

March Week 1

God Is Our Hope

- **Text:** Psalm 42:1~5 (March 1)
- **Points:** Even in the midst of suffering, we must only long for God and put our hope in Him.

≡ 1. Praise

As the Deer by Martin Nystron

≡ 2. Prayer

God, our family gathers to worship together. Please accept our hearts and make it a time of worship where we think only of You and rely on You.

≡ 3. The Word

Read Psalm 42:1~5 together (read the verse 3 times).

* Reading the Word over and over again in different translations will help you to deepen your understanding of the material.

<ESV>

1 As a deer pants for flowing streams, so pants my soul for you, O God. 2 My soul thirsts for God, for the living God. When shall I come and appear before God? 3 My tears have been my food day and night, while they say to me all the day long, "Where is your God?" 4 These things I remember, as I pour out my soul: how I would go with the throng and lead them in procession to the house of God with glad shouts and songs of praise, a multitude keeping festival. 5 Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation

<NASB>

1 As the deer pants for the water brooks, So my soul pants for You, God. 2 My soul thirsts for God, for the living God; When shall I come and appear before God? 3 My tears have been my food day and night, While they say to me all day long, "Where is your God?" 4 I remember these things and pour out my soul within me. For I used to go over with the multitude and walk them to the house of God, With a voice of joy and thanksgiving, a multitude celebrating a festival. 5 Why are you in despair, my soul? And why are you restless within me? Wait for God, for I will again praise Him For the help of His presence, my God.

3. Understanding Text

The psalmist longs to meet God like a thirsty deer seeking water. He used to worship God by serving in the temple, but now he can't. The people mocks the psalmist by asking, "Where is the God in whom you believe?" Even when he is ridiculed by others, he puts more hope in God and wait for His help.

☒ Understanding the text for leaders

The psalmist eagerly seeks and waits for God like a thirsty deer searching for a stream. It was because he felt like he couldn't see God and that He wasn't with him. The people turned to the psalmist and asked, "Where is the God in whom you believe?" When they laughed and teased him in the midst of such misery, the psalmist remembered the days when he went to the temple and was thrilled to see God. At that time, he sang songs of joy and thanksgiving with the crowd as he made his way up to the temple. Thinking of that day, the psalmist commands himself, "My soul, do not be discouraged and anxious! The living God will help me, so praise with hope!" When we are in the midst of suffering where we cannot hope for anything, we must remember the grace that God has given us and the presence of God. That's how we get up from our place of despair. What made the psalmist regain his strength was the fact that the God who would raise him up is still alive.

4. Sharing

1) What did the psalmist make to himself in the midst of a difficult and difficult situation? (verse 5).

■ Upper Grades

Whom does the psalmist tell us to look to when we are most troubled and distressed? (verse 5).

■ Lower Grades

Who does the psalmist say we should look to when times are tough? (verse 5).

☒ Question Guide

See where the psalmist's confession and commitment in the midst of suffering can reveal the full hope of life.

☒ Comments for Leaders

When things are hard and difficult, our peace of mind is broken, it is difficult for us to persevere with faith because our circumstances seem more than we can bear.. People around you might say, "What exactly is the God you believe in doing? Where is He?" When they laugh at us, we might feel like giving up. In such a situation, the psalmist thinks of God, not the situation or the circumstance. The harder and more difficult it is, the more he tries to put his hope in God rather than being discouraged. Because when God's time comes, He will appear in the psalmist's life and give him grace and help.

2) What or who do I look to or expect when I'm struggling? Why?

■ Upper Grades

What excites and energizes me every time I think about it?

■ Lower Grades

What makes me most excited and excited?

☒ Comments for Leaders

When life is painful and frustrating, we look for someone who can help us. That's why we try to find peace of mind and comfort through our family and friends. When we immerse ourselves in spending time with someone, we feel like we can take a break from our problems and frustrations and relax a little. But in the end, we come back to a reality that hasn't changed in the slightest. We should know that the help that people give us is very useful, but there is a limit to solving your problems, suffering, and frustration. So, when we have a problem, we should think of God, not people, and ask God for help. God has the answer to every problem, and He can solve it. When you are in distress, remember to put your hope in God and rely on Him.

☰ 5. Gratitude

Say a prayer of thanks to God who loves you and gives you joy and hope.

☰ 6. Prayer

God! Thank you for always being with us, guiding us, and helping us. May we remember that God sustains us in the midst of any difficulty, and that we may praise you with hope in you alone.

- End the family worship service with the "The Lord's Prayer"
