

# Pselect Psalms 3 - Put Your Hope In God

## Checklist:

- If doing the game, have a way to play music as well as a potato (or other object) to pass around
- Index card and pencil for each person

## What causes sadness or pain?

Optional: Play hot potato and each time someone's stuck with the potato when the music stops, instead of being out, they have to say something that causes people sadness or pain. Play maybe 6-10 rounds in 2-3 minutes. **Or**, just ask for volunteers to share what causes people sadness or pain.

## Kids write down hard stuff they're dealing with

Give everyone an index card & pencil. Have them write things that are hard in their life right now, what they're sad about, or problems they're facing (at school, with family, personally). Give a minute or two.

## Psalm 42

**Say:** Let's read a Psalm that may have been written when Israelites were taken from Judah and the temple.

**Have volunteer(s) read Psalm 42 (while everyone follows along in Bibles)**

### Ask:

- Anything stand out in this passage?
- What does the writer long for?
- What does he remember?
- How does he feel and why?
- Can you relate to feelings in the Psalm with hard things in your life now or the past? (Which feelings?)

**Say:** Like the writer, we can call out to God with the hard things going on in our lives as well.

### Ask:

- What attributes about God does the writer mention in this Psalm?
- How does the writer find hope or confidence?
- How can the things the writer says relate to our lives, if we're Christians, with hard things we face?

## Kids write about hope in God with what they're dealing with

Have teens look at the things they wrote down on their index cards. Have them write prayers to God for help and reasons they can trust Him. Give them a couple minutes. Then see if anybody wants to share.

## Close in Prayer

Have teens share praises and prayer requests and spend time praying together as a group.

### References:

Lyman Coleman, Questions for Psalm 42-43, *Serendipity's Interactive Study Bible* (Littleton: Serendipity House, 2001).

Derek Kidner, Commentary on Psalm 42, *The Tyndale Old Testament Commentaries: Psalms 1-72*, Gen Ed DJ Wiseman (InterVarsity, July 1978 printing).

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