

Family TableTalk

Insurmountable—Praying the Psalms October 18th

Read Psalm 130

Think

Week 1—Praying the Psalms.

We can learn to pray the psalms and know the psalms intimately just like Jesus did. As we pray the psalms, we enter into the honest emotions the psalmist expresses - joy, sorrow, thanksgiving, frustration, pain, praise, hopefulness and loneliness while processing where we are feeling these same emotions in the circumstances of our own lives. As the psalms teach us to pray, while encouraging us to look deep within ourselves to come to terms with our emotions and the circumstances we find ourselves in, our faith and relationship with God in Jesus is strengthened as God walks with us through all of life's experiences.

Discuss

- Is there something in your life right now that seem insurmountable (too big for even God to help with)?
- Share some of the emotions you have felt this week?
- How can being honest with God about our emotions help us bring peace or change our mood?
- Keep a journal of your feelings this week. See how many times you are mad, sad, happy, or frustrated?
- How many times are you thankful and tell God you are.

Pray

Loving God, thank You for the gift of the Book of Psalms to help us process our emotions and be encouraged that we're never alone. Help us to turn to You and Your Word when we face situations that seem insurmountable. Guide us to embrace others with the hope that comes from You. Amen.

Go Deeper:

Share family blessings & bummers

Get a large piece of paper and tape it to the wall. At the top write today God help me change _____.

Carve a pumpkin as a family

Make popcorn and watch your favorite Halloween movie

