
FAITH @ HOME

WEEK OF AUGUST 2, 2020

Psalm 42 is a song of lament, yet there is encouragement in knowing we can bring our fears, frustrations, and troubles to the Lord. He hears us. God knows the longings in our hearts and will not forsake us. We can trust and put our hope in Him.

Parents with littles – if you just need one or two ideas, the don't-miss ideas for young kids are in green.

Black font is an all-play for children, teens, and adults

Read Psalm 42

- ☺ Small children can make a smiling face when the psalmist sounds happy and a frowning face when the words sound sad.
- ? How did reading the passage make you feel?
- ? How have you felt this week? Can you relate more to the despair or the hopefulness in the passage?
- ? What does this psalm tell us about God?
- ? What is the message of hope?
- ? How can we continue to thirst for God?
- Make a plan as a family:
 - If someone is feeling sad, what can we do? How can we listen to each other?
 - How can we help each other express our feelings to God?
 - We can pray for ourselves and for others whom are sad. We can be specific and real with our emotions when we pray.

Your family may enjoy this storytime recording of [Sometimes I Get Lonely \(Psalm 42 for Children\)](#).

<https://vimeo.com/443389905> password: thirstydeer

Get Creative

Creative experiences are great ways to help children who may be feeling sad. Tactile art is especially soothing for releasing stress, interrupting rumination, encouraging play and more! A few ideas are included below.

- Use this creative time to listen and speak of the hope we have in our Lord to get through these tough times.
 - Homemade play-doh: <http://artfulparent.com/2015/11/3-awesome-homemade-playdough-recipes.html>
 - Noodle art ideas: <https://lifeasmama.com/8-macaroni-crafts-for-kids/>
 - Scribble pictures: <https://artfulparent.com/scribble-drawings-with-watercolor-paint-gorgeous-and-abstract/>

A Thirst for God

An activity for children using simply a cup and straw.

- Have a cup of water ready and a straw. Drink from your water until children can hear the slurping sound from the straw. Finish with a loud, “Ah!”.
- Explain how you were very thirsty and ask if they can remember a time when they have been really thirsty. Maybe after a sports game, playing outside this summer, or after eating a lot of popcorn at a movie.
- Remind children what the psalm said about being thirsty:

*As the deer pants for streams of water,
so my soul pants for you, my God.*

My soul thirsts for God, for the living God.

- ? What was the psalmist thirsty for? He is thirsty for God and he wants more of God just like you want water when you are tired and thirsty. This verse reminds us that God refreshes us and restores us when we spend time with Him, just like water refreshes and restores us when we are thirsty.
- ? We need to slurp up His goodness and his teachings each week, just like we slurp up water each day. How can we do that?

Responding and Relating through Song

A reflection for youth and adults

- This psalm was originally a song. Here are two interpretations of the psalm by two different artists.
 - Tori Kelly – Psalm 42 <https://www.youtube.com/watch?v=wGgsmCEgf4w>
 - Sing Team – Satisfied In You <https://www.youtube.com/watch?v=A7O7LQpQaoc>
 - ? Did either song resonate with you? Why?
 - ? What was your emotional response to the song?
 - ? Why do you think you felt this way?
 - ? How are you feeling during this pandemic?
- Take time to think about the psalm, the songs, and how you are feeling.
 - If you are downcast, pray openly and honestly to the Lord, as the psalmist does.
 - If you are feeling hopeful and secure, you might pray about continuing your thirst for the Lord and centering your longings around Him.

A note from pastor Andy

- *As people who are created to connect with God and others, make sure you are reaching out and staying connected with trusted friends, family, and small group members.*
- *You may also like to reach out to a Stephen Minister from West Hills. Stephen Ministers are trained lay people who provide Christian one-to-one care for those experiencing difficult life circumstances. Visit <https://www.whcomaha.org/caregiving/> for more information.*
- *When things are stressful, as they presently are, it is important to be mindful of how you are feeling. Sometimes it's important to reach out to someone with a clinical background. If you'd like a private pastoral referral for a local counselor, email info@whcomaha.org.*

Musical Meditations

- Palestrina Sicut Cervus Cambridge (Renaissance choral piece)
 - <https://www.youtube.com/watch?v=0yd5EE0hAB8>
 - Latin – Sicut cervus desiderat anima mea ad te Deus.
 - Translation – As the deer longs for the fountains of water, so longs my soul for Thee, God.

- “Do It Again” by Elevation Worship
 - https://www.youtube.com/watch?v=0B_InQIITxU
 - *“Your promise still stands. Great is your faithfulness, faithfulness. I’m still in Your hands. This is my confidence, You’ve never failed me yet.”*

- “Way Maker” by Leeland
 - <https://www.youtube.com/watch?v=29lxnsqOkmQ>
 - *“You are way maker, miracle worker, promise keeper, light in the darkness. My God, that is You are. You are way maker, miracle worker, promise keeper, light in the darkness. My God, that is who You are.”*