

READ PSALM 42

Pray together as a family before you begin.

Devotional: Have you ever been so thirsty after playing outside or running around with your friends that you thought if you didn't get any water you might just pass out? Well, in this Psalm that's exactly how God wants us to feel about Him. God wants us to want Him so much more than a cold glass of water on a hot day! And the reason God wants us to want Him is because He is really all we need. He knows how to take care of us and what we need to enjoy the life He's given us. I bet you know that sometimes life can be hard. We might feel sad because maybe we didn't get what we wanted, or someone said a mean thing to us. Well, God wants us to know that He is all we need during hard times too! When we understand He is what we need when we are happy then it makes it even easier to remember He is all we need when we are sad.

Main point: God is all we need when we are happy, sad, and every day in between. He wants us to want Him, and He knows what we need!

Questions to consider:

- What does this psalm say about God?
- What does this psalm say about us as God's people?
- How does this psalm point us to Jesus?

Action steps: What are some ways can you learn to thirst for the Word like you do for water? Here are some ideas:

- Use the words of this psalm to guide you in prayer: "Just as a deer pants for water, so my soul thirsts for you, O God..."
- Talk through these points as a family:
 - HEAD: What does this psalm make you think?
 - HEART: What does this psalm make you feel?
 - HANDS: What does this psalm make you want to do?

Key verse: "As a deer pants for flowing streams, so pants my soul for you, O God. My soul thirsts for God, for the living God..."
Psalm 42:1-2a

Dive deeper questions:

- Think of a time when you were very thirsty for a drink of water. Can you imagine wanting God like that? What would that be like?
- Where have you seen God take care of you?
- When you are happy how do you view God? When you are sad how do you view God? Did you know He's the same no matter how we feel?