

The Book of Psalms  
It's Not Actually About Me

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Main Scripture: Psalm 7

**A Cry for Help (v 1-5)**  
(Ps 37:40)

**A Plea for Justice (v 6-16)**  
(Prov 25:21-22; Isa 13:9, 11; Ps 11:4-6)

**A Reason for Praise (v 17)**  
(Heb 12:1-3)

# Heartland Kids Weekend Bulletin

August 1-2, 2020

## Psalm 7:1 (ICB)

*Lord my God, I trust in you for protection.  
Save me and rescue me from those who are chasing me.*

### A Cry for Help

- Throughout the Psalms, David asks God for help so many times! We can always do the same. God wants us to ask for His help, and He will always listen to our cries to Him for help.

### A Plea for Justice

- David was asking for help. He wanted his situation to end. David was in a situation where he knew that he didn't do anything wrong. He did not want to be punished for something he didn't do and asked that God would be kind to him.

### A Reason for Praise

- Even in this Psalm, when David was asking for help and asking that God would forgive him, he still knew that God was someone He should praise. Even in the cries for help, David saw and took the opportunity to tell God how much he loved Him.



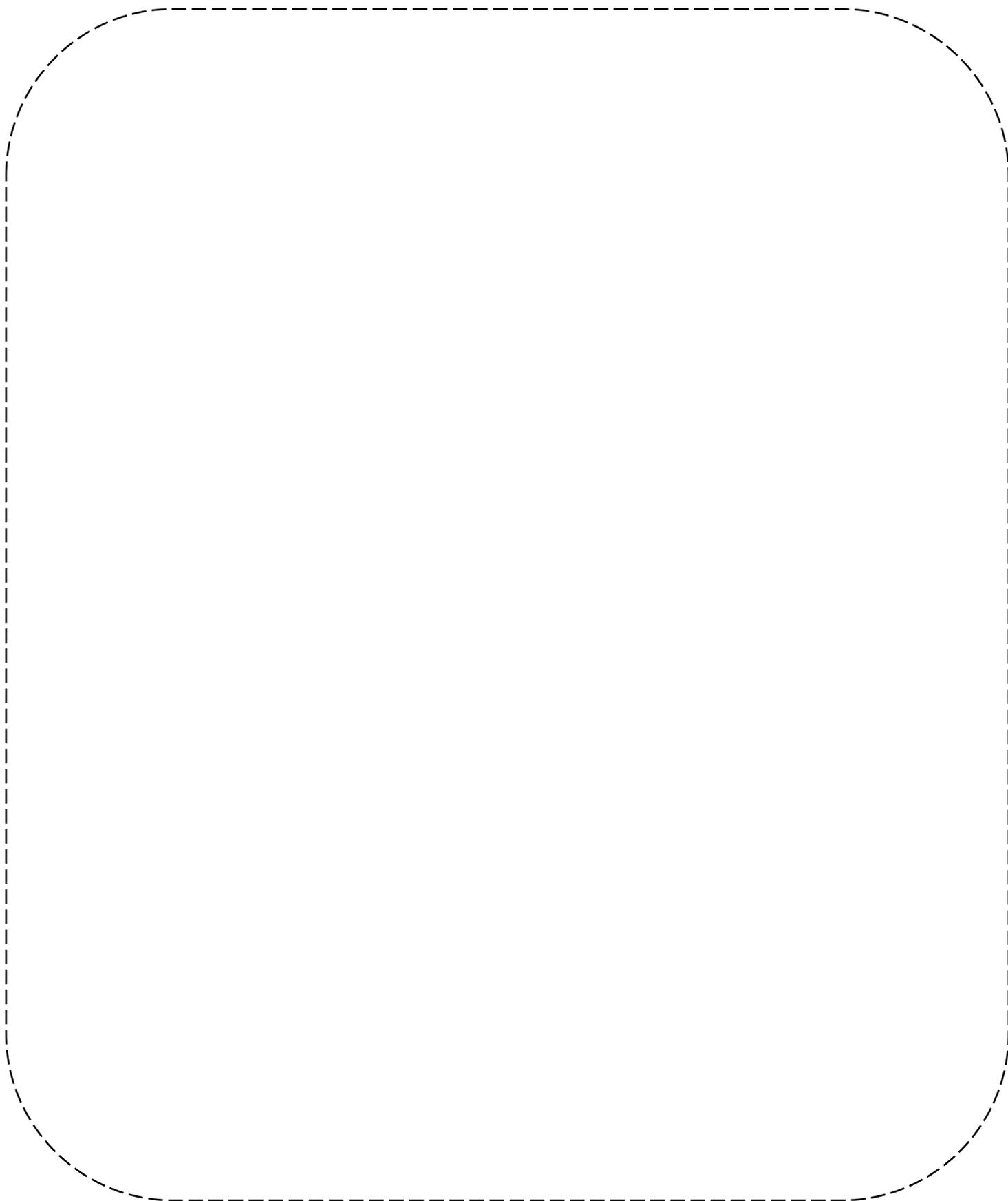
## Some questions to discuss as a family:

Do you need to ask God for help this week?

Do you need to ask God for His justice this week?

What can you thank and praise God for this week?

**DRAW A PICTURE OF WHAT YOU LEARNED TODAY**



# Family Activity

Today we learned about the need to ask God for help and justice, and the need to always take time to thank and praise Him. This week, I want to encourage you to take some time out of every day, as a family, to praise God. What this looks like is up to you, but below are some suggestions:

- Listen to or sing worship songs.
- Together, talk about the things that God did for you.
- Praise, by dancing together.
- Take turns praying and thanking God for all that He does.
- Write down the things you have, that you can praise God for throughout the week, and hang them on the wall.

The suggestions above are just that – suggestions! Feel free to do this activity in whichever way you choose. It is less important *how* we praise God, and more important *that* we praise Him in everything!