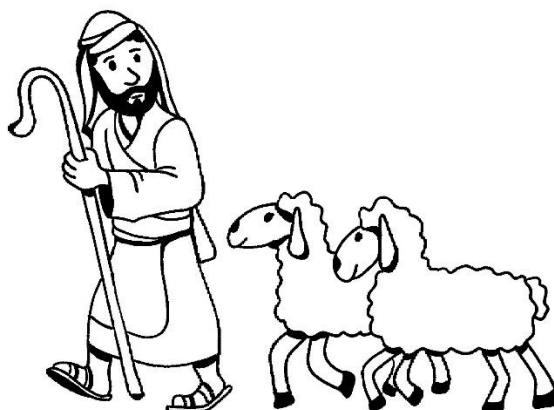


Youth Ministry 2:2
Bible 101 - Year 1

Bible discussion lessons for youth groups
from the Old and New Testaments

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Psalms

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Wash Away Your Sin!

Psalm 51:1-12

1. What would happen if we never took a shower or bath?

2. Psalm 51:1-12

David confessed his sin to God, and then he wrote Psalm 51 about it.

In verses 1-2 and 7 what does David want God to do with his sin?

- _____ my iniquities - v. 1
- _____ from my sin _ - v. 2
- Sprinkle hyssop on me, and I shall be clean; _____, and I shall be whiter than snow - v. 7.

Sin made David unclean on the inside. David asked God to clean him up.

“If we confess our sins, he is faithful and just and will forgive us our sins and purify (clean) us from all unrighteousness.” (1 John 1:9 NIV)

In verses 3-4 how does David agree with God that what he did was wrong?

In verses 10-12 what are signs that David wants to do right?

3. What are reasons people may not want to confess their sins?”

What are the benefits of confessing our sins?

God forgives people's sins not because He is nice and wants to do something nice for them, but because Jesus died for those sins.

“For Christ also suffered once for sins, the righteous for the unrighteous, to bring you to God. He was put to death in the body but made alive in the Spirit.

(1 Peter 3:18 NIV)

4. Have you asked Jesus to forgive your sins?



Wash away your sin! (Forgiveness of sins – Psalms 50:1-12)

Importance for teens:

After the fall, our conscience was corrupted. Sometimes when we are clearly in the wrong, it is silent. Sometimes it screams at us when we haven't done anything wrong. It seems there are two kinds of people: those who feel almost no guilt before God, and those who blame themselves even for simple mistakes and misunderstandings. Today we have good news for everyone. God is always ready to forgive us.

1. Hook:

Ask, "What would happen if we never took a shower or bath?" (Possible answers: we would smell disgusting; people would avoid being around us; we would look awful).

Say, "I hope everyone has showered recently and is clean. But there is another kind of dirt in our lives: sin. Every day we sin, either in big or small ways. It would be nice if we could just take a shower and wash away our sins! But that's not how it works. There is another way to get clean, and today we are going to talk about it."

2. Book – Psalm 51:1-12

Say, "Last week we saw that David gave into temptation and did something awful. Do you remember what happened? The prophet Nathan came to David and told him that God had seen it all, and now David would be punished. David then felt very sorry. He wrote Psalm 51 about what happened when he repented and confessed his sin to God."

Read Psalm 51:1-12. Ask: "In verses 1-2 and 7 what does David ask God to do with his sin? Fill in the blanks on the handout:

Blot out my iniquities - v. 1;
cleanse me from my sin - v. 2;
sprinkle hyssop on me, and I shall be clean; wash me, and I shall be whiter than snow - v. 7.

Sin made David dirty on the inside, and he asked God to cleanse him of his sins.

Read 1 John 1:9. Ask: "What does the word 'confess' mean?" (Possible answers: To agree with God that what we did was wrong; to desire not to do it again.)

Ask, "In verses 3-4 how does David agree with God that what he did was wrong?" (Answers: I have sinned against you, v. 4; You are right to judge me, v.4)

Ask, "In verses 10-12 what are signs that David wants to do right?" (Possible answers: He asks for a clean heart and steadfast spirit, v. 10; And he asks God to create within him a willing spirit to do what is right, v. 12).

3. Look:

Ask, "What are reasons people may not want to confess their sins?" (Possible answers: they don't think they've done wrong; everybody does it; they want to do it again; they don't think they are hurting anyone, etc.)

Ask, *"In what ways is confessing sin similar to taking a shower?"* This is an abstract question and may be difficult for younger teens. (Possible answers: we wash away the dirt of sin; we "smell" nicer than before, you have to reveal yourself to God, etc.)

Ask, *"What are the benefits of confessing sin?"* (Possible answers: we have a clear conscience and no guilt; we have a right relationship with God and others.)

Read from the handout: *"God forgives people's sins not because He is nice and wants to do something nice for them, but because Jesus died for those sins."* Read 1 Peter 3:18.

Show a bracelet with five colored beads, a wordless book, or five colored cards, using them to present the Gospel:

1. black represents our sin;
2. red is Jesus' blood that purifies us;
3. white is our pure heart after we've been forgiven;
4. green represents growth; our new life of Christ growing in us;
5. yellow is like gold, a symbol of our eternal home with Jesus (or how valuable we are to Jesus).

4. Took:

Ask the final question: *"Have you asked Jesus to forgive your sins?"*

"Some of you have already asked Jesus to forgive your sins and your heart is clean. Or maybe you have a sin to confess today. During our prayer time you can confess that sin."

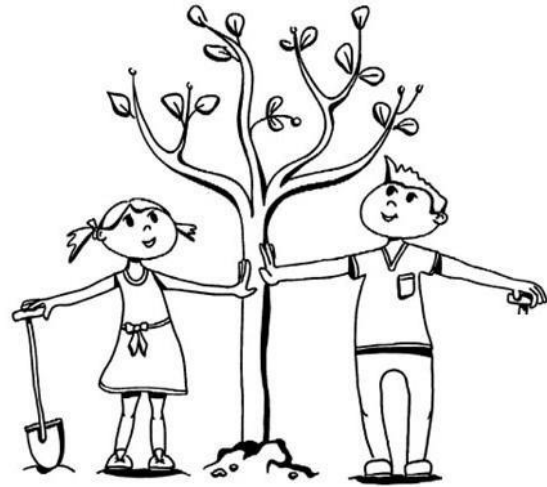
"Maybe some of you have never asked Jesus to forgive your sins. As we pray, you can ask Jesus to come into your life and forgive all of your sins. Whether it's the first time you've asked or the thousandth, Jesus promises to forgive our sins, if we confess them, He is faithful and just and will forgive our sins."

Pray with the kids. It might be good to use response cards at the end of the lesson to see what your kids are thinking.

(See "Using Response Cards" on the YM22 website).

“And now I must be leafing!”

Psalm 1



1. What are characteristics of a strong healthy tree?

2. Read Psalm 1 - Compare the righteous with the wicked.

	THE WICKED (like straw)	THE RIGHTEOUS (like a tree)
vv. 1-2	walks, stands, sits _____	meditate on _____.
vv. 3-4	_____ by the wind.	like a tree that _____
vv. 5-6	The way of the wicked _____	God knows _____

3. What can a person do to be like the tree in this psalm?
Have good _____.

Think about _____.

4. Do you have friends, or social media, music, video games, movies or shows that pull you down, or build you up? (v. 1)

Do you spend each day in God's word? ('day and night' - v.2)

“Which dog are you feeding?” What are you going to do?

Psalms for Life

1. Psalm 1
2. Psalm 8
3. Psalm 13
4. Psalm 16
5. Psalm 18
6. Psalm 19
7. Psalm 23

If we don't decide what to fill our minds with, the decision will be made for us.

“And now I must be leafing!”
(Thinking about the right things – Psalm 1)

Importance for Teens:

Teens are around people and media all day long that have no regard for God and His Word. They are bombarded by messages that are the opposite of what God wants them to hear. Thinking about what God wants to say to us is key to being strong like a tree.

1. Hook:

Say, "Imagine you are a tree. Today we are going to meet a woman who thinks she IS a tree."

Have 2 people act out the skit, "The Woman who thinks she's a tree."

Ask, "What are characteristics of a strong healthy tree?" (Possible answers: tall, strong, produces fruit or nuts, gives wood that is useful, looks beautiful, protects and houses other plants and animals.) According to the Bible, we can become like strong, healthy trees.

2. Book – Psalm 1

Read the first Psalm two verses at a time, comparing the righteous and the wicked. In the first two verses we see the progression of wickedness.

Write the words, "walks, stands, sits with sinners" in the "ungodly" column. This is something the righteous man avoids. He does not "does not *walk* in step with the wicked or *stand* in the way that sinners take or *sit* in the company of mockers,." He understands that if he starts by *walking* with sinners, soon he will stop and *stand* with them, and then finally *sit* down to stay.

This progression is evident in the story of Abraham's nephew, Lot. He first *settled* near the sinful city of Sodom (Genesis 13:11-13), then began to *live* inside that city (Genesis 14:13), and then *became one of the elders who sat at the gates* of Sodom (Genesis 19:1). Often, those who are not righteous affect a Christian gradually as he or she spends more and more time with them.

Ask, "According to these verses, what does a righteous person do?"

Write in the "Righteous" column, "meditate on God's Word."

Ask, "What does it mean to meditate on God's Word?" (Possible answers: to think about what it means; to study it; to try to think about how to do what it says; etc.)

Read verses 3-4. Ask, "What can be said of the wicked?"

Write about him, "blown away by the wind." Ask what does this mean? (Possible answers: his life is unstable; he cannot handle any difficulties or hard things).

Ask, "And what do verses 3-4 say about the righteous one?"

Write about him, he is "like a tree that bears fruit."

Then read verses 5-6. In the third box about the wicked, write, "The way of the wicked will perish" and about the righteous, "God knows his way."

3. Look:

Ask, "What can we do to become like the tree in this psalm?" There are two answers from this psalm:

1. Have good friends.
2. Think about God's word.

Ask, "Should we have unbelieving friends? Jesus had friends who were sinners. So is that a bad thing?" (Possible answers: Jesus influenced them, they did not influence Him; we need to have friends among both believers and unbelievers, etc.)

Second, "What are ways that we can meditate on God's Word each day?"

(Possible answers: memorize verses; read the Bible on a device; use time in the car or during breaks to read the Bible; take time to think, write things down that you read or think about).

*Note: This might be a good time to introduce the idea of a Scripture memorization program, or Bible journaling.

4. Took:

Tell the story of the Old Man and the Two Dogs:

"Once upon a time there lived an Old Man. He always said he felt like there were two dogs living inside him, who fought for the right to control his life. One was a mean dog and pushed him to do bad things. The other was a good dog, who wanted him to do good things. The man was asked once which dog was winning the fight. He answered: "The dog I feed the most."

Say, "What we feed into our minds influences our thoughts and actions. Bad things, like disobedient or unkind friends or negative social media or video games can influence us in a bad way. But God's Word and good friends can influence us for good."

Finish by having kids evaluate their own lives. They may want to do this silently or in small groups. Ask, "What are you filling your mind with? As in verse 1 of the psalm, do you have friends, social media, shows and movies, or music that pull you down or build you up?"

Then ask, "As in verse 2, do you spend each day in God's Word (day and night)? Do you have people in your life who help you do better? 'Which dog are you feeding?' How can you remedy the situation?"

Remind them, "If we don't decide what to fill our minds with, the decision will be made for us." Finish with prayer.

SKIT
The Woman who thinks she's a tree (Interview)
YFC Skit

Props: Need a microphone, a camera and a knife or saw.

Interviewer: Pardon me, I understand you think you are a tree...

Tree: *(dressed up with at least a branch or two tied on from which she occasionally drops a leaf)* What do you mean, I 'think'? I AM a tree. Here, stand on this side. My shade's better.

Interviewer: Tell me, when did you first think you were a tree?

Tree: When I was just a sapling.

Interviewer: Naturally, I mean, what was your first clue?

Tree: Well, I discovered I couldn't move. Then my hair started falling out.

Interviewer: What's so unusual about that?

Tree: It's been happening every FALL.

Interviewer: How have you enjoyed your visit in ____ *(your town)*?

Tree: Well, I would say this is a nice place to visit, but I wouldn't want to LEAF here.

Interviewer: What do you mean?

Tree: Listen to this – the hotel here would not allow me to bring a whole trunk. Without it I don't feel dressed right.

Interviewer: I suppose you find the pace here in _____ pretty hectic, too.

Tree: The pace doesn't bother me – it's the dogs I don't like – can't keep my socks dry.

Interviewer: How do you get rid of the dogs?

Tree: I just tell them they're barking up the wrong tree.

Interviewer: I'm wondering how people react when you tell them you're a tree.

Tree: Sometimes they really cut me down. Some people always have an axe to grind. At times I've felt I'd crack under the strain.

Interviewer: I've always wanted to ask a tree – standing out in the open all day like you do, do you ever get sunburned?

Tree: No, I'm a birch tree – I always peel like this.

Interviewer: What do you do for a living?

Tree: I stand around.

Interviewer: What do you mean?

Tree: You know, landscape. I have been thinking about branching out, though. Oh-h-h.

Interviewer: What's wrong? Bad joke?

Tree: No, I've been having a toothache. My dentist says I need a root canal.

Interviewer: By the way, how do you eat?

Tree: Here, I'll show you. (Holds up a camera and starts taking pictures.)

Interviewer: I don't understand.

Tree: You know, photo-synthesis.

Interviewer: Well, this has been very enlightening.

Tree: Yeah, with most of my leaves gone, there is more light here.

Interviewer: (*quickly*) Right, well, thank you. I guess we can cut this off right here. (*Pulls out a saw and chases the tree off stage*)

Tree: (running) Elm be seeing ya. Oak-kay?

Used with permission: «The Woman who thinks she's a tree» from the mission "Youth for Christ"

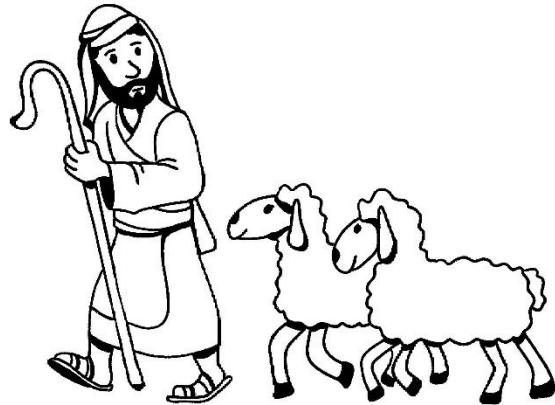
The Lord is my Shepherd

Psalm 23

1. What pets do you have? What do you do to care for your pets?

Sheep are not very intelligent animals. They don't even understand when they are in danger. Sheep need someone to take

_____.



2. Psalm 23

David was a _____ before he became the king of Israel. He was well acquainted with caring for sheep.

SCENE	Shepherd's job	What God provides us
#1 -The Pasture Quiet times - v. 1-3a	Provide green pastures Provide quiet waters – v.2	
#2 - The Paths Traveling times - v. 3b-4	Guide in the path – v.3 Take safely through the valley – v.4 Comfort with rod and staff – v.4	
#3 - The Table Feeding times- v. 5, 6 (Blessings from God)	Prepare a table in the presence of enemies– v.5 Anoint head with oil – v.6 Goodness and mercy every day – v. 6 Keep in the house of the Lord forever – v.6	

3. In what other ways does God care for us?

Can you think of a time that God cared for you when you were in need?

4. Thank God for His care and protection.

Psalms for the Week

1. Psalm 24
2. Psalm 25
3. Psalm 33
4. Psalm 42
5. Psalm 100
6. Psalm 103
7. Psalm 121

The Lord is My Shepherd (God's care – Psalm 23)

Importance for Teens:

One of the feelings of inferiority that many teens face is that they are not loved; that there is no one on their side. Psalm 23 shows that someone is on their side – their Good Shepherd.

1. Hook:

Repeat the name of the sections of the Old Testament - LHPP (Law, Historical Books, Poetic Books, and Prophetic Books). Say, "Today we continue in a Poetic book, the book of Psalms."

Ask, "What pets do you have or have you had?" Let them talk about their pets. Ask, "How do you take care of them?" (Possible answers include feeding, bathing, walking, cleaning up their messes, taking to the vet, etc.)

Tell the kids that today's lesson is about some interesting animals: sheep. Sheep are not very smart. You can find a lot of information about sheep online. One story was told of two coyotes (that's like wolves) that snuck into a flock of sheep, killed the lambs, and started eating them. The other sheep just stood there and watched. They didn't even know the situation was dangerous.

Have the kids fill in the handouts: "Sheep need someone to take care of them."

2. Book – Psalm 23

Read (on the handout), "David was a shepherd before he became the king of Israel."

David knew how to take care of sheep.

Today's lesson will be over a very famous Psalm in the Bible, where three scenes are described. It will examine how the shepherd takes care of the sheep in each scene, then consider how God cares for His "sheep."

Scene #1 is a pasture, a green meadow. It symbolizes peaceful, quiet moments of life.

Read verses 1-3a. Ask, "What does our Shepherd do for us?" Verse 2 says, "He makes me rest in green pastures." The shepherd takes the sheep where there will be nice green grass to eat. Have the kids write the word "Food" in the last square of Scene #1. Ask, "Does God give us our food?" If you have time, you can discuss how God provides food (not just the kids' moms and dads).

Next, verse 2a says, "He restores my soul." Have the students write the word "Rest" in the last square of scene #1 as well. God even created the Sabbath as a way to be sure His people rested.

The first scene shows that God supplies 1) physical needs and 2) peace and rest for spirits.

Scene #2 - The paths symbolize "traveling times," or times when we are busy at work, in transition, or in difficulty. Read verses 3b-4. "He guides me in the paths of righteousness" (v. 3). Write the word "Guidance" in the last box of Scene #2 and discuss how God guides.

"If I walk even through the valley of the shadow of death, I will fear no evil, because You are with me" (v.4). In this verse we see that God is near in a time of crisis. Write, "God is near."

"Your rod and Your staff—they comfort me" (v. 4). It has been said that the staff was used to prod wandering sheep back to the herd and the rod was used to fight off dangerous predator animals who would want to harm the sheep. Write the word "Safety" in the last box of scene #2 and discuss how God keeps His sheep safe.

This scene shows that God guides believers on their journey, He is there for us in difficult situations and even in death; He keeps His flock safe.

Scene #3 - The table, which represents 'Feeding times,' or blessings from God. Read verses 5, 6: "*You prepare a table before me in the presence of my enemies.* (v. 5). Have the kids write the word "Protection" in the last box of scene #3 and discuss how God protects (*He protects us from our enemies; He gives us healing/ joy; He takes us to Himself, to live with Him for eternity*).

"He shall anoint my head with oil." (v. 6). In the Bible, oil is a symbol of joy, and shepherds used to put oil on sheep's wounds to help them heal. Write "Healing" and "Joy" in the last box of Scene #3.

"I will dwell in the house of the Lord forever." (v. 6). Write on the handouts on "Scene #3" "Eternal Life."

Scene 3 demonstrates that God protects from enemies; He gives healing/ joy; and He will take His "sheep" to Himself, to live with Him forever.

3. Look:

Ask the question, "*In what other ways does God care for us?*" (Possible answers: forgiveness of sins, family, church; the Bible; etc.)

You can add any new answers to the list you've already made of the ways God cares for His "sheep."

Ask, "*Can you think of a time that God cared for you when you were in need?*" Have the kids share if they want to.

4. Took:

Thank God for His care and protection. Conclude by praying in small groups. Point out the Psalms listed on the handouts for reading during the week.

At the Breaking Point

Psalm 121

1. What stresses do kids face?

True or false?

“Stress should be avoided at all costs.”



2. Psalm 121

Why is God able to help us? (vv. 1,2)

What specific ways can He help? (vv. 3,8)

3. What are negative ways that people deal with stress? Why are these not helpful?

What are positive ways to handle stress?

Does God always help us when we have stress? Why?

Psalms for the Week

- | |
|--------------|
| 1. Psalm 127 |
| 2. Psalm 130 |
| 3. Psalm 142 |
| 4. Psalm 145 |
| 5. Psalm 146 |
| 6. Psalm 150 |
| 7. Psalm 139 |

4. What is a problem today that God can help you with?

Stress Test

Put a check mark by anything that has caused stress in your life:

- A bad grade on a test/ in a class
- Thinking about your future education
- Divorce in your family
- Having a friend turn on you
- Moving to a new school
- Having a serious illness
- Pressure about sexuality or sexual activity
- Feeling rejected by God
- A difficult relationship with a brother or sister
- Pressure to drink or smoke
- Being called on by a teacher when you don't know the answer
- Being laughed at because of your clothes
- Breaking up with a boyfriend or girlfriend
- Having no money
- Being stopped by a policeman
- Death of a pet
- Knowing you did something wrong
- Getting a terrible haircut
- Fighting with your parents
- Being bullied
- Giving into peer pressure
- Having a close friend move away
- Other: _____

(Adapted from "Talk Sheets" by David Lynn)

At the Breaking Point (Dealing with Stress – Psalm 121)

Importance for Teens:

Kids feel a lot of pressure today socially (to fit in) and academically (to get good grades). Sometimes the Church adds spiritual pressure to the list. Stress isn't always bad, but having more than a person can handle is not good. (*You will need a balloon for this lesson*)

1. Hook:

As kids come in hand out the questionnaire "Stress Test." Have students mark their stressful experiences. The questionnaire does not need to be signed: it is anonymous. Collect the completed surveys and ask someone to tally the answers and present the results during the lesson.

Begin with prayer. Say, "*Today we are talking about stress. What happens when we have too much stress?*" Begin inflating a balloon. (*The pressure inside gradually increases.*) Between blows into the balloon, continue naming stresses from the list (e.g., "I failed a test," etc.) Keep inflating the balloon until it bursts. When there is too much stress, people can't handle it, they break down. They pop.

Have the person who tallied the questionnaires present the results. Write the most common causes of stress in your group on the board.

Ask, "*Do you agree or disagree that stress should be avoided at all costs?*"

(Possible answers: stress is normal and healthy; sometimes stress helps us get things done; it is a healthy reaction of the body; it is an internal signal that something is wrong and there is a problem that needs to be solved; some stress should be avoided; a break is needed between stresses).

Say, "*How do we avoid too much stress? Today's psalm has some ideas.*"

2. Book – Psalm 121

Ask, "*What is this book of Psalms?*" The Psalms are a collection of poetry/songs of praise to God. "*And where is this book located in the Bible?*" In the middle of the Bible, in the poetry books.

Read vv. 1-2 and ask the question, "*Why is God able to help us?*" (Answer: He created the heavens and the earth.)

Read vv. 3-8 and ask the question, "*What specific ways can He help?*" (Possible answers: protection from our own mistakes, protection from harm of other people; protection day or night, in all kinds of seasons of life; He gives guidance, etc.)

3. Look:

For the next portion of the lesson, you may try breaking up into small groups to discuss these questions and then have the groups report back. Or you can discuss them as one larger group.

(1) What are negative ways that people deal with stress? Why are these not helpful? (Possible answers: quit trying; withdraw; blame others; distract yourself with video games or social media or pornography; try alcohol; drugs; self-harm; suicide.) All of these ways are counterproductive and add even more stress.

(2) What are positive ways to get rid of stress?

(Possible answers: prayer; physical activity; take things one at a time, sleep, talk about it with God, a friend, an advisor)

(3) Does God always help us when we are stressed? Why or why not?: Say, *"It's true that sometimes God's help is not obvious right away sometimes. But God is always near; He cares and wants us to talk to Him about the things that make us anxious."*

Ask, *"How has God helped you in the past?"* Or maybe you yourself can talk about a time when God has helped you in a difficult time.

From the situations identified through the survey, select two or three that are relevant to your group and ask how God can help in that situation.

4. Took:

Have your kids think about the question, *"What is a problem today that God can help you with?"* Encourage them to write their answer down and remember to bring it to God during the week.

Wrap-up: *"Stress is normal and needs to be dealt with. You don't need to handle stress alone. There are others around who can go through it with you: friends, family, me, God."*

"Set aside some time each day to be with God and to rest. This is an important habit and a good way to cope with stress or even keep it away."

Reread Psalm 121 and finish by praying in pairs or small groups about the problems they identified on their sheets, if they are willing to share.

(Some parts of this lesson are borrowed from David Lynn's [Junior High Talksheets](#) and adapted).

Leader's Guide

God is Always with Us!

Psalm 139

1. What person knows you the best of all?

2. Psalm 139

According to verses 1-4 what does God know about you?

According to verses 8-12 check the places where God dwells.

___ in heaven ___ in the underworld ___ where the dawn is
___ at the edge of the sea ___ in the darkness of the night

According to verses 13-18 what does God do for us?

3. When do you feel closest to God? In what situations?

When do you feel farthest away from God?

In those moments, what helps you remember that God is nearby?

4. Search me, God, and know my heart; test me and know my anxious thoughts.

See if there is any offensive way in me, and lead me in the way everlasting.

(Psalm 139:23-24 NIV)

God thinks a lot of you, and He truly loves you. He is always present to comfort you. Rejoice in these thoughts this week.



God is always with us! (The Presence of God – Psalm 139)

Importance for Teens:

Teenagers are not always comforted by the idea that God is always there for them because they often picture that God only notices their sins. It is important to help them realize that God is always aware of them and He loves them very much.

1. Hook:

Start with a game: "Who Knows You Best?" Choose 2-3 pairs of teens who know each other well - friends, siblings. Have one partner from each pair walk out the door. Then ask the remaining partners these questions about the *one who walked out*.

1. What is his/her favorite color?
2. What is his favorite drink?
3. What does he usually do after school?
4. What is his favorite subject?
5. When doing homework, is your friend more like a turtle, beaver or kangaroo?

Have someone write down their answers. Then call their partners and ask them the same questions about *themselves*. For each correctly guessed answer, the pair gets one point. The pair with the most points wins.

2. Book – Psalm 139

Say, "You know there is only One Who can answer ALL questions about us correctly. That is God. He knows everything about us: our thoughts, our fears, our dreams. And He loves us. Psalm 139 speaks about this."

Read the first question and then read the verses to find the answers.

(1) According to verses 1-4 what does God know about you?

Answers in the text: when I sit down and stand up (v. 2); my thoughts (v. 3); when I walk and rest (v. 3); all my ways (v. 3); all my words (v. 4).

You could represent each answer with a symbol on the board. Say, "We see here that God knows everything about us."

(2) According to verses 8-12, where is the presence of God? All answers are in the text: in heaven (v. 8); in the underworld (v. 8); where the dawn is (v. 9); at the edge of the sea (v. 9); in the darkness of the night (vv. 11-12).

Say, "We see that God is always near us, there is no place we can be where He isn't present."

(3) According to verses 13-18 what does God do for us? Answers in the text: He creates us in our mother's womb (vv. 13-16); He writes all our days in His book (v. 16); He thinks a lot of us (vv. 17-18).

3. Look:

Say, "David was very confident of the Lord's nearness and care for Him. What about you? When do you feel closest to God? In what situations?" Possible answers: at camp, during worship, in prayer, in nature, etc.

Ask, "What helps you remember God's presence?"

Possible answers: being with Christian friends; when there are no distractions from thinking about God; when we are surrounded by beauty, etc.

Ask the question: *“When do you feel farthest from God?”* Possible answers: when you have sinned; when you are very busy or tired; in a new place; with unbelieving friends.

Ask, *“In these moments, what can help you remember that God is near?”* Possible answers: confessing your sins; finding faithful friends; spending time with God; remembering Bible verses; resting, praying, etc.

4. Took:

Conclude by reading Psalm 139: 23-24 together. Remind them that God thinks a lot of them and loves them very much. He is always present to comfort them. Remember and rejoice in that thought this week. Finish with prayers of thanksgiving to God.

Leader’s Guide