

# Life Connection!



## Psalms for Help and Trust

**For Night of:**  
January 12<sup>th</sup>

**Bible Text:**  
Psalm 22, 23, 74, 121

**Lesson Focus:**  
God listens when we're upset.

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

**Your Name:**

**Parent Signature:**

### Rituals and Traditions:

Begin your time sharing highs and lows and praying for each other and lifting other petitions that are on your hearts/minds.

#### End with a Blessing

*Give one another the blessing as you trace the cross on each other's foreheads:*

May you go forth boldly in the sure and certain hope that God holds you always in his loving hand. Amen.

### Devotion:

#### Read Psalm 22

Highlight verse 1. Where else in the bible do you hear these words? Have you ever felt this way? In difficult times, what can change pleas of help into words of praise?

#### Read Psalm 23

This is a very familiar Psalm. What part stands out to you? Why?

#### Read Psalm 74

What do you think was happening "behind the scenes" in this Psalm? Is there a place in the world today where someone could write the same kind of psalm? Where?

#### Read Psalm 121

How is this a Psalm of trust and comfort? When have you needed God's protection?

### Caring Conversation:

Why doesn't God always help when we ask? Do bad things happen to good people? Does God let us suffer? Parents, share a time when it was hard to trust God. Where do you see God's faithfulness?

### Service:

Make a footprint this week. Use ink or pain and paper, trace and cut out your foot, make a print in pay 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. Can you make a second foot to give to someone to remind them that God is walking with them?

... See you in  
worship!