

Psalms: Expressing Our Emotions

Lesson 11 - A Safe Hiding Place

Warm up -

1. When you were a child, what were you most scared of?
 - monsters under your bed
 - the dark
 - your older brother
 - a mean kid at school
 - getting lost
 - other: _____
2. Where do you go when you want a happy, peaceful place to get away from it all?
3. Where did Jesus like to hang out when he wanted to be alone?

Lesson -

It's so easy to lose track of the big picture in the busyness of our everyday lives. How often do we race into the day feeling completely frazzled? Some days we don't have time to brush our teeth or rub the sleep out of our eyes, let alone time to pray or to think about God. And how often do we let the nagging problems of the day get to us? The overdue fines that keep piling up, the scheduling conflicts that make it hard to juggle the after-school job with sports practice, the "D" in German. . . . Stuff like that can make us feel like digging a hole and crawling into it.

If you can relate, then Psalm 46 is for you. It's a psalm that says, "OK, sit down, take a deep breath, and get everything back in perspective."

God was around long before we existed. God holds everything together: the earth, the sky, and even our lives. So, if you are having a bad day, imagine a worse one: mountains falling over; the oceans flooding onto the land; planets spinning out of orbit. Any of these catastrophes would make your day worse, don't you think?

But even if those things were to happen, God is still the One in charge. God is bigger than any problem we can imagine. Whenever

we feel like we're being sucked under by the force of a relentless current, God gently reminds us to take some time to reflect on who God is. We can always turn to God for protection and comfort. That's a happy thought. Kind of makes our everyday, garden-variety troubles easier to bear.

Read Psalm 46

1. As you read this psalm, look for the disaster mentioned by the psalmist.
2. What kind of place is God's city?
3. What are some of the things God does for us?
4. God wants us to "step out of the traffic". Why does Satan want us to hurry?
5. If we believe in the God we read about in Psalm 46, what kind of feelings will we experience less often? What kind will we experience more frequently?
6. Commit yourself to paying attention to God's marvelous presence in the world this week. Next time, share what that was like with the group. What did you notice about God?
7. We often seem to want to carry the world's problems (or at least our own) on our shoulders. How can we remember that God is in charge?
8. Does God cause disasters and catastrophes to happen, or does he allow them? How can we explain then in either case, if God is in charge?

