

PSALMS FOR HELP AND TRUST

Bible Text: Psalms 22, 23, 74

Lesson Focus: God listens when we're upset.

Big Question: Why doesn't God always help me out when I ask?

Key Words: PSALM, ANGUISH, LAMENT

BIBLE CONNECTION

-] The psalmists feel confident that God will hear and respond to their anguish.
-] Psalms for help offer us tools to help us express our deepest pain (Psalm 22:1).
-] The tone of these psalms gives us permission to tell God the truth (Psalm 77).
-] We can even express our sinful thoughts to God, like the psalmists did (Psalm 51:1-3).
-] Does life seem fast, complicated, and overwhelming? Tell it to God like the psalmists did.
-] God created us and can handle even our rawest emotions (Psalm 40:1-2, 17).
-] The Psalms express a universal cry for justice (Psalm 74:20-23).
-] Like the psalmists, we still wait for God's justice to reign over the earth.

CARTOON CONNECTION

-] How do you think reading lament psalms could help someone who is suffering?
-] Do you think people with great faith are always upbeat and positive? Why or why not?
-] When you are feeling bad or are having difficulties, what do you do?



STUDENT BOOK CONNECTION

Here We Stand Student Book page 223: How to Cope with Loss and Grief

-] What does grief feel like?
-] When do people experience grief?
-] Is someone you know experiencing grief now?
-] What are strategies from here that could help?

LIFE CONNECTION

Make a footprint this week. Use ink or paint and paper, trace and cut out your foot, make a print in play dough or clay, or do a crayon rubbing of the bottom of your shoe. Place it by your bed to remind you that God is walking with you in the good and bad times, and God is always listening to your prayers.

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True/False Quiz

Answer the following questions with “True” or “False.” In some cases, either answer may be correct.

1. Jesus spoke the words of Psalm 22 while he was on the cross. **T or F**
2. Those words were “Judas Iscariot, why have you forsaken me?” **T or F**
3. Like the writer of Psalm 22, we may feel, “I am a worm, and not human; scorned by others, and despised by the people.” **T or F**
4. Feeling like that is no big deal. **T or F**
5. Psalm 22:15 states, “For cats are all around me; a company of tap dancers encircles me.” **T or F**
6. Psalm 22 is a plea for deliverance from suffering and hostility. **T or F**
7. Thank God we are much more sophisticated than the psalm writers. **T or F**
8. The community represented in Psalm 74 wonders why “God’s anger smokes against the cows of your pasture.” **T or F**
9. It’s okay to remind God about what needs to be done to make this world better. **T or F**
10. The psalmists never wrote anything too outrageous; their words were usually bland. **T or F**

Answer s: 1. either; Matthew and Mark reference Psalm 22, but Luke and John have different last words 2. False 3. True 4. False 5. False 6. True 7. either 8. False 9. True 10. False