



# HOW GOD SATISFIES YOUR SOUL

## DIGGING DEEPER:

1. Go around and share what comes to mind about God when you take an UPWARD look. Throw out words and phrases. (vs 1-2)
2. Go around and share what you think about when you take an OUTWARD look at your life and the world. (vs 3-4)
3. Go around and share what comes to mind when you take an INWARD look at your life. (vs 5-8)
4. How has God satisfied you (consider 1,2, and 3 above)?

In Psalm 16 we are taken on a journey to consider how God satisfies us in a variety of ways and perspectives. The Psalmist doesn't suggest that God satisfies us by filling our life with nothing but pleasant and wonderful things. Rather, he reminds us that regardless of what life brings, if we keep a proper perspective, God can satisfy.

Spend time talking about everyone's view as they look upward, outward, inward and even forward. Make sure to consider how God can satisfy in all situations. Spend time considering what that looks like for each person. You might have to help the younger ones to recognize God in some situations.

## ACTIVITY:

*Read Psalm 16 as a family*

**Protect Me :** (*keying in on verse 1*) – As a way to remember that this Psalm teaches that God is a refuge (protection/ hiding place) for His people and that ultimately He protects His people through Jesus, play the following game. 1) Use a coin or a piece of jewelry or something else small that someone in the room has that's of great value and explain that you're going to work together to protect that thing. 2) Send one of the kids out of the room. 3) While they are away, hand the item to one of the kids and have the group stand in a circle holding hands. 4) Explain that they're all going to pretend to pass the item around the circle (act like you're taking something from the person to your right and handing it to the person on your left). 5) The player who left the room will come back in and try to find where the item is being protected.

**Good Things:** (*Keying in on verse 2*)

Make a good things mural—Put a large piece of art paper (about 2-3 yards) on the wall and encourage the kids to fill it with things that they would consider to be good things...you might need prompt them by asking them what they favorite things are (favorite food, favorite color, favorite place, activity, etc.) Give them a few minutes to work on the mural. Then, have the kids share what they wrote or drew that they would consider to be good things.