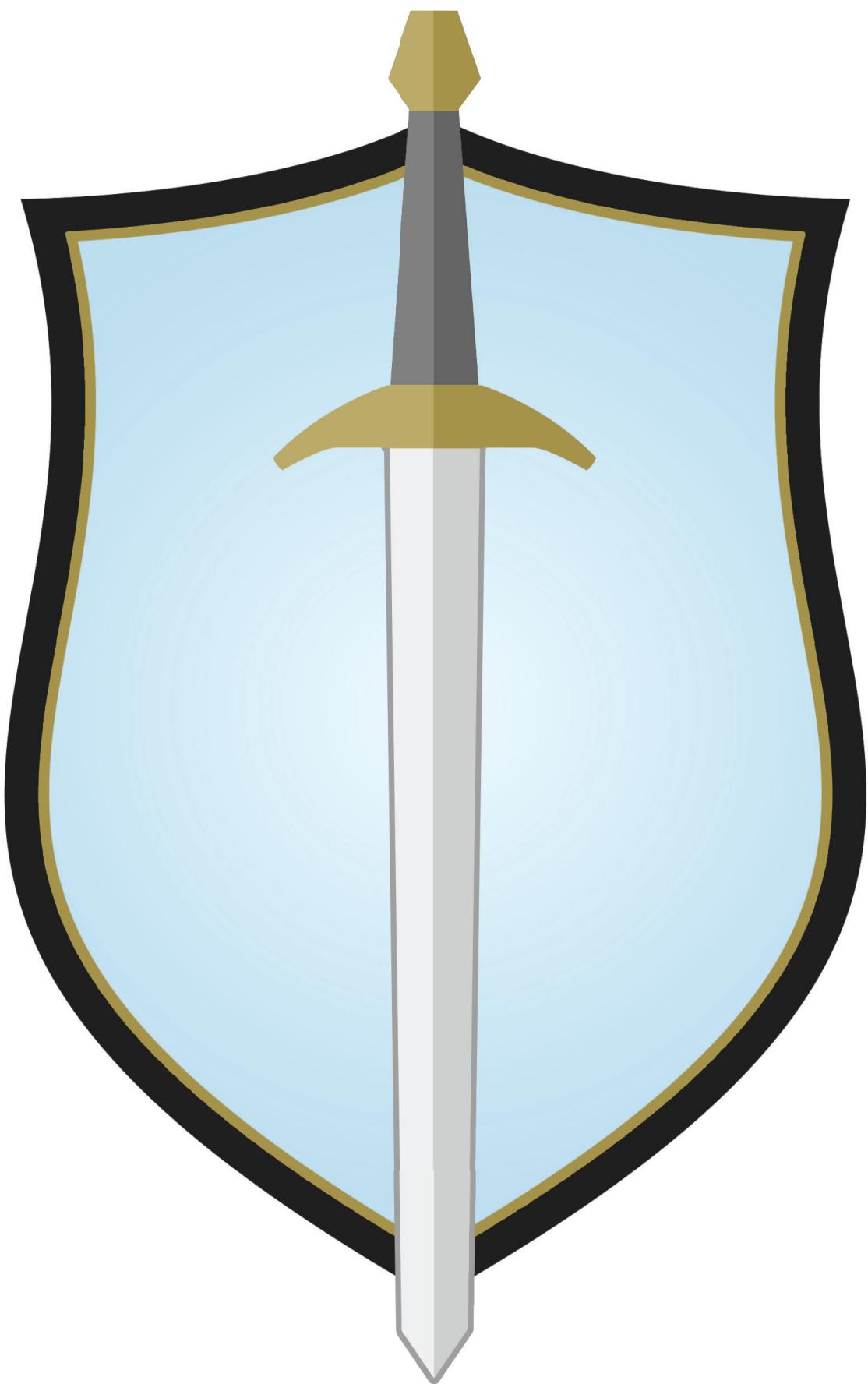
I will say to the LORD, “My  
refuge and my fortress,  
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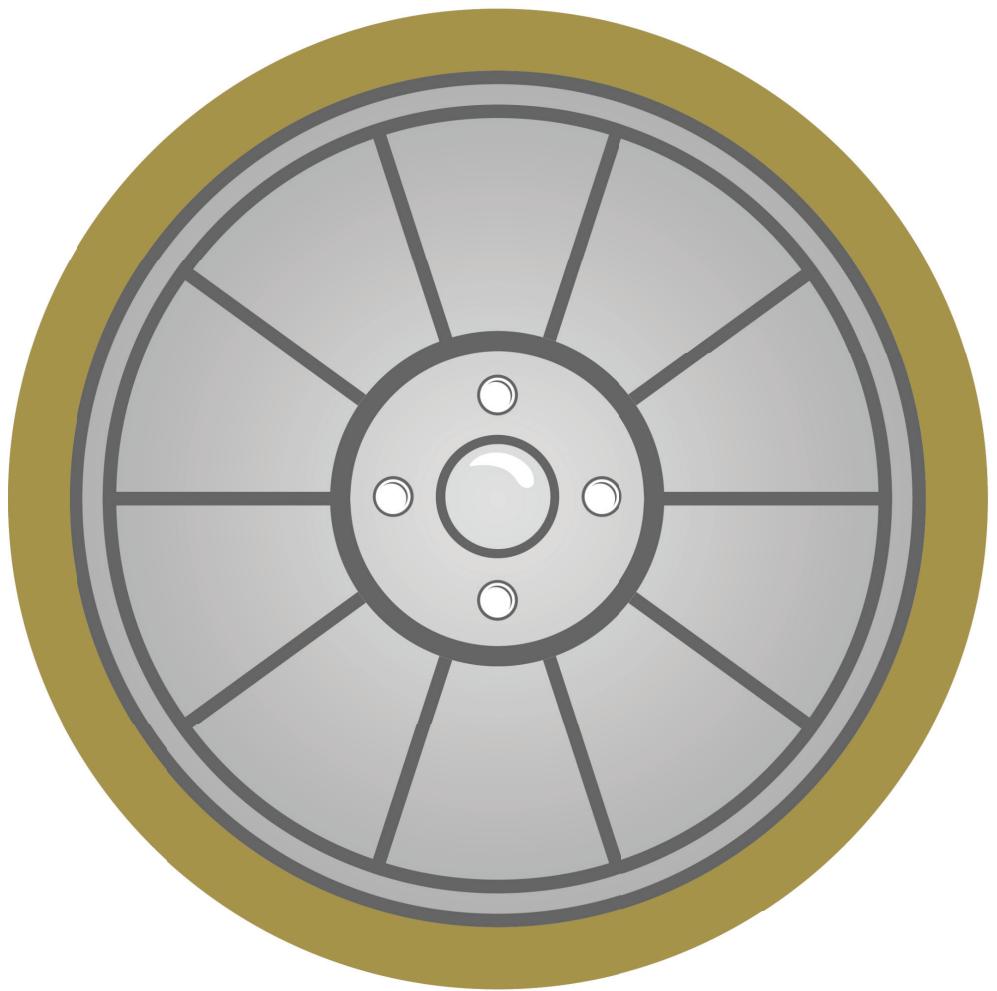
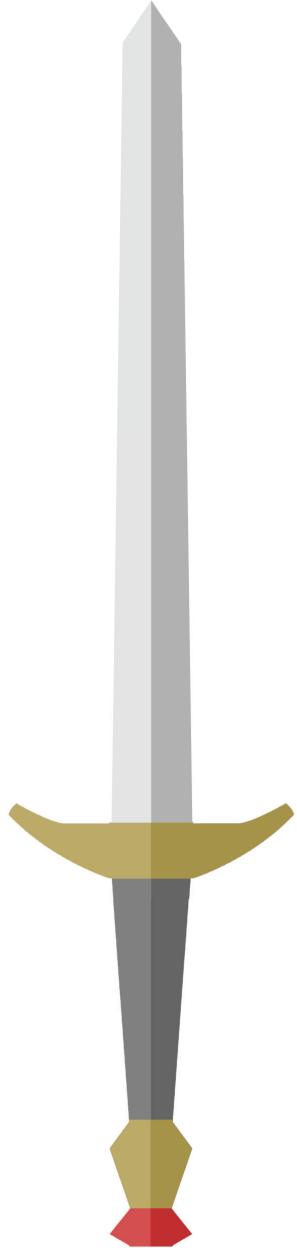
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Photo courtesy of the NOAA NMFS SWFSC Antarctic Marine Living Resources Program. Photographer: Scott Manley





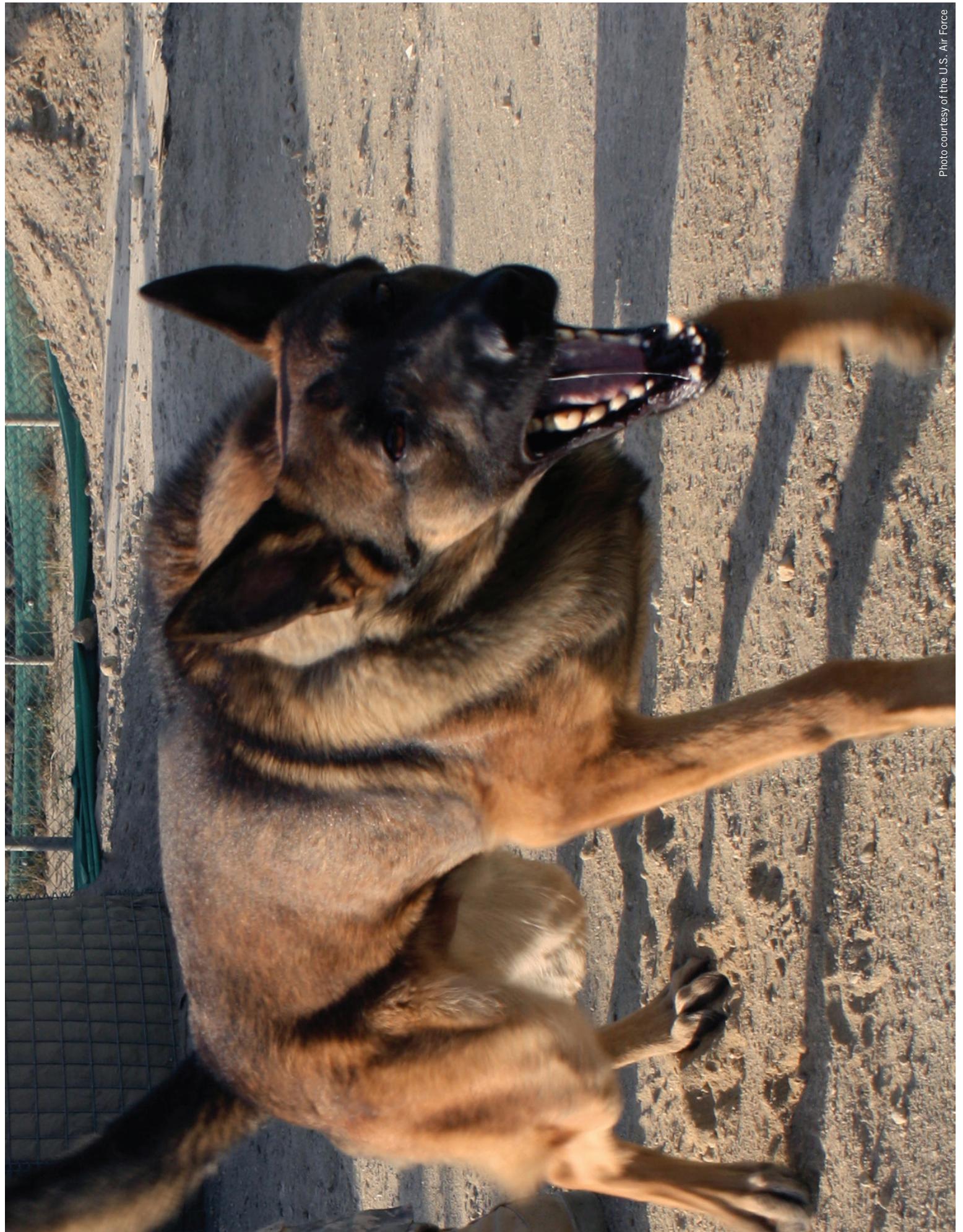
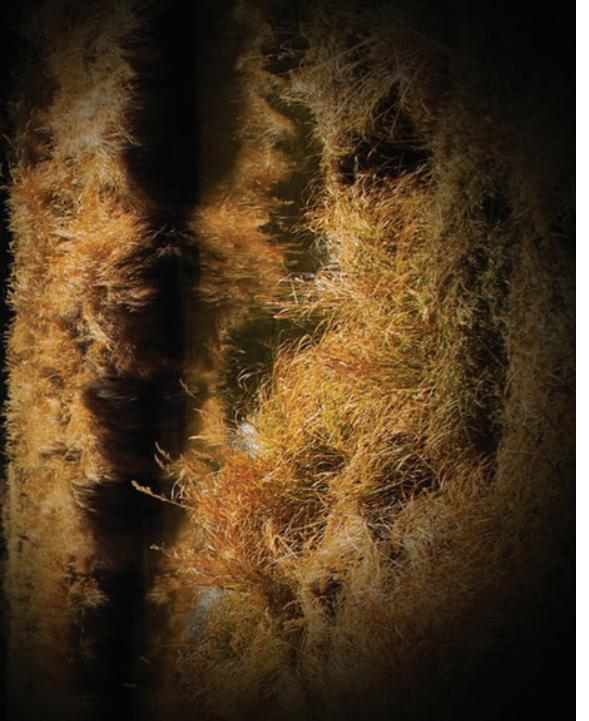




Photo courtesy of the U.S. Air Force





# PSALM 77:1-6

I cry aloud to God, aloud to God, and he will hear me. <sup>2</sup>In the day of my trouble I seek the Lord;  
in the night my hand is stretched out without  
wearying; my soul refuses to be comforted. <sup>3</sup>When  
I remember God, I moan; when I meditate, my  
spirit faints. Selah <sup>4</sup>You hold my eyelids open; I  
am so troubled that I cannot speak. <sup>5</sup>I consider  
the days of old, the years long ago. <sup>6</sup>I said, “Let me remember my song in the night; let me meditate in my heart.” Then my spirit made a diligent search:

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## PSALM 77:7-9

[“Will the Lord spurn forever,  
and never again be favorable?]  
[<sup>8</sup>Has his steadfast love forever  
ceased?] [Are his promises  
at an end for all time?] [<sup>9</sup>Has  
God forgotten to be gracious?  
[Has he in anger shut up his  
compassion?”] Selah

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[<sup>8</sup>Has his steadfast love forever  
ceased?] [Are his promises  
at an end for all time?] [<sup>9</sup>Has  
God forgotten to be gracious?  
[Has he in anger shut up his  
compassion?]" Selah



Photographer: Tim Hipp, Army IMCOM Public Affairs

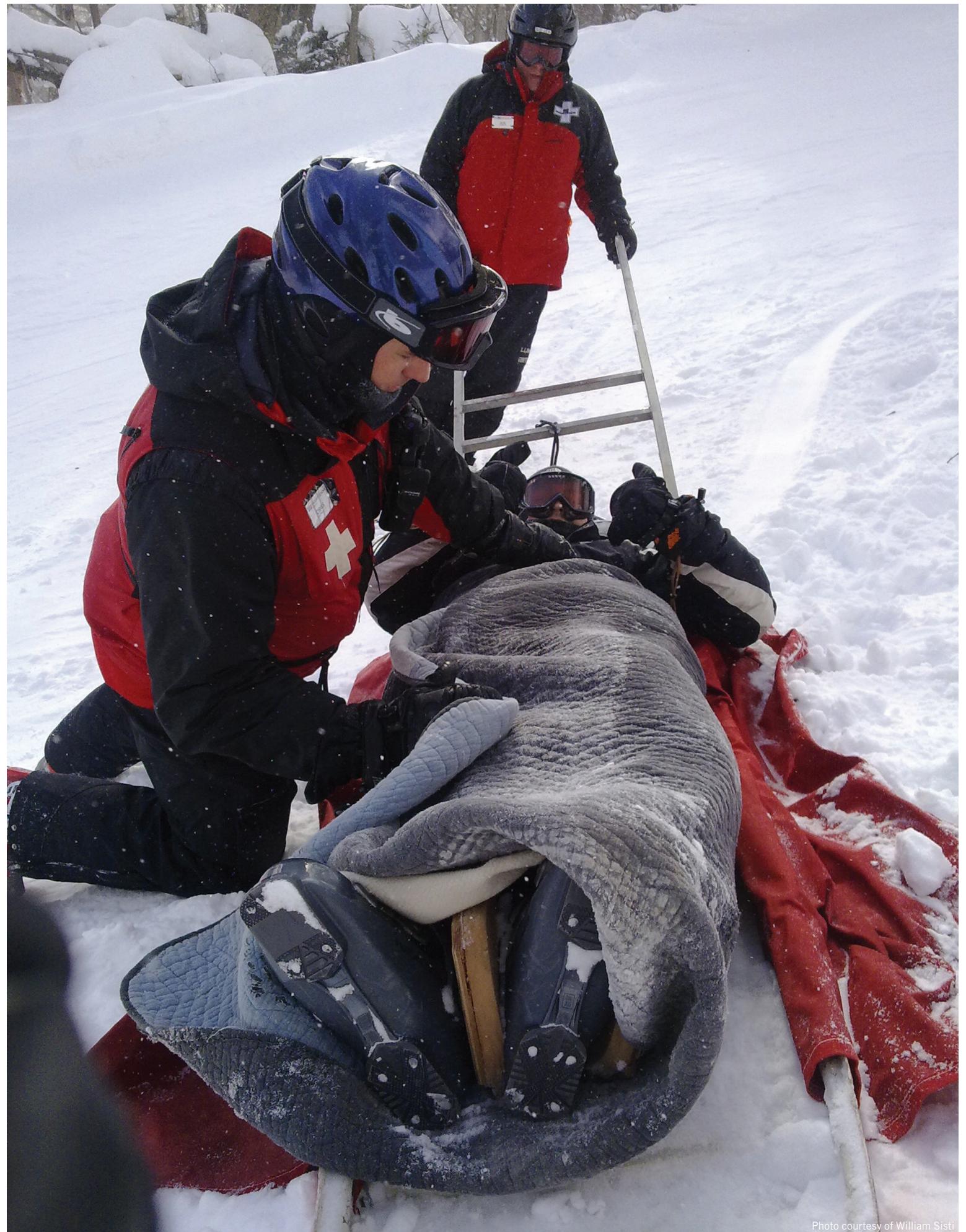


Photo courtesy of William Sisti

# PSALM 130:5-6

I wait for the LORD, my soul  
waits, and in his word I hope;  
my soul waits for the Lord more  
than watchmen for the morning,  
more than watchmen for the  
morning.

# PSALM 18:1-5

To the choirmaster. A Psalm of David, the servant of the LORD, who addressed the words of this song to the LORD on the day when the LORD rescued him from the hand of all his enemies, and from the hand of Saul. He said: I love you, O LORD, my strength.<sup>2</sup> The LORD is my rock and my fortress and my deliverer, my God, my rock in whom I take refuge, my shield, and the (horn of my salvation), my stronghold.<sup>3</sup> I will call upon the LORD, who is worthy to be praised, and I am saved from my enemies.<sup>4</sup> The cords of death encompassed me; the torrents of destruction assailed me;<sup>5</sup> the cords of Sheol entangled me; the snares of death confronted me.

# PSALM 18:16-19

He sent from on high, he took me;  
he drew me out of many waters.

17 He rescued me from my strong  
enemy and from those who hated

me, for they were too mighty for me.

18 They confronted me in the day of  
my calamity, but the LORD was my  
support.

19 He brought me out into a  
broad place; he rescued me, because  
he delighted in me.

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broad place; he rescued me, because  
he delighted in me.

# PSALM 71:18-21

So even to old age and gray hairs, O God,  
do not forsake me, until I proclaim your  
might to another generation, your power to  
all those to come.<sup>19</sup> Your righteousness, O  
God, reaches the high heavens. You who have  
done great things, O God, who is like you?  
You who have made me see many troubles  
and calamities will revive me again; from  
the depths of the earth you will bring me up  
again.<sup>21</sup> You will increase my greatness and  
comfort me again.

# PSALM 71:22-24

I will also praise you with the harp for your faithfulness, O my God; I will sing praises to you with the lyre, O Holy One of Israel. 23 My lips will shout for joy, when I sing praises to you; my soul also, which you have redeemed. 24 And my tongue will talk of your righteous help all the day long, for they have been put to shame and disappointed who sought to do me hurt.

## PSALM 32:1-2

Blessed is the one whose transgression is forgiven, whose sin is covered.<sup>2</sup> Blessed is the man against whom the LORD counts no iniquity, and in whose spirit there is no deceit.

# PSALM 32:5

I acknowledged my sin to you,  
and I did not cover my iniquity;  
I said, “I will confess my transgressions to the LORD,”  
and you forgave the iniquity of my sin.

# **Transgressions: Rebellion Against God's Authority**

# **Sin: Missing the Mark**

**Law**

**Iniquity:  
Breaking God's  
Law**

## **Crime 1**

The Watergate Scandal involved many illegal activities against the Democratic National Committee, such as breaking and entering and wire-tapping by members of President Richard Nixon's staff with the knowledge and consent of the president. To avoid impeachment, President Nixon resigned the presidency.

## **Crime 2**

Caspar Weinberger was the Secretary of Defense who illegally sold military equipment to Iran and used the money to fund a rebel guerilla army in Nicaragua.

## **Crime 3**

Marc Rich was a wealthy business man who failed to report almost \$50 million on his income tax form. While being prosecuted in 1983, he fled to Switzerland. He had also made illegal oil deals with Iran during the Iranian hostage crisis.

**FORGIVEN**

18I

**COVERED**

18J

**NOT COUNTED**

18K



# PSALM 73:1-3

**Truly** God is good to Israel, to those who are pure in heart.

**2But** as for me, my feet had almost stumbled, my steps had nearly slipped. **3For** I was envious of the arrogant when I saw the prosperity of the wicked.

# TRUTH

shows emphasis  
on the word **truth**.

**BUT**  
shows  
a contrast.

the reason.  
shows  
FOR

shows  
the reason.  
FOR

# PSALM 73:4-12

For they have no pangs until death; their bodies are fat and sleek. <sup>5</sup>They are not in trouble as others are; they are not stricken like the rest of mankind. <sup>6</sup>Therefore pride is their necklace; violence covers them as a garment. <sup>7</sup>Their eyes swell out through fatness; their hearts overflow with follies. <sup>8</sup>They scoff and speak with malice; loftily they threaten oppression. <sup>9</sup>They set their mouths against the heavens, and their tongue struts through the earth. <sup>10</sup>Therefore his people turn back to them, and find no fault in them. <sup>11</sup>And they say, “How can God know? Is there knowledge in the Most High.” <sup>12</sup>Behold, these are the wicked; always at ease, they increase in riches.

# PSALM 73:16-20

But when I thought how to understand this, it seemed to me a wearisome task,  
17 until I went into the sanctuary of God; then I discerned their end.<sup>18 Truly</sup>  
you set them in slippery places; you make them fall to ruin. 19 How they are destroyed in a moment, swept away utterly by terrors! 20 Like a dream when one awakes, O Lord, when you rouse yourself, you despise them as phantoms.

# PSALM 73:25-28

Whom have I in heaven but you? And there  
is nothing on earth that I desire besides  
you. 26 My flesh and my heart may fail, but  
God is the strength of my heart and my  
portion forever. 27 For behold, those who are  
far from you shall perish; you put an end to  
everyone who is unfaithful to you. 28 But for  
me it is good to be near God; I have made  
the Lord GOD my refuge, that I may tell of  
all your works.

# PSALM 9:3, 5, 7-8

When my enemies turn back, they stumble  
and perish before your presence...<sup>5</sup>You  
have rebuked the nations; you have made  
the wicked perish; you have blotted out  
their name forever and ever...<sup>7</sup>But the  
LORD sits enthroned forever; he has  
established his throne for justice,<sup>8</sup>and he  
judges the world with righteousness; he  
judges the peoples with uprightness.

# PSALM 9:15-17, 19-20

The nations have sunk in the pit that they made; in the net that they hid their own foot has been caught.<sup>16</sup> The LORD has made himself known; he has executed judgment; the wicked are snared in the work of their own hands...<sup>17</sup> The wicked shall return to Sheol, all the nations that forget God...<sup>19</sup> Arise, O LORD! Let not man prevail; let the nations be judged before you!<sup>20</sup> Put them in fear, O LORD! Let the nations know that they are but men!

# PSALM 50:7-15

“Hear, O my people, and I will speak; O Israel, I will testify against you. I am God, your God. <sup>8</sup>Not for your sacrifices do I rebuke you; your burnt offerings are continually before me. <sup>9</sup>I will not accept a bull from your house or goats from your folds. <sup>10</sup>For every beast of the forest is mine, the cattle on a thousand hills. <sup>11</sup>I know all the birds of the hills, and all that moves in the field is mine. <sup>12</sup>If I were hungry, I would not tell you, for the world and its fullness are mine. <sup>13</sup>Do I eat the flesh of bulls or drink the blood of goats? <sup>14</sup>Offer to God a sacrifice of thanksgiving, and perform your vows to the Most High, <sup>15</sup>and call upon me in the day of trouble; I will deliver you, and you shall glorify me.”

# PSALM 50:16-21

But to the wicked God says: “What right have you to recite my statutes or take my covenant on your lips? <sup>17</sup>For you hate discipline, and you cast my words behind you. <sup>18</sup>If you see a thief, you are pleased with him, and you keep company with adulterers. <sup>19</sup>“You give your mouth free rein for evil, and your tongue frames deceit. <sup>20</sup>You sit and speak against your brother; you slander your own mother’s son. <sup>21</sup>These things you have done, and I have been silent; you thought that I was one like yourself. But now I rebuke you and lay the charge before you.”

# PSALM 95:1-7a

Oh come, let us sing to the LORD; let us make a joyful noise to the rock of our salvation! <sup>2</sup>Let us come into his presence with thanksgiving; let us make a joyful noise to him with songs of praise!

<sup>3</sup>For the LORD is a great God, and a great King above all gods. <sup>4</sup>In his hand are the depths of the earth; the heights of the mountains are his also.

<sup>5</sup>The sea is his, for he made it, and his hands formed the dry land. <sup>6</sup>Oh come, let us worship and bow down; let us kneel before the LORD, our Maker! <sup>7</sup>For he is our God, and we are the people of his pasture, and the sheep of his hand.

# PSALM 25:4-5

Make me to know your ways,  
O LORD; teach me your paths.  
5 Lead me in your truth and teach  
me, for you are the God of my  
salvation; for you I wait all the day  
long.



Photo courtesy of the National Park Service  
Photographer: Gordon Dietzman

# PSALM 78:4-6

We will not hide them from their children,  
but tell to the coming generation the  
glorious deeds of the LORD, and his  
might, and the wonders that he has done.

5He established a testimony in Jacob  
and appointed a law in Israel, which he  
commanded our fathers to teach to their  
children,<sup>6</sup>that the next generation might  
know them, the children yet unborn, and  
arise and tell them to their children,

# PSALM 78:7-8

so that

1. they should set their hope in God
2. and not forget the works of God,
3. but keep his commandments;
4. <sup>8</sup>and that they should not be like their fathers, a stubborn and rebellious generation, a generation whose heart was not steadfast, whose spirit was not faithful to God.

# PSALM 78:7-8

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1. they should set their hope in God
2. and not forget the works of God,
3. but keep his commandments;
4. <sup>8</sup>and that they should not be like  
their fathers, a stubborn and rebellious  
generation, a generation whose heart  
was not steadfast, whose spirit was not  
faithful to God.

# Abraham and Sarah

Isaac

Jacob

Esau

Benjamin

Issachar

Simeon

Gad

Asher

Reuben

Dan

Zebulon

Levi

Joseph

Naphtali

Ephraim

Judah

Manassseh

EPHRAIMITES

# PSALM 103:10-12

He does not deal with us according to our sins, nor repay us according to our iniquities.<sup>11</sup> For [as high as the heavens are above the earth], so great is his steadfast love toward those who fear him;<sup>12</sup> [as far as the east is from the west], so far does he remove our transgressions from us.

# PSALM 103:13-14

AS a father shows compassion to his children, so the LORD shows compassion to those who fear him. <sup>14</sup>For he knows our frame; he remembers that we are dust.

# PSALM 103:15-18

As for man, [his days are like grass];  
he [flourishes like a flower of the field];  
16for the wind passes over it, and it is  
gone, and its place knows it no more.  
17But the steadfast love of the LORD is  
from everlasting to everlasting on those  
who fear him, and his righteousness to  
children's children, 18to those who keep  
his covenant and remember to do his  
commandments.

# PSALM 103:15-18

As for man, [his days are like grass];  
he [flourishes like a flower of the field];  
16for [[the wind passes over it]], and  
[[it is gone]], and [[its place knows  
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18to those who keep his covenant and  
remember to do his commandments.



Photo courtesy of the Center for Disease Control  
Photographer: Jim Gathany

Your testimonies  
are my delight;  
they are my  
counselors.

—  
**Psalm 119:24**

