

News Story Summary

Amber VanHecke, a college student from Denton, Texas, recently spent five days stranded in a desert near the Grand Canyon. VanHecke was sightseeing before returning to school. Her next stop was the Grand Canyon, so she followed the directions of her GPS, which instructed her to turn from the highway onto a dirt road to reach her destination. Soon the dirt road she was on became more primitive. Eventually, her GPS stopped running and she ran out of gas.

VanHecke panicked and became desperate when she could not reach anyone on her cell phone. She did all she could to survive, living on food and water she had packed for the trip, making an SOS message from rocks, and walking a distance from her car to find a phone signal. On the fifth day, she was finally spotted by a helicopter who rescued her. VanHecke was treated for exposure and dehydration, and one day after being rescued, resumed her sightseeing trip.

(For more on this story, search the Internet using the phrase “woman stranded in desert.”)

Focus Attention

To supplement the Focus Attention ideas, read the news story summary about the woman who was lost in the desert. Ask: *Why do you think VanHecke decided to leave a perfectly paved highway and turn onto a dirt road? At what point do you think she should have turned around?* Comment that VanHecke turned off the road that led to the Grand Canyon because she trusted her GPS, an electronic device, more than she trusted her intuition.

Introduce the unit of study by providing an overview of the Book of Psalms. Explain that the primary focus of the book is praise and prayers directed to God. In today’s session, readers are encouraged to choose the path of obedience to God.

Summarize and Challenge

To supplement the Summarize and Challenge ideas, remind the group of the news story summary. Explain that a GPS is usually a reliable tool. But for some reason, VanHeck’s GPS almost led her to destruction. Ask: *In what ways would disobedience to God lead to our destruction?* Explain that VanHecke initially followed the wrong path, and when she recovered, she resumed her journey on the right path to the Grand Canyon. Challenge the group to always choose to obey God, and when they stray, to get back on the path of obedience as soon as possible. Close in prayer, asking God to provide group members with the wisdom to make the right choices so they can remain on the path of obedience to God.