

PSALM 43

FROM SADNESS TO PRAISE

A CCS Resource
for Parents & Carers



FOR OLDER KIDS
& TEENS



KEY POINT:

Jesus is God's truth and light who leads us from sadness to praising God.



- Do you remember a time you were lost? How did you get lost? How were you found?
- Have you had any sad days since the lock down started? What has made you sad?
- What are some things that cheer you up?



PRAY for God's help as you come to His Word
READ PSALM 43



1. How is the Psalmist feeling in verses 1 and 2 and why is he feeling this way? *Ungodly people who are God's enemies were oppressing him. He felt as if God had left him and forgotten about him which left him feeling very sad.*

2. How does the Psalm end in verses 5? What does the Psalmist say he will do? *In verse 5 he asks himself why he is sad and tells himself to hope in God because he will praise God who is his Savior.*

3. What has happened in verse 3 - 4 to cause the Psalmist to go from sadness at the start of the Psalm to praising God at the end? (The altar in v4 was where blood sacrifices were made at the temple in Jerusalem so God's people could be forgiven of sin and be in God's presence.) *God's truth and light will lead him to the temple in Jerusalem where God dwells. There he will go to the altar where sacrifices for the forgiveness of sins are made. This will cause him to praise God.*

4. Read John 8v12, 14v6, Colossians 1v19, Hebrews 10v10. How do these verses help us see that Jesus fulfills this Psalm?

John 8v12 and 14v6: *Jesus is light and truth from God.*

Colossians 1v19: *Jesus is fully God and lived with us.*

Hebrews 10v10: *Jesus' death on the cross is the sacrifice that allows us to be forgiven by God.*

5. What then should bring us from sadness to praising God? *We can know God through Jesus. His death on the cross is how God saves us from our sin. Knowing this should cause us to praise God no matter how sad we are.*



1. How much does knowing Jesus died so we can know God make you happy? Why?

2. When you're having a bad day and you're feeling sad, how can you remind yourself to pray and ask God to help you see Jesus?

3. Then next time you're sad, what can you do to help tell yourself to remember Jesus and praise God for him?



PRAISE God for Jesus! **PRAY** that even when you are feeling sad, that God will help you to remember Jesus, who he is and that he died on the cross, so that you will be able to praise him!