



Lynda, Josiah, Caleb & Shane
Freeman

Praying Deeper Through the Psalms for Children

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Author – Lynda Freeman
Collaborators & Illustrators –
Josiah, Caleb & Shane Freeman

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Scripture taken from the Holy Bible, NEW INTERNATIONAL
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Look What People are Saying . . .



I love this book. One of the best elements is how it is set up on different developmental levels. No matter the age of your child, they will find comfort in the Word of God, because they will be better able to understand the message. "Praying Deeper Through the Psalms for Children" is one of the best resources a grandparent, parent or Bible study teacher will give to a child.

Linda Ranson Jacobs

Mom, Grandma, Author, "The Single Parent Confident & Successful"

Founder/Creator of DC4K -Divorce Care for Kids, Church Initiative

Ministry Ambassador

"Praying Deeper Through the Psalms for Children" is a wonderful, insightful, and practical devotional book for loving adults to guide their children or grandchildren through. I love that the the author's grandchildren contributed to the art in the book, which will certainly engage young readers. I look forward to guiding my son through this helpful resource.

Pastor Karl Bastian - Dad, founder of Kidology.org

I love this joint project created by Lynda and her grandsons! "Praying Through the Psalms for Children" will help grandparents and parents be intentional in prayer and Bible reading with their grandchildren. It is easy to see how this book will enable grandparents and parents to pray more effectively for and with the children they love.

As a children's ministry professional, I'm happy to see resources created for grandparents/parents to help encourage a strong faith in the next generation. Grandparents are the second greatest influence in the lives of their grandchildren; what they do matters. This book is a helpful tool for special time together.

Jane Larson - Mom, Children's Ministry Speaker

Thank you for the opportunity to look at your book "Praying Deeper through the Psalms for Children". I think it's great how you kept the same weekly Psalms for this book AND "Praying Deeper Through the Psalms for Grandparents & Parents, Too!" This will make using the books together very easy.

I love how your grandsons were able to contribute in a way relevant to their peers and how there are three different age groups from which to choose. I appreciate the analogy of "hide and seek with God" by finding Him in the Bible in your intro. I also enjoyed how your grandsons made application in their own lives, ie: "everyone is mad at me or maybe it's just a few people in my class". I know this will be relatable to all the children who use this as a tool. Thanks for your diligence in passing on useful tools to share our faith with our grandkids!

Sheri Herbruck
Mom, Grandma

I finally got a chance to read the chapters you sent. Great work. I love the structure you used, and the choice of wording is great for the age range you targeted. Very well thought out and presented. Love it!

Elaine McAllister
Mom, Grandma & Author

Dedication -



I dedicate this book to my grandsons, Josiah, Caleb and Shane. It is my heart's desire for you to grow to be teens, then young men and one day old men who love, believe and follow God and His Word. ~ Lynda Freeman

I dedicate this book to my brothers Caleb and Shane. ~ Josiah Freeman

I dedicate this book to all the children who will use it and learn how to talk with God. ~ Caleb Freeman

I dedicate this book to my parents who love me, and to my grandparents and Miss Liz who taught me about Jesus. ~ Shane Freeman

When you think about praying, you probably think about thanking God at meals and saying your prayers before you go to bed. While saying “Thank You” to God before you eat and talking with Him before you go to sleep are wonderful times to pray, there is more to praying than just these times.

It may seem hard to pray to Someone Who you are not able to see, but prayer is simply talking with God the way you talk to people you do see; and the great news is God has promised to listen, hear and answer your prayers! Look at these verses in the Old Testament Book of Jeremiah, in chapter 29 verses 9 – 14a . .

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“I know the plans I have for you,” announces the LORD. “I want you to enjoy success. I do not plan to harm you. I will give you hope for the years to come. Then you will call out to me. You will come and pray to me. And I will listen to you. When you look for me with all your heart, you will find me. I will be found by you,” announces the LORD.

God promises in these verses to listen to you when you call out to Him; when you pray. He says when you look for Him with your all, you will find Him! What amazing promises; and God **always** keeps His promises!

The parts of the verses in Jeremiah 29 where they talk about God listening to you and answering your prayers are easy to

understand, but what does it mean when it tells you to look for God with your all? Where do you “look” for God?

Do you remember playing hide-and-seek? What were your favorite places to hide? Well, while you certainly will not find God hiding under the table, in a closet or behind your sofa, He does promise when you look for Him with your all, you **will** find Him! It is kind of like if you are playing hide-and-seek with God and it is your turn to count while He hides. After you finish counting, you say, “Ready or not, here I come! Oh where, oh where could You be?!” God does not stay quiet while He waits for you to find Him; oh not, not at all! He wants you to find Him, so He calls out and says; “Here I am! I’m in the Bible!” He gives you His very own words in the Bible. When you read His words, you are able to “find” God!

Yes, the Bible is one of the places where you go to “find” God and the Bible Book of Psalms is a great place to begin! David (the David who fought Goliath and was King of Israel) wrote most of the Book of Psalms. These words tell you how David found God when he went looking for Him . . . and show you how you are able to do the same!

Praying Deeper Through the Psalms for Children will help you look for God with your all. Each week you will find a few verses to read – or have read to you - from Psalms. You will also find key verse(s) along with a Key Word/Thought. Use these to help you think about the point of the passage/prayer all week long.

You might consider writing it on a sticky note and then put it where you will see it all week to remind you of what you are talking with God about and as a reminder to pray.

You will also find some information to help you understand what these verses are saying, help you think about what they mean to you, how you are able to live the verses and how they change your life. Then you will find three “nutshell” prayers.

“*What is a ‘nutshell’ prayer,*” you ask? Well, a “nutshell” prayer is a prayer which puts what the Bible verses for the week are talking about into just a few sentences; so you are able to understand and pray those verses back to God. A “nutshell” prayer will help you remember what the Bible verses are taking about and help you be able to pray those verses.

The collaborators/illustrators for this project are a pre-teen and children, just like you! Josiah Freeman is in the Sixth Grade and he helped with the first prayer you will find each week. If you read well and are upper-elementary/middle school age, you will probably find this is the prayer you will choose to use when you pray. Caleb Freeman is in Third Grade and he helped with the second prayer. If you enjoy reading or even are new at reading on your own, you will appreciate the shorter prayer as you pray the Bible verses. Shane Freeman is in Kindergarten and he helped his grandma, Lynda Freeman, and his brothers, Josiah and Caleb, think about how to write/draw this prayer each week in a “nutshell,” so a non-reader, or brand-new reader, is able to

understand and remember the prayer. If you are a non-reader, you will be able to “read” your prayer as it is “written” with simple drawings – and words for your grandparents and/or parents to use to help you. Josiah, Caleb and Shane drew most of these drawings.

Choose whichever prayer “fits” you the best or use a combination of the prayers to make your own “nutshell” prayer. Feel free to use part of the other prayers and add your own words and/or drawings to make your own prayer.

You will also find space to write your own special requests each week. Do you have a test at school? Are you praying for a friend who is experiencing difficult times? Do you know and love someone who is ill? Do you feel lonely and in need of a good friend? Are you sad about something? Is there something for which you especially want to thank God? Whatever your own prayer requests are, write or draw them in the space provided each week to remind you to talk with God about the things which matter to you. You may be certain, if you care about these things, they are absolutely important to God! Be sure to write or draw when and how God answers your prayers as well!

You might find keeping *Praying Deeper Through the Psalms for Children* near your bed will help you remember to pray each morning when you wake up and each night before you go to sleep. And, of course, as you pray your “nutshell” prayer each day, you may find yourself thinking about and praying your

verses throughout your day, too! This is wonderful! Look what the Bible, in the New Testament Book of Ephesians, chapter 6, verse 18 has to say about this . . .

At all times, pray by the power of the Spirit. Pray all kinds of prayers. Be watchful, so you can pray. Always keep on praying for all the Lord's people.

God wants you to keep on praying throughout your day! When your “nutshell” prayers from the Book of Psalms come to your mind throughout your day, you will be able to pray them again!

These prayers will help you learn to pray the Scriptures back to God, which will help you learn to find and know God for yourself! Get ready for some exciting times talking to and with God!

And, by the way, if your grandparents and/or parents are using the *Praying Deeper Through the Psalms for Grandparents & Parents, Too!*, you will all be able to pray through Psalms together as the prayers each week in your book, *Praying Deeper Through the Psalms for Children* match what they will be praying in their book!

Information for Grandparents and/or Parents

Praying Deeper Through the Psalms for Children is a tool to help the children you love learn to talk with God. Plan to sit down with your grandchild/child each week to go over the Bible verses for the new week and talk about what they mean. If you are doing this with your grandchild and they live a distance from you, try to connect on-line, over the phone or through email to discover together what they will be praying in the coming week.

If you are using *Praying Deeper Through the Psalms for Grandparents & Parents, Too!* be sure to remind your grandchildren/children you will be praying with and for them in the coming week as well. Give the ones you love a “hug” each day by praying for them!

Start the week praying together, in person or through tech, and if your grandchild/child is not a reader yet, do the reading for them. Make this a project you do together – just imagine how your and their lives will be blessed by praying through the Psalms together in the coming year! How exciting! Make this a special and fun time – it is a unique opportunity to grow truly close to the children you love, as you help them grow closer to the God Who loves them so much!

Week 1 – Read Psalms 1

Key Verses/Thoughts – Psalm 1:1,2 – Follow God



So, what is it all about? –

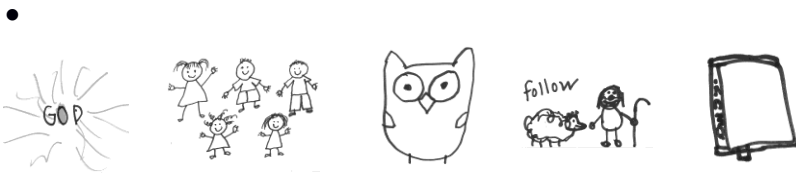
These verses talk about what it looks like to be wise. They describe what a wise person looks like, does and what the things look like in which they, “take delight.” Psalms 1 shows how you are able to make the choice to obey God, love His Word and follow Him.

Pay attention to –

- What does God want me to do according to these verses?
- What happens when I choose to obey God?
- What do I really like about these verses?
- What do I not like or not understand in these verses?
- How do these verses help me know and find God?
- What will I do today to think about God and His Word?

Pray it in a “nutshell” –

- Dear God, please help me be wise and choose to follow and obey You; not those who make fun of You or Your Word. Please help me find joy in Your Word and think about it all the time, so I live a fruitful life. Thank You for watching over me! Amen.
- Dear God, please help me be wise and want to follow You; not any others. Please help me think about Your words and have joy. Thank You for watching over me! Amen.



Dear **God**, please help **me** to be **wise** and to **follow Your words**.



Please give me Your **joy**; **thank You** for **watching over me**! Amen.

My prayer from Psalms 1 this week –

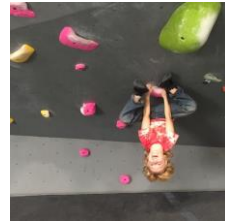
My prayer list – (Date) - and how God answers –

About the Creative Team behind this book



Josiah Freeman enjoys playing his saxophone, creating music, riding mountain bikes with his family, participating in the annual Mud Run and anything tech.

Caleb Freeman loves dogs, climbing, riding mountain bikes with his family, rocks, participating in the annual Mud Run and using the computer.



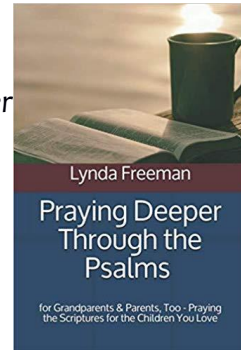
Shane Freeman loves dogs, rocks, learning about space, being able to get very muddy in the annual Mud Run, good jokes and most anything tech.

Lynda Freeman is the very happy grandma to Josiah, Caleb and Shane. She loves spending time with her family and writing. Since she is not very tech minded, she is very thankful her grandsons (and the rest of her family) are! The thing she likes the most about praying the Psalms, is it is something anyone of any age is able to do.

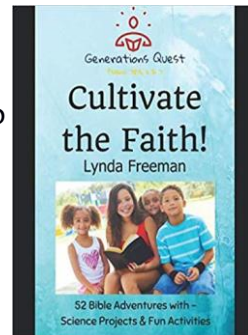


Additional Resources to Hand Down the Faith

Praying Deeper Through the Psalms for Grandparents & Parents, Too! follows the same reading schedule as does *Praying Deeper Through the Psalms for Children*. When parents and/or grandparents use this resource along with the children they love, they are able to pray and learn together. It is available on Amazon.



Generations Quest – Cultivate the Faith has 52 complete lessons designed to help grandparents/parents hand down the faith to the children they love. You will find science projects, activities, Bible lessons and information on why we are able to believe God is real and the Bible is true. A must-have tool for your intentional grandparenting/parenting “tool kit”. Also available on Amazon.



Generations Quest provides you with one year of activities and short daily Bible passages for you, and everyone in your family to read together. As you all discover what the Bible has to say about knowing and walking with God, you will have conversations which matter. Available at <https://generationsq.blogspot.com/>

