

Week 3 Scripture

Psalm 13 -A Psalm of David (NLT-V)

Lord, how long must I wait? Will you forget me forever?
How long will you turn your face away from me?
How long must I struggle with my thoughts?
How long must my heart be sad day after day?
How long will my enemies keep winning the battle over me?

Lord my God, look at me and answer me. Give me new life, or I will die.
Then my enemies will say, "We have beaten him."
They will be filled with joy when I die.

But I trust in your faithful love.
My heart is filled with joy because you will save me.
I will sing praise to the Lord.
He has been so good to me.



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Week 3: Interactive Prayer Activity

Supplies:
Balloons
Flour
Empty Water
Bottle
Scissors

Do: Gather your supplies to make a twisty stress ball!

1. Cut the end off of an empty water bottle to create a funnel. If you have a funnel, you can skip this step.
2. Blow up your balloon and then let all the air out. Put the balloon over the opening of your water bottle. Put as much of the opening of the balloon over the top of the water bottle as possible.
3. Gradually put $\frac{1}{3}$ cup of flour into your water bottle funnel and gently shake the flour down into the balloon.
4. Remove the water bottle funnel and tie a secure knot.
5. Repeat the process until each family member has a stress ball.

Read Psalm 13. What phrase is repeated at the beginning of this psalm? How many times is it repeated? Have you ever felt like God has forgotten about you? Have you ever wanted to ask God how long will it be before God answers? Have you ever thought about telling God about how sad you are feeling?

Read Psalm 13 again and this time stretch your stress ball each time you hear the words "how long." When you get to "but I trust in your faithful love," wrap your stress ball around your hand. As you do this imagine God is giving you a hug and wrapping you in God's faithful love.

David is lamenting about things that were happening to him, but we can use these words and make it a prayer about things we might be feeling. How long, Lord, will all of these bad things continue to happen to me? Psalm 13 is also a great prayer to use when we feel sad for others and want to pray for them. Pray this week using the words from Psalm 13 and your twisty stress ball. Remember to stretch it whenever you pray "how long" and to end your prayer by wrapping yourself in God's faithful love. (You can also use the template for writing your own lament if that helps.)



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