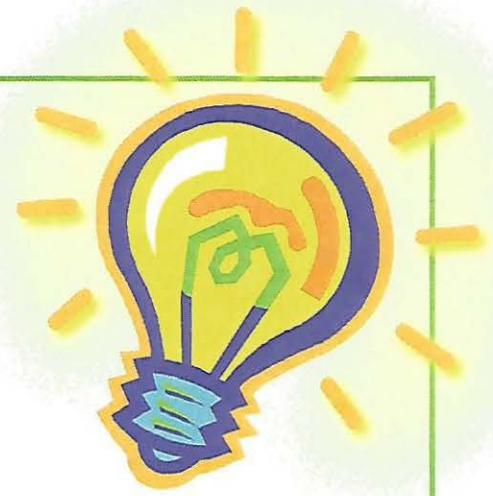


Lighting the Way



Lesson 3

Psalms of Sadness

Theme: Faith – Overcoming fear through faith in God

Memory Verse

“Shout joyfully to the Lord, all the earth. Serve the Lord with gladness; Come before Him with joyful singing. Know that the Lord Himself is God; It is He who has made us, and not we ourselves; We are His people and the sheep of His pasture. Enter His gates with thanksgiving, And His courts with praise. Give thanks to Him; bless His name. For the Lord is good; His lovingkindness is everlasting, And His faithfulness to all generations.”

Psalm 100

Daily Bible Readings

Thursday	Psalm 13
Friday	Psalm 42:1-4
Saturday	Psalm 42:5-11
Monday	Psalm 90:1-6
Tuesday	Psalm 90:7-12

Have you ever cried because you were hurt or lonely or sad? Did you tell your parents or someone else who loves you how you felt? Many of the Old Testament psalms were written because people were hurting or lonely.

Their troubles were real. In several psalms, writers cry out to the Lord for comfort and help. These are called psalms of lament or sorrow, because through their words the writers cry for help. They bring their troubles to God.

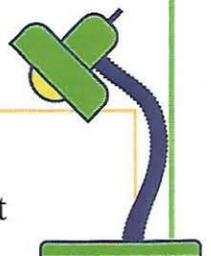
Life is Full of Troubles

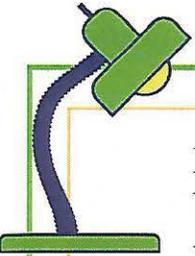
People in Old Testament days found life to be full of troubles. Maybe they faced problems or other people were against them. The psalms

Psalm 13

What does the psalmist ask God to do?

- Give him things
- Consider and answer him
- Kill his enemies





Psalm 42:1-4

What has been the psalmist's food?

- Tears
- Locusts
- Water

What does this mean?

- That the only thing he eats are tears.
- That he has been crying a lot.
- That he cries on his food.

of sorrow show that people's troubles include:

- being poor
- being sick or having a disease
- feeling alone, as if God was not with them
- having enemies who hated them
- being treated unfairly

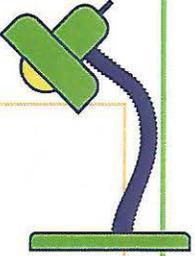
Though we live in a different place and time than people did in Old Testament days, people today have about the same troubles. Life in the world is often hard. Things don't always turn out the way we want them to. Even for people who love and obey God, life has troubles and problems. But God's people have something that others do not have. We can call out to God for His help and strength.

Bringing Troubles to God

Don't miss something especially important that happens in the psalms of sorrow. In these songs, the psalmists bring their troubles to God. They are confused, frustrated, or afraid, but they have faith that God will help them. In the middle of their troubles, the writers come to God for help. They believe God is in control, and they trust Him. They know God will help, but they understand that help does not always come immediately.

People who wrote the psalms of sorrow believed God would help them in His own time and way.

Listen to one psalmist:
"I know that the Lord will maintain the cause of the afflicted and justice for the poor. Surely the righteous will give thanks to Your name; The upright will dwell in Your presence" (Psalm 140:12-13).



Psalm 42:5-11

According to verses 5 and 11, what does the psalmist decide to do even though he has troubles?



Psalm 90:1-6

“From everlasting to everlasting” means...

- Having a beginning and ending.
- Having no beginning and no ending.
- Having a good beginning and a bad ending.

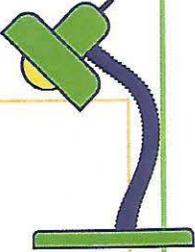
True or False? God looks at time the same way we do.

The psalmist knows people have troubles, but he trusts God to do what is right and best.

All of us have bad things that happen to us. As we grow older, the bad things will be more serious. The psalms of sorrow express just what we feel at times. These psalms help us cry to the Lord, and they remind us that God knows and cares. In His own way, God will help His people. The psalms of sorrow remind us that trouble is real, but God will help.

Psalm 90:7-12

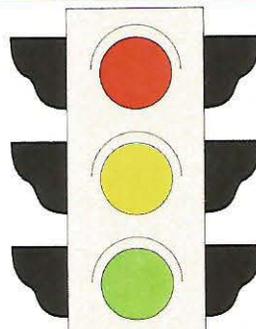
The psalmist knows that people live about how many years?



Since life is short, the psalmist encourages people to ...

- do whatever they want to do.
- number each day and make it count.
- learn to fly.

When things don't go like I want them to, I complain.

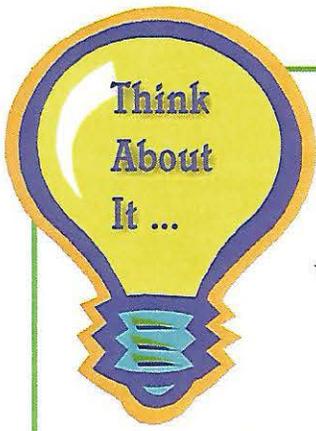


Put an X in the light that best describes you.

Red — most of the time

Yellow — sometimes

Green — not usually



We know what it means to be thirsty; and when we are, we know what we need and how to get it. In Psalm 42, the psalmist says his soul is thirsty for something. Someone with a thirsty body wants water; what does a person want who has a thirsty soul?

What causes a thirsty soul?

What can we do about a thirsty soul?

Shine a Light on the Bible Facts



Which book of the Old Testament is about spying out the Promised Land and wandering in the Wilderness?

Right here, write from memory Galatians 5:22-23.

On a map inside the back cover, trace lightly with a pencil the route of the Exodus, including Mount Sinai, the Wilderness wanderings, Moab, and Mount Nebo.