

1. How was David feeling during this Psalm?
2. Who did he talk to about his feelings?
3. Who can you talk to about how you feel?
4. What's something you can remember whether you feel bad or good?

1. When is it hard to talk to someone about our feelings? and why?
2. What did David do with his feelings?
3. Why does it help to remember that we can always talk to God about our feelings?

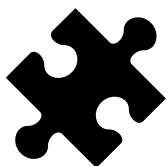
1. What does David know about God that helps him talk to him?
2. How can you remind yourself that God is a rescuer?
3. Why did Jesus say "My God, my God, why have you left me alone?"? And why is that so strange?
4. How can we be sure that if we turn to God he will always be there?



You alone can rescue – Matt Redman
He Reigns – Newsboys
Always With Me – Nicky and Becky Drake



Make a mood tracker for the coming week. For each day colour a part of a picture or a square in a chart dependant on how you're feeling.
Design your own set of emojis.



Make and play some typical birthday party games: pass the parcel, musical chairs or statues, pint the tale on the donkey. a piñata. You don't need to spend or get anything new just find treasures from around your home.