



WE THIRST

For GOD'S LOVE

DIGGING DEEPER:

Verse 1 starts: "As the deer pants for streams of water..." When you look at this picture of a deer drinking water, what thoughts and feelings come to mind? (*consider what might be going through the deer's mind... what role does the water have in the deer's life... we can't see around the deer, but how much does the deer's surroundings affect this scene?*)

Verse 2 starts: "My soul thirsts for you..." Go around and have everyone share when they have felt the closest to God? (*what was going through your mind? What role does God play in your life? What is going on around you when you are the closest to God?*)

Verse 11 starts: "Why are you downcast? Why so disturbed within me?" Now go around and share a time when you have been sad or very dissatisfied with life.

- *Talk about, "Is it ok to feel downcast?"*
 - Were there any specific things that led to that place?*
- *Compare that to how you felt in #2 above.*
 - Talk about things you can do the next time you feel this way?*

Psalm 42 was likely written while in captivity in Babylon. The author gives this contrasting picture of deep calling to deep, or literally feeding on tears because of their struggles. For many of us, we go through seasons like that. But it also paints the picture that we have no need to despair, because relief is coming... we have hope because of the living God. It's important for our children to know that regardless of how deep our sadness goes, and we WILL have seasons of deep sadness, our hope is in God. We can always find comfort in a God that will never leave us or forsake us.

ACTIVITY:

Read Psalm 42 as a family

Living Water: For each of your family members, fill a glass with cool, clean water. Have each family member eat at least three saltine crackers as you discuss the following questions. (Gluten allergies? Put salt on a gluten-free substitute.)

- *When—besides now—have you been really thirsty?*
- *What will really thirsty people do to get something to drink?*
- *How much do you "thirst" for a relationship with God? After your discussion, enjoy your glasses of water. Then pray together, thanking God for being "living water" for you.*

Search it out: A drop of water isn't very much, but let's see if you can find it on your papers without looking. One at a time, close your eyes while someone in our family puts a small drop of water somewhere on your paper. Move your hand slowly across the paper until you find the drop of water. Make sure each person has a turn.

When everyone has found the water on their papers, ASK:

- *What did you have to do to get closer to the water?*
- *How is searching for a drop of water like thirsting after God?*

SAY: When we thirst for God, we'll find him, just as you found the drop of water on your paper. Searching for water isn't as exciting as seeking after God, but it reminds us that when we move closer to God we will feel his presence and know he is with us.