



## **Psalms: A Prayer of Hope for the Downcast Soul**

1. Read Psalm 42 and 43 out loud with everyone.
2. Pass out prayer sheet entitled "A Prayer of Hope for the Downcast Soul."
3. Give 20-30 minutes of quiet/alone time to contemplate and write down answers.
4. Share answers in small groups of 3-4 or all together depending on size of group.
5. End by sharing the praises. Read "I still want to praise you, my Savior and my God." Then have one person in the group say, "I praise you \_\_\_\_\_." They fill in the blank with whatever. Read "I still want to praise you, my Savior and my God." The next person says, "I praise you \_\_\_\_\_." Keep repeating until everyone who wants to share is done.

## **Psalms: A Prayer in Suffering**

1. Read Psalm 69 and 70 out loud with everyone. If time, also read Psalm 42 and 40.
2. Pass out prayer sheet entitled "A Prayer in Suffering."
3. Give 20-30 minutes of quiet/alone time to contemplate and write down answers.
4. Share answers in small groups of 3-4 or all together depending on size of group.
5. End in thanksgiving. Read "I will praise your name in a song, God, and glorify you with thanksgiving." Then have one person in the group say, "I give thanks for \_\_\_\_\_." They fill in the blank with whatever. Read the phrase again, "I will praise your name in a song, God, and glorify you with thanksgiving. The next person says, "I give thanks for \_\_\_\_\_." Keep repeating until everyone who wants to share is done

## **Psalms: A Prayer for Courage**

1. Read Psalm 27 and 18 out loud with everyone.
2. Pass out prayer sheet entitled "A Prayer for Courage."
3. Give 20-30 minutes of quiet/alone time to contemplate and write down answers.
4. Share answers in small groups of 3-4 or all together depending on size of group.
5. End by sharing the praises. Read "I praise you because you are a shield for all you take refuge in you." Then have one person in the group say, "I praise you \_\_\_\_\_." They fill in the blank with whatever. Read "I praise you because you are a shield for all you take refuge in you." The next person says, "I praise you \_\_\_\_\_." Keep repeating until everyone who wants to share is done.