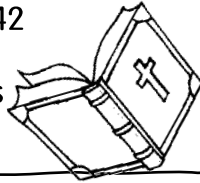


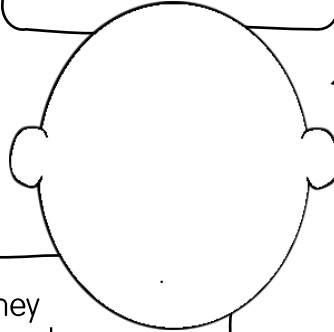
# A passage to unpack

## Psalm 42

Find the book of Psalms in the Old Testament, find Chapter 42 and read the whole Chapter. In the Psalms each Chapter is a Psalm (a song or Poem.)



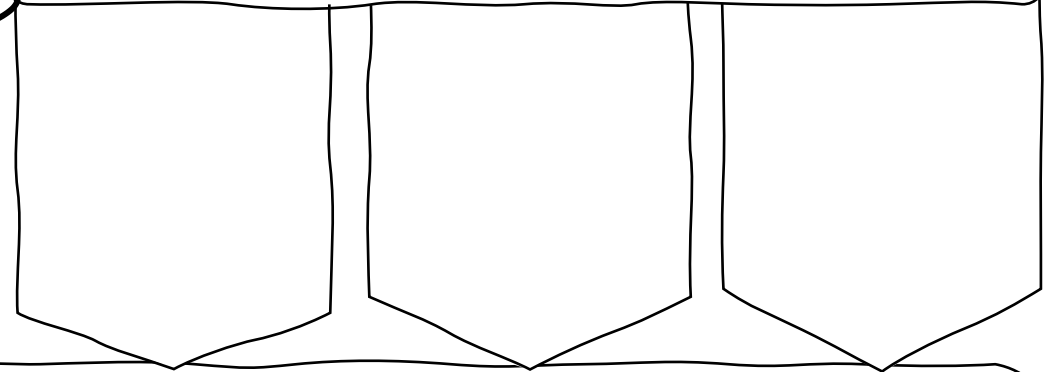
The writer of this Psalm was feeling lots of negative emotions... how are you feeling today? Draw the emotion onto this face.



"I should put my hope in God and keep praising Him."

Even though the writer of the Psalm is feeling sad and upset they recognise that they should trust in God and continue to praise him through the difficult times.

Draw three things below that you can say thank you to God for today.



In Verse 3 the writer of the psalm shares how they have been weeping day and night. People around are asking "Where is your God?"

What are some of the things going on in the world today that make you feel upset or worried? What questions are people asking today?

Write or draw your concerns and share them with God below.

The writer of the Psalm says that they "thirst" for God like a deer panting for water.

Why not take some time and think about how you would like to increase your own understanding of God. You could spend some time waiting and listening to God and ask what areas of your faith He would like you to work on.

Write anything you hear below.

