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Warm up

In the story you just heard, a man and his wife have been given a magic moneybag from heaven. If you were in the same situation as the man, what would you have said to God about the missing firewood when you got to heaven?

The husband wants to use the money to buy something but the wife wants to keep saving. When they finally decide to spend the money they start building a big expensive house. What do you think will happen next in the story?

Exploring Scripture

1. How would you feel if:

You were in a dark cave? _____

It was your birthday today? _____

Someone gives you a hug? _____

You fell and hurt yourself? _____

You work really hard and someone tells you that you did a great job?

Someone breaks an important promise? _____

You get to do something you've really wanted to do? _____



Psalm 69: 1-5 (NIV)

¹ Save me, O God,
for the waters have come up to my neck.

² I sink in the miry depths,
where there is no foothold.
I have come into the deep waters;
the floods engulf me.

³ I am worn out calling for help;
my throat is parched.
My eyes fail,
looking for my God.

⁴ Those who hate me without reason
outnumber the hairs of my head;
many are my enemies without cause,
those who seek to destroy me.
I am forced to restore
what I did not steal.

⁵ You know my folly, O God;
my guilt is not hidden from you.

Think About IT

How do you think the writer of this psalm felt? Describe as many things he might have been feeling here:

What might cause a king to feel like that?

What can we learn from King David's psalm?

1. Psalms are a kind of prayer. But they aren't a prayer that someone memorized and just says because they have to say it. They are a special kind of prayer that tells God about how the writer felt.
2. Even a king took time from his busy life to pray to God. Sometimes we wait until dinnertime, or Sunday school, or bedtime to say a prayer. But we can pray anytime! God loves to hear our prayers and wants us to be a part of our lives all the time.
3. David told God how he really felt. He didn't sugar-coat being afraid, or lonely or sad or guilty. He told God everything and he trusted God to be there like a best friend. He didn't pretend and he didn't worry that God wouldn't listen to him or like him anymore. David felt like he could unload everything on God and that God would welcome even David's most awful feelings. God doesn't expect us to be happy all the time; he understands that sometimes our feelings overwhelm us and that we need him most at those times.





GAME (Your lesson leader may play a different game with you than the one here)

Scribble Prayer: Pray in a different way each block describes an emotion. Sometimes we can't find the right words to describe how we feel, but God doesn't need us to use words. Use the space in each block to scribble, or sketch the feeling described.

HAPPY	ANGRY	SURPRISED

Faith challenge:

1. Tell God a secret that's just between you and him this week.
2. When you feel frustrated or upset this week, tell God the whole story. You can do it out loud or silently, in your room or outside, screaming or crying. Tell him what happened and why you're feeling so lousy about it. You can even ask him to help you find a way to feel better about it.
3. Pray before a test, or at recess or when you're doing your chores. Pick anytime that the idea comes to mind. Be sure to pray at a time that's not your usual prayer time.

Closing prayer:

Creator God, you created us and when you did that you made our emotions, too. You poured yourself into human form in Jesus Christ and you lived through all the feelings we have. You know how we feel, because you've felt this way, too. You know all there is to know about us and you love us. Lord, we're going to trust you with our joy and sadness, our laughter and our tears. We're going to bring our messy feelings before you to lay at your feet because we trust you and we love you and we want to share all of our lives with you. Amen.



Susan has been working alongside students in camps, schools and churches for let's see, umm 20 years or so. She enjoys working with middle and high school students in her current position as coordinator of youth ministries at Royersford Baptist Church (Royersford, PA). At home, Susan holds a similar position with a simpler title: Mom. For Susan, youth ministry is truly a 24/7 privilege (ordeal?). She feels God's grace daily by living with the underlying assumption that if you love your job, you'll never work a day in your life.