

Psalm 13 Lament

① v.1 -2 **How long O Lord? Will you forget me for ever? How long will you hide your face from me?**

God wants us to be honest about our feelings with Him. Talk together with your family about how you feel today – the good things and the not so good, the loneliness, fear, anger and frustration as well as the happy things. Or play a game of charades – guessing the emotion. Walk on for a while and stop when you are ready.

① Stop and write the name of something that makes you feel cross or frustrated with a stick or your finger on the ground. Find some leaves or twigs to cover it up and as you walk away from it tell God that you are giving him that situation and letting him deal with it.

Walk on for a while and stop when you are ready.

① v3 **give light to my eyes** – look up to the sky and open your eyes wide. What can you see? Perhaps there are some clouds, or shapes in the branches of the trees or the buildings nearby. Use the shapes you see to pray for different things. The white fluffy clouds may remind you of the climate, or a square shape of your home and your family.

Walk on for a while and stop when you are ready.

① v5 **But I trust in your unfailing love** – even though some things are difficult at the moment, and we don't always understand or enjoy them, it is important to praise God. Pick up a pebble and hold it firmly in your hands. Take it with you as a reminder that God is strong and firm and his love will never fail.

Walk on for a while and stop when you are ready.

① v5 **My heart shall rejoice in your salvation.** I will rejoice – play follow the leader – be joyful in God's presence. Take it in turns to make crazy actions and sounds that everyone must follow. Enjoy being together in God's company.

Walk on for a while and stop when you are ready.

① v.6 **I will sing to the Lord, because he has dealt bountifully with me.** Pray together. Gracious God, Help us to trust you even when things are hard and we don't feel like praising. Thank you for being with us on our walk today. Amen

Take the pebble home and paint a heart on it to remind us that God is with us in the good and the bad.