

Family Worship Guide | 4.4-5

Instructions:

Parents feel free to use this lesson before, during, or after you worship together as a family. We've tried to give the sermon text some context for our youngest brothers and sisters in Christ to understand.

Family Worship Lesson

Sermon Text: Psalm 42 and 43

Big Idea: We find relief from our deepest sadness when we look to God and remember His goodness rather than only our situation.

Scripture Focus

"As a deep pants (thirsts) for flowing streams, so pants my soul for you, O God. My soul thirsts for God, for the living God." (42:1-2a)

"Hope in God; for I shall again praise him, my salvation and my God." (42:5, 42:11, 43:5)

Think About It

- **Can you think about a time when you were thirsty, really thirsty?**
- **What did you want most when you were thirsty? (Milk, Water, Gatorade)**
- **Talk with your family for a minute about that time that you were really thirsty? Do you remember what it was like, what it felt like to finally get that cup of cold water?**

Family Game Time:

Pretend like you are playing charades. Take turns as a family acting out this scenario: You are in the hot desert. You haven't had anything to drink in days and have finally found a cup of cold water. Gulp it down with a big sigh of relief.

Take it to Heart

Psalm 43 starts out with a very famous and descriptive line. The author compares his longing for God to that of a deer that is panting for a flowing stream. The author is describing a thirst that he has, but the thirst is not for water, but for God. It is a very helpful comparison to help us understand what it is like to feel a need for God and to remember His goodness.

Imagine again you are out in the desert. You haven't had any water for 2 days. The sun is beating down on you. You can feel the heat of the sun on your skin. You aren't sweating anymore because you have no more water in your body to sweat. Your throat is dry. Your lips are cracking and are dry. You are getting weak and maybe you are having a hard time even walking.

Have you ever been in a situation like this, maybe not that extreme, but maybe on the playground in the summer, or at the beach, or at a sporting event.

Now imagine that you open a cooler with ice and cold bottles of water. Just seeing that cooler and that ice cold water brings relief. Imagine what it is like to taste that water. To have that cold water run down your throat. Your dry lips are now cool and wet. Your throat is no longer dry. Maybe you even pour some of that cold water on your head to cool you down.

The author of this psalm finds himself in a similar place. He is thirsty, but it is not a thirst for water but it is a thirst for God. He isn't thirsty because it is hot or he is stuck in the desert. His soul, his heart, his emotions are thirsty. He is being made fun of, he is being wrongly treated, and he is experiencing sadness because of his situation. So what does he do?

He remembers who God is, what God has done for him. He remembers God's saving work in his life and his love for him.

Go back to the desert. If the author of this psalm was in the desert we might find him a mile away from the water. He wants to give up. He wants to fall down and quit walking towards the cold cooler of water that waits for him. He is struggling because he wants to give up. But he remembers! He remembers what it is like to drink cold water. He remembers how great it will be when he gets to that water. He has confidence that there is a cooler full of water waiting for him. And that remembrance allows him to continue.

Life is like that journey in the desert sometime. Sometimes we will get thirsty. Sometimes our situations will not be what we wanted or what we hoped they would be. Sometimes in life we will be thirsty. So what do we do? We look to God. We remember his goodness. We remember his salvation. We remember the good news of the gospel of Jesus Christ, that God has loved us and has saved us. We remember that our thirst is only temporary. There is water, living water waiting for us.

"Hope in God; for [we] shall again praise him, [our] salvation and [our] God."

Apply It

What things have you experienced these past few weeks during the quarantine that have made you sad or disappointed?

Teens-What things have made you upset or angry because of this quarantine? (Maybe it is a missed season of sports, maybe it is things you were hoping to do this spring like prom, graduation, trips with friends, being home all day with your siblings?)

Now take some time to think about God.

How has God been good to you in this season?

What are some of the blessings God has poured out on you?

Remember some good things that God has done for you in the past: maybe it is worship at church, or Sunday morning class with your teachers and friends. Remember your salvation. Practice the good news in your home. Remember how you were once far from God and He has brought you near to himself through Jesus.

It is not either/or. Honestly look at your present struggles. Honestly remember the goodness of God. Now remember that the same God is still in control of your life. The God of the "good" is also the God of the "present".