

Discipleship Tools

In a season of live streaming and canceled children's programs, may the following questions and activities guide you in helping your children apply the sermon.

Psalm 42 and 43

If you miss the live stream, you can view the sermon [here](#).

Sermon Discussion

Preschool

1. Have you ever felt sad? What did you do? What made you feel better?
2. What did King David do when he felt sad? Can we do the same thing?
3. Can you talk to God about your feelings? What would you say?

Younger Kids

1. What makes you feel sad? Is there anything that helps you feel better when you are sad? Did you know that God cares about your feelings?
2. King David talked to God when he felt sad. How would you tell God about your feelings? What might you say? Do you think that would help you feel better?
3. King David talked to himself when he felt sad, too. He knew that even though he was sad, he could have hope in God. Why can we have hope when we are sad?

Older Kids

1. Have you ever been in a circumstance that you prayed for God to change, but it didn't? Why do you think God answered your prayer the way he did?
2. Is God able to say yes to all our prayers? Why might he answer "No" instead?
3. How does prayer help us feel better even if our circumstances don't change?
4. In the text, David talks to God but he also talks to himself. Why do you think he does this? What would it look like for you to do this when you are upset about something?

Christ Connection

How does this text point us to Jesus?

Preschool: David prayed when he was sad because he trusted God to take care of him no matter what. Jesus died so that we could pray to God this way, too. Jesus also taught us how to pray.

Elementary: David reminds his soul to hope in God, his Savior. He knew that God would rescue him even if it didn't look exactly like he wanted it to look. We know that God has already rescued us from death through Jesus' death and resurrection, so we too can have hope even when things are difficult. (Romans 8)

Activities

Preschool

Smoothies for Jesus

Supplies:

- Frozen Strawberries, banana (if using frozen bananas omit the ice), milk, honey, and ice
- A blender
- Smoothie Straws

Combine all ingredients for a tasty smoothie. As you do talk to your children about how God wants us to have a great thirst for him. He wants us to bring all our concerns and joys to him in prayer. He also promises us that he can and wants to help us when we feel sad. To help us remember this, let's do something fun together and ask God to help us be thirsty for him!

As you and your child slurp from the straw and drink the smoothie, encourage your child to pray "Lord, help me to be thirsty for you."

Elementary

Real Life Application

Thinking through the 5 lessons from the sermon text (He laments, He thinks on the nature and work of God, He remembers past experiences of public worship, He sings, He Preaches to His Soul), visit a specific concern your child might have in this moment.

1. Start by asking, is there anything that you're feeling frustrated or discouraged about? Allow your child to voice frustration or confusion and ask questions.
2. Ask your child what are some truths they know about God's character? Pray together with confidence in God's character.
3. Ask your child about one of their favorite memories of their time at the IDC Building. What are they most looking forward to when we are able to be back together?
4. Ask your children about some of their favorite songs we sing at church. Sing one together (or listen on youtube). For a couple of suggestions, try ["As the Deer"](#) or ["I lift My Hands"](#)
5. Remind your children "If God is for you, who can be against you?... Nothing shall separate me from the love of Christ..." One day "He will wipe away every tear from our eyes" and "death will be no more"

Bonus Resource

[9 Tips for Teaching Kids to Pray](#)

For more tips and tools follow us on Facebook: @IDCRaleighKids