



**BIG IDEA (KNOW THIS)**

Just like the Psalmist, we can share our fears and frustrations with God and know he hears us.

**APPLICATION (LOVE LIKE THIS)**

Share your fears and frustrations with God and trust that he loves and hears you, even if his plan is different from yours.

**PSALM 42&43**

**LOWER**

**KEY VERSE**

Why, my soul, are you downcast?  
Why so disturbed within me?  
Put your hope in God,  
for I will yet praise him,  
my Saviour and my God

- Psalm 42:10

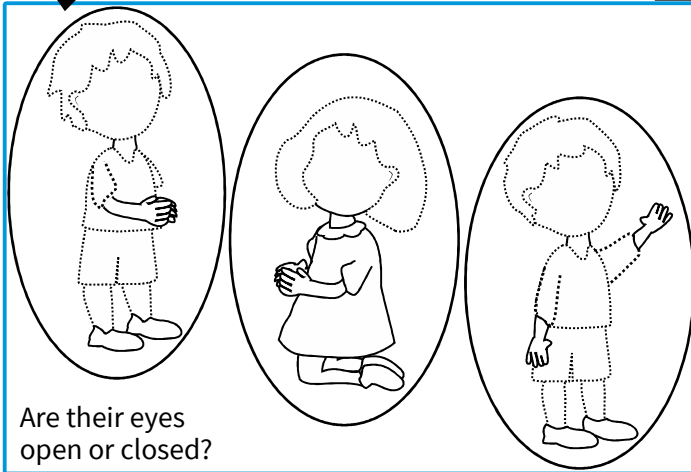
**QUESTIONS**

1. What does this psalm teach us about what God is like?
2. What does this psalm teach us about what people are like?
3. How does knowing Jesus help us understand this psalm?
4. What, with God's help, do you need to change about how you act, after reading this psalm?

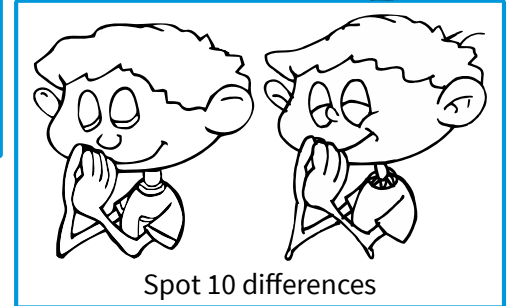
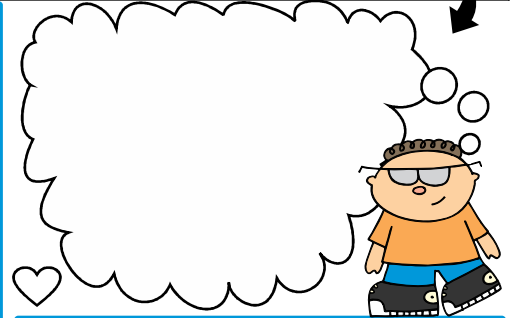
Finish drawing these kids praying.  
Think: Where could each person be?



**Think:** When and where do you talk to God?  
Draw or write your answer in the bubble.



Are their eyes open or closed?



Spot 10 differences

Find the **bold** words from today's Application in the word search: **Share your fears** and frustrations **with God** and **trust that he loves and hears you, even if his plan is different from yours.**

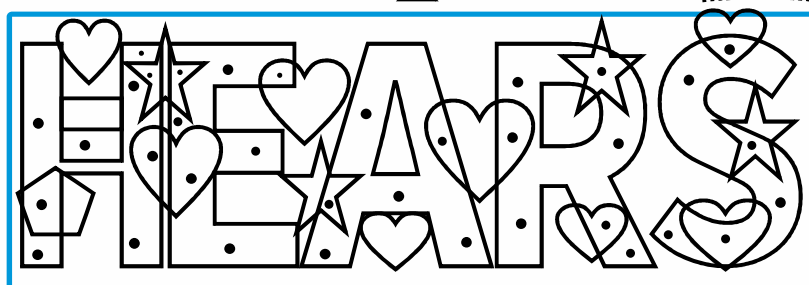
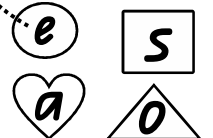
D	I	F	F	E	R	E	N	T	Q	G	O	D	Q
X	T	R	U	S	T	S	Q	F	E	A	R	S	Z
H	C	B	Y	O	U	R	S	X	W	I	T	H	X
E	Z	E	V	E	N	W	Y	O	U	F	I	Q	L
A	A	N	D	K	I	F	K	I	S	Q	H	E	O
R	Z	H	I	S	X	S	H	A	R	E	I	Z	V
S	S	Y	O	U	R	R	F	R	O	M	G	H	E
S	P	L	A	N	N	T	H	A	T	Q	X	Y	S

Do the activities to finish the message.  
Decorate the box to show how this makes you feel.

W \_ c n h r e  
ur f r b c u e  
G d

Find 15 hearts on the page.

Write the letters that are in the shapes, on the lines above their matching shapes. One is done for you.



Colour the shapes that have dots.

We can talk to God  
anytime, anywhere.

Finish the words and people then colour.

