

Week 4 Scripture

Psalm 69:1-6; 13-17 A Psalm of David (NIV)

God, save me. My troubles are like a flood. I'm up to my neck in them. I'm sinking in deep mud. I have no firm place to stand. I am out in deep water. The waves roll over me. I'm worn out from calling for help. My throat is very dry. My eyes grow tired looking for my God.

Those who hate me without any reason are more than the hairs on my head. Many people who don't have any reason to be my enemies are trying to destroy me. They force me to give back what I didn't steal. God, you know how foolish I've been. My guilt is not hidden from you.

Lord, you are the Lord who rules over all. May those who put their hope in you not be dishonored because of me. You are the God of Israel. May those who worship you not be put to shame because of me.



But Lord, I pray to you. May this be the time you help me. God, answer me because you love me so much. Save me, as you always do. Save me from the trouble I'm in. It's like slippery mud, so don't let me sink in it.

Save me from those who hate me. Save me from the deep water I'm in. Don't let the floods cover me. Don't let the deep water swallow me up. Don't let the grave close its mouth over me.

Lord, answer me because your love is so good. Turn to me because you are so kind. Don't turn your face away from me. Answer me quickly. I'm in trouble.



Week 4: Interactive Prayer Activity

Read Psalm 69:1-6; 13-17. Once again we find David telling God that he is in deep, deep trouble. David feels like his problems are so many that he is up to his neck in mud! His throat is dry from crying out for help. Often when we feel like we are up to our necks in trouble, we spend a lot of time complaining and crying out for help.

When you find yourself in trouble, where is the first place you go for help? A parent? A trusted friend? A spouse or sibling? David tells God all about his problems and then he says, "but Lord, I pray to you." David is reminding himself of God's promises and how very much God loves him. Trusting God, David prays, "God, answer me because you love me so much. Save me, as you always do. Save me from the trouble I'm in."

Do: Celtic knots are ancient symbols and knot designs have been found in artwork as early as the 3rd century AD. Celtic knots are known as symbols of eternity because it is hard to see where the knot begins or ends. Follow our step by step instructions to create a Celtic Heart Knot at <https://familyministrytools.org/celticheartknot/>. Use the shoelaces included in the box and give it a try.



The Celtic heart knot is a wonderful symbol that can remind us that God's love for us is unending and unchanging! Pull out the Psalm 69 coloring page. As you work, remind yourself that God keeps God's promises always.

Supplies:
Shoe Lace
Psalm 69
Coloring Page
Coloring Supplies

