



# Faith Talk Ideas

## Psalms for Uncertain Times

What a week! The news not only seems to be all bad, but the amount of change and uncertainty that is being thrown at us produces anxiety and fear. Things we could depend on—church on Sunday, going to school, moving about freely, gathering with friends, going to the gym—are gone for a time. And not only that, news of suffering, sickness, and death fill the news. Topics we would rather keep from our children fill our thoughts and conversation.

Parents, consider how you can lead/shepherd your children through this difficult time. With everyone home, commit to start the day with Bible reading and prayer, focusing on God's sovereignty over all things and his great love for you. Read Matthew 6:25-34 aloud each day, even committing it to memory. Each day, pray together asking God to use your family to minister and serve those who are in your path as you continue to minister and serve one another in these days.

### **READ TOGETHER:** Psalm 90

**THINK TOGETHER:** This is a psalm of lament. A lament is an emotion-filled expression of grief or sorrow. Think of the losses that this pandemic have brought. Everyone has experienced some type of loss. What do we do with sadness that comes with loss? Think about the opportunity these days bring to help your family grieve over the losses. But for God's people that is not the end of the story. If we are only lamenting, then we are no different than those without Christ! Think about how you will lead your family through these days of lamenting while reassuring them of the hope that is found in Christ. These are days of opportunity as well as loss.

**DO TOGETHER:** Talk together about the losses your family has already experienced during recent weeks. Encourage each person to contribute to the conversation. How have you experienced the loss of security? Job fears or loss? Routine losses? Economic worries? Loss of control? Loss of contacts with friends?

How does Psalm 90 begin? Write down what you learn about God in verses 1-6. Before this pandemic, it may have been easy for us to feel like we had control over things such as our health, security, comings, and goings. The psalmist wants to remind us that it is God who is in control—always.

Read James 4:13-17 aloud. Why is it arrogant to think we have control?

Read verses 12-17 aloud. What does "numbering our days" have to do with getting a "heart of wisdom?" When we realize our lives are finite we are more likely to increase our dependence on him. Have you experienced that this week? Talk about that together.

Notice that the psalmist doesn't leave us to just ponder things. He ends the psalm by referring to the work we need to do. If we look only at our situation through the lens of the news we are tempted to retreat in fear and worry. What might be the work of your family's hands during the COVID-19 pandemic? How might you make the goodness of God known in your circles? How could you encourage and minister to your neighbors and family?

Read Matthew 6:25-34 aloud. Commit together to remind each other of this truth each day. It will be so easy to forget as we think about our situation.

**PRAY TOGETHER:** Praise God that he is the sovereign ruler, creator, and sustainer of all things. Ask God to help you remember his faithfulness when you are tempted to be fearful and worry.