

Week 1: Psalm of Lament

Day 1

1. Ask God to help you read his Word.
2. Read Psalm 3:1-2. King David wrote this Psalm. What is he complaining about? Is there some kind of trouble he has?

3. What kind of trouble or problem has bothered you recently? _____
4. How does your problem make you feel? _____

5. Write or draw a picture as a prayer to God describing your problem and telling him how you feel about it.

Dear God,

Day 2

1. Ask God to help you understand his words.
2. Read Psalm 3:3-4. Write these verses down below.

3. David said he cried aloud to the Lord about his trouble, and that God answered him! He trusted that God would hear what David had to say, even though he was complaining and sharing about problems.

Do you pray to God very often? _____

4. Draw a picture of you crying out a prayer to God way up on his holy hill.

Day 3

1. Ask God to show you truth today.
2. Read Psalm 3:5-6. How does it sound like David feels in this passage? Draw or write out your answer.

3. Even though he is in trouble, David says that he will not be afraid. Why will he not be afraid?

4. Write a prayer asking God to help you trust him when you are afraid.

Dear God,

Day 4

1. Ask God to help you learn to pray.
2. Read Psalm 3:7-8. Write out verse 8 below.

3. David is still praying by crying aloud to God. This time, he cries out that salvation belongs to the Lord. David believes that only God is the way for him to have true peace, and that God is the only way his life can be saved. God is the giver of salvation!

God blesses his people not only by *giving* the gift, but by also *being* the gift that he gives. David didn't understand this completely, but we can! We know that Jesus Christ is the gift of salvation that came to save and bless his people. Only God can give salvation, and only God can *be* salvation!

Why do you think it's important to know and believe that God is the one who saves?

4. Draw another picture of you crying out a prayer to God way up on his holy hill. This time, draw your hands raised up to God in praise, thanking him for giving the gift of salvation, our Lord Jesus Christ. It's amazing!