

# Digging Deeper

## Family Devotions



### **PASSAGE 1 - *Philippians 4:6***

This passage speaks right into the situation we are all facing now. Our world has changed. It would be helpful to talk about any worries or concerns your kids may have. Philippians reminds us that God is in control and he cares for us. God doesn't want us to be anxious or worried or scared. Instead he wants us to talk to him! So, we can tell God how we are feeling and know that he hears us.

#### **Read Philippians 4:6**

1. What does this passage say we should worry about?
2. How should we pray?
3. This verse tells us that we can talk to God about anything. What can you talk to God about right now?

### **PASSAGE 2 - *Psalms 42* (*Psalms 42:1-3, 5, 8, 11 - if only with younger children*)**

The writer of this Psalm is feeling big emotions. He is struggling with life. Right now, Covid-19 is all through our world. Talk to your kids about how this makes them feel.

Yet, even with the turmoil around us, we can and should put our hope in God, like the writer of the Psalm is able to. Even as we struggle to understand what is going on, we can and should praise God, like the writer is able to. Because our God is a saving God.

#### **Read Psalm 42**

1. How is this person feeling?
2. Who is the writer turning to for help?
3. Verse 5 and verse 11 are the same. Why does the writer praise God?

### **PASSAGE 3 - *Psalm 145***

God is a great God. This Psalm helps us remember how God truly is 'gracious and compassionate, slow to anger and rich in love'. Use this Psalm to help kids reflect on the character of God. Then together, celebrate him by singing a favourite song!

#### **Read Psalm 145**

1. How is God described in verse 3?
2. What will people say about God in verses 4-7?
3. Read all the verses again and describe in your own words what God is like.
4. What are we to do? (Hint: read verse 21)