



BEING FILLED SPEAKING FOR KIDS EPISODE 5 - 8



Hi Heritage Kids,



We continue with the **“Being Filled Speaking for kids”** which is based on the online series Ps Sharon did. This is going to show you **how** you can **plough** up your heart.

NEEDED: You need your **NKJV Bible** and a **highlighter**...

I’m going to include the scriptures in this document and change them so you can see how to personalise them and **say, shout, or sing** them to God. You can say, shout or sing any of them as the Holy Spirit leads you... If you are younger than the reading age, then you can do this together with an adult - your dad or mom, sister or brother, family member or friend. They start to say, sing or shout and you repeat it after them. This can be done for ALL ages who are able to speak sentences. Start with 2 minutes a day and increase it from there...

2 KEY SCRIPTURES: **READ: Eph 5:17-20 (KJV).** This is a **KEY** scripture – that means it’s an important, crucial, necessary scripture to **meditate** on. How do you meditate on scripture? Meditate means to ponder and think deeply about... Take the time to think about the scripture, what it means and how you can apply it in your own life, allow the Holy Spirit to speak to you about it. **READ: Col 3:16 (KJV).**

Episode 5:

Maybe some of you have already been looking for some things in the Psalms that you can underline and say to the Lord.

14. **HIGHLIGHT: Psalm 28:7 (NKJV).** I sing – **The Lord is my strength and my shield; my heart trusts in Him, and I am helped; therefore, my heart greatly rejoices; and with my song I will praise Him.** Lord You are my strength and my shield, my heart trusts in You and I am helped. Help me Lord because I trust in You. I want You to know this morning that my heart is greatly rejoicing in You. (When you are speaking like this to the Lord, you are being filled). I’m speaking to myself in Psalms but I’m also speaking to You Lord. While I’m speaking to You Lord. I’m hearing it and it’s activating the joy of the Lord that is already in me (Gal 5), it’s a fruit of my spirit. Jesus left His joy with me so I can be full of joy, I have joy and so I activate my joy today. (This is a way you can activate my joy every morning).

15. **HIGHLIGHT: Psalm 30:11-12 (NKJV).** I sing – **You have turned my mourning into dancing; You have put off my sackcloth and clothed me with gladness, to the end that my glory may sing praise to you and not be silent. Oh Lord My God, I will give thanks to You forever. Thank You Father that I am clothed with gladness today.** (“My glory” means – that which is born again within you, that which is your spirit and is alive to God, that is your glory in you that comes out of your mouth. The Bible says, He has crowned you with glory and honour. His glory is within you). **My glory will sing praise to you God and not be silent.** (Take some time to give thanks to the Lord for all the good things in Your life – the Bible says, EVERY good gift comes from Him).





Episode 6:

READ: Eph 5:18 (KJV). This scripture is likening the effect that wine could have on you (being drunk) and saying, don't desire that effect on you, you can actually be filled with the spirit speaking, in psalms, in hymns and in spiritual songs. That is God's will for every believer to be filled with His Spirit. This is for ALL believers, singing and making melody in our hearts to the Lord.

16. **HIGHLIGHT: Psalm 34:1 (NKJV).** I say – **I will bless the Lord at all times; His praise shall continually be in my mouth.** Lord, I will bless You at ALL times, your praise is continually in my mouth.



17. **HIGHLIGHT: Psalm 35:9-10 (NKJV).** I say – **My soul shall be joyful in You Lord; it shall rejoice in Your salvation. All my bones say, Lord who is like You.** This morning, my soul – my mind, my will and my emotions are joyful in You Lord. I am joyful because You have saved me and this morning, all my bones say – Lord who is like You!



18. **HIGHLIGHT: Psalm 54:6 (NKJV).** I say – **I will freely sacrifice to You; I will praise Your Name, O Lord, for it is good.** This morning I freely sacrifice to You Lord – that's the sacrifice of praise, I continually offer up to You a sacrifice of praise which is the fruit of my lips which thankfully acknowledge, confess and glorify Your Name. I freely sacrifice to You today Lord, I praise Your Name, O Lord for it is good.

19. **HIGHLIGHT: Psalm 57:7-8 (NKJV).** I sing – **My heart is steadfast, O God. My heart is fixed on You. I will sing and give praise. Awake my glory. Wake up my glory.** (Remember we read in an earlier Psalm that your glory will praise Him, your born-again creature-ness will praise Him).

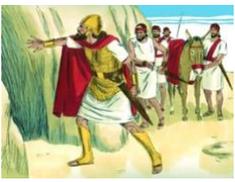


Episode 7:

Today you are speaking to the Lord and the most obvious place to start is in the Book of Psalms because all scripture is God-breathed. You being filled with the Holy Spirit speaking because the Psalms is the Word, and the Word and the Holy Spirit agree. This is one of the ways you get filled with the Spirit.

20. **HIGHLIGHT: Psalm 57:7-11 (NKJV).** I sing – **My heart is steadfast, O God. My heart is fixed on You. I will sing and give praise. Awake my glory. Awake, lute and harp! (You might even want to use some musical instruments sometimes** – let those strings and sounds of the musical instrument make melody. If you don't have musical instrument then making melody in your heart to the Lord, by yourself, is perfect. If you want to, you can make your own instruments or use things in your home to make music. God is after your heart praising him, the instruments is just an extra). **I will awaken the dawn. I, myself will wake up early. I will praise You, O Lord, among the peoples; I will sing to You among the nations. For Your mercy reaches unto the heavens, and Your truth unto the clouds. Be exalted, O God, above the heavens; Let Your glory be above the earth.** (David wrote this Psalm

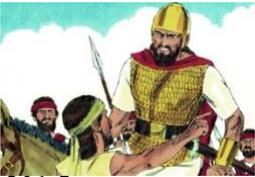




when he fled from Saul and hid in a cave. When David was saying “my heart is steadfast or fixed”, he was on the run for his life from Saul. He was saying “wake up my glory, I myself will be awake early” and he was in difficult troubled times. He is saying these things from His heart to the Lord, inspired by the Holy Spirit. “I will praise You” as he is on the run from Saul).

This is how Pastor Sharon rolls with the Lord, she sometimes goes for 20 minutes, 5 minutes, or 10 minutes but you can start with 2 minutes. She just rolls from one verse to the next because they are all underlined - these are the things you want to say to the Lord.

21. **HIGHLIGHT: Psalm 59:16-17 (NKJV).** I sing – I will sing of Your power; Yes, I will sing aloud of Your mercy in the morning; For You are my Defense, And Refuge in the day of my trouble. To You, O my Strength, I will sing praises; For You, God are my Defense, my God of mercy. (This Psalm was written when Saul sent and watched the house to kill David but David finishes off this Psalm by saying, “I will sing of Your power, You are my Defense when people seek to kill me and You are my Refuge in this day that trouble is coming to me Lord. You are my Strength, Defense and my Mercy”).



Episode 8:

22. **HIGHLIGHT: Psalm 63:1a (NKJV).** I say – Oh God, you are My God; Early will I seek You; Like Pastor Sharon, I love to get up early in the morning, I love for You to be the first One that I meet, the first One that I greet, Your face to be the first One that I see and Your presence to be the first One that I’m in. My Soul thirsts for You; My flesh longs for You. (We don’t say the next part of verse 1: “In a dry and thirsty land where there is no water”. David was under the old covenant but the new covenant says “out of your innermost being and out of your belly shall flow rivers of living water”. So, we are not in a place where there is no water). I am in a place as a new creature where rivers of living water flow from me.



23. **HIGHLIGHT: Psalm 63:3-8 (NKJV).** I say – Because Your lovingkindness is better than life, my lips praise You. I will bless You while I live; I bless You because I am alive Lord, I will bless You while I live. I will lift up my hands in Your Name. (You can lift up your hands to the Lord). My soul will be satisfied as with marrow and fatness, and my mouth shall praise You with joyful lips. I remember You on my bed, I meditate on You in the night watches. At night I’m going to be thinking about You. You have been my help, therefore in the shadow of Your wings (Like in Psalm 91) will I rejoice. My soul (mind, will, emotions) follow close behind You; Your right hand upholds me.



24. **HIGHLIGHT: Psalm 68:3 (NKJV).** I say – I am righteous and I am glad; I rejoice in You God, Yes, I rejoice exceedingly. I rejoice in the Lord, because I am in You, I live and move and have my being in You.

You can underline some of your own things in the Psalms that you want to say to God and personalize it for yourself.

