

Lesson 3

## Psalms of Sadness or When We Are Afraid

**Theme:** Faith – Overcoming fear through faith in God



### Sunday Morning Lesson

#### Pre-Class Activity

**Bible Facts:** Shine a Light on the Bible Facts

**Memory Verse:** Reproduce a worksheet, such as the sample on page 77 of this Guide, providing one for each student. Have the students complete the worksheet, trying first without using a Bible. If necessary, allow students to use the Bible to finish or correct the worksheet. Remind students that next Sunday will be the day for each one to recite the Memory Verse in class.

#### Prayer

#### Teaching Today's Lesson

1. For non-reading students, read Psalm 42:5, 8. Have reading students find and mark Psalm 42:5 in the classroom Bibles.
2. Ask students to bring the Bibles and move to the Bible story area.
3. Introduce Lesson Graphics using "A Great Find" as described on page 9 in this Guide.
4. Tell the story using the *Lighting the Way Lesson Graphics* and other props.
5. Tell the story and teach the lesson emphasizing the following scenes and points, tailored to the students' ages:
  - David wrote Psalms when King Saul chased him and tried to kill him, when the Philistines took him, and even when his own son tried to kill him.
  - Praying, reading a psalm, and singing to God can help us when we are afraid, sad, or lonely.
  - We can trust in God to take care of us.
  - The most important way God has cared for us is in sending His Son Jesus to live, die, and be raised so that we have the perfect sacrifice for our sins.
6. Psalms of sorrow or sadness – Psalm 42

*Main Idea:* Life has problems and troubles; sometimes we think God is not around.

*Illustrations:* a deer pants for water; thirsty for God; troubles sometimes come like waves or a waterfall

*What we say to God:* I believe you are God; I know you will take care of me.

*Our song:* As the Deer

7. Help students understand the idea of wanting something or longing for it. Read Psalm 42:1-3. Think about a deer after running and then needing water; as a deer pants for water, so hurting and sad people long for God.
8. Briefly tell the story of Saul chasing David (1 Samuel 18:10-19, 1 Samuel 19) and how David escaped.
9. Read Psalm 13:1-2. David thought at one point that God had forgotten him.
10. Read Psalm 42:5-8. David talks to himself about God taking care of him.
11. Read Psalm 13:5-6. David trusts God and praises Him.

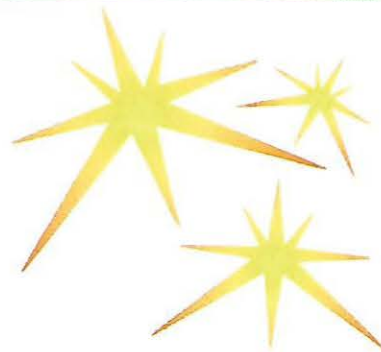
**Things to Get or Do  
for Sunday Morning**

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### Lesson 3

## Psalms of Sadness or When We Are Afraid

**Theme:** Faith – Overcoming fear through faith in God



### Wednesday Night Lesson

#### Pre-Class Activity

**Bible Facts:** Shine a Light on the Bible Facts

**Memory Verse:** Reproduce a worksheet, such as the sample on page 78 of this Guide, providing one for each student. Have the students complete the worksheet, trying first without using a Bible. If necessary, allow students to use the Bible to finish or correct the worksheet. Remind students that next Sunday will be the day for everyone to recite the Memory Verse in class. Work with struggling students as time allows.

#### Prayer

#### Starter

Maybe you have heard or read the story by Judith Viorst called *Alexander and the Terrible, Horrible, No Good, Very Bad Day*. Just to name a few of his troubles, Alexander got gum in his hair, tripped on his skateboard, and dropped his sweater in the sink while the water was running. His mother forgot to put dessert in his lunch, and the dentist found that Alexander had a cavity. His family had lima beans for dinner, he got soap in his eye, and his marble went down the drain. In this one day, life was hard for Alexander ... and some days are like that.

Most of us understand something about the troubles of life. We've "been there and done that." Many of the Old Testament psalms were written because of life's troubles. The psalmists felt pain, hurt, or loneliness. Their troubles were real and much worse than Alexander's. In several psalms, writers cry out to the Lord for comfort and help. These are called psalms of lament or sorrow because through the words the writers cry or complain. They bring their troubles to God.

#### Illustrations and Applications



1. **Objective:** Focus on the featured psalm – Psalm 42

Review the Psalm featured in the Sunday morning lesson. Lead students to help you remember the main idea, illustrations, and what we say to God. Sing with them the song related to the Psalm.

2. **Objective:** Illustrate thirst

Create thirst by having each student eat soda crackers. Have water to quench their thirst, but make sure the water is not visible. Have the students put the salt on their tongues,

and then go on teaching without offering any water. It likely won't take long for the students to start wanting and asking for water. Go on teaching and deprive them of water for a short time. Finally, bring out water and small cups to give them a drink and quench their thirst. Now read Psalm 42:1-2. Talk about thirsting for God – needing and wanting Him in our souls. Talk about a deer running, running, running in a forest, and then coming to some water. Have the students pretend to be the deer at this point – panting and needing water. Talk about longing for God. Sing “As the Deer Pants for Water.”

3. *Objective: Illustrate troubles coming as waves or waterfalls*

Have pictures of waves and waterfalls. Talk about how waves and waterfalls work. Discuss what it would feel like to be in a small boat with big waves rolling all around. Also discuss what it would feel like to be in a tube and go over a huge waterfall. Ask the students how troubles and problems of life may be like waves and waterfalls. How is God our help and hope when we have such troubles and problems?

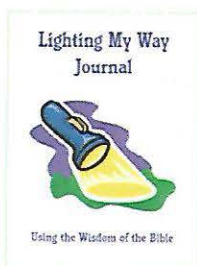
4. *Objective: Discover how God helps us with our problems*

As a class, make a list of problems or troubles they have. Write the list down the left side of a marker board. Anticipate the problems that students may think of such as problems with a friend, bullied by someone at school, a parent who does not attend church, being around friends who use bad language. Now, with the students' help, make a list down the right side of the marker board of ways that God helps us with our problems. Examples of this may be that God guides us with His Word, gives us other Christians to encourage us, and promises to be with us and help us.

5. *Objective: Help students think through the process of writing and using psalms*

Talk about how poetry and songs often work. They help us say things we might find hard to say or they say them better than we can in everyday words. Have students compose a short sad psalm, either as a class with the teacher leading the discussion or as individual students. Ask them to include God in the poem. You might want to work out a poem ahead of time to help lead the students, if needed. An example follows:

*Today, I didn't have a very good day;  
I felt bad and I lost my way.  
I read the Bible to hear what God would say,  
And I remembered to love Him and pray.*



**God helps me with problems by ...  
This will help me ...**

**Things to Get or Do  
for Wednesday Night**

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