

## Week 2 Scripture

### Psalm 56:1-11 A Psalm of David (NLT)

O God, have mercy on me, for people are hounding me. My foes attack me all day long. I am constantly hounded by those who slander me, and many are boldly attacking me. But when I am afraid, I will put my trust in you.

I praise God for what he has promised. I trust in God, so why should I be afraid?  
What can mere mortals do to me?

They are always twisting what I say; they spend their days plotting to harm me.

They come together to spy on me— watching my every step, eager to kill me. Don't let them get away with their wickedness; in your anger, O God, bring them down.

You keep track of all my sorrows. You have collected all my tears in your bottle. You have recorded each one in your book.

My enemies will retreat when I call to you for help. This I know: God is on my side!

I praise God for what he has promised;  
yes, I praise the Lord for what he has promised.

I trust in God, so why should I be afraid?

What can mere mortals do to me?



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## Week 2: Interactive Prayer Activity

**Supplies:**  
Bottle  
Sequins  
Cork

Some people seem to think that if you love and follow Jesus that nothing bad will ever happen to you and that you will not ever be sad. This is not what the Bible teaches. God never promises that nothing bad will happen in our lives. God does promise to be with us always though! When we pray, we do not need to hide our feelings from God. Psalm 139:2 says this about God, "You know when I sit down and when I get up. You know what I'm thinking." God knows what we are thinking and feeling, and God still promises to always be with us!

Read Psalm 56. Some psalms tell us who the author is and what was happening when the psalm was written. Psalm 56 was written by David during a time in his life when King Saul was trying to kill him so he ran away to a place called Gath (where the Philistines like Goliath lived). While in Gath, David pretended he was crazy because he was afraid the Philistines would kill him. You can read the whole story in 1 Samuel 21:10-15.

Read Psalm 56 again and try to imagine how you would feel if you were David. Do you feel angry? Frustrated? Sad? Afraid? David shows us that we can take all these feelings to God and that God treasures when we share feelings through prayer. David says in Psalm 56, "You keep track of all my sorrows. You have collected all my tears in your bottle. You have recorded each one in your book." How amazing is this? God reassures each of us that God loves us so much that God is collecting our tears!

**Do:** In your box, find your bottle, cork and sparkly tear sequins. Think of something that makes you feel sad, afraid, frustrated or angry while you hold a tear sequin in your hand. You can either whisper it to God or tell God silently and then place your tear in the bottle. When everyone has put their tears in a bottle, put on the cork. Pray together, "This I know - God is on my side! Amen."

Keep your bottle and extra tears on your table throughout Lent. Add another tear to the bottle whenever you feel the need to share with God.



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