

At-Home FBC Family Kids Church, THIS WEEK: April 5

Out of the Mud (taught in March 2018)

Psalm 40:1-2 I waited patiently for the Lord. He turned to me and heard my cry. He lifted me out of the slimy pit - out of the mud and mire. He set my feet on the rock and gave me a firm place to stand.

The verse following these two verses (Psalm 40:3), which is not included in the song, continues: “He put a new song in my mouth, a hymn of praise to our God. Many will see and fear and put their trust in the Lord.”

Optional discussion questions/conversation starters:

- What is a psalm? Old Testament or New Testament? Who wrote this psalm? (David) Who is David?
- What do you think David is writing about? (He’s remembering past experiences in his life where God had rescued Him. These rescues led David to praise and led many to put their trust in God.)
- Are there times you remember when God has helped you? What are they? (Parents: you share as well.) What does it mean to be in a “slimy pit”?
- Can we praise God when we’re in a “slimy pit”? (2019 VBS kids will know Philippians 4:12-13 which applies to this very well. Read it aloud to help with this discussion.)
- What is “the rock”?
- Can we be in a “slimy pit” and be “on the rock” at the same time?
- What happens when God answers our prayers in a way that we didn’t want Him to? (This one, and previous one, can go deeper if you talk about specific instances. Acknowledge that it can sometimes be difficult to *feel* like praising God. Why should we build the discipline to praise God at all times? First, God is always good and always worthy of our praise; and second, it gets our eyes back on the Truth of who God is rather than focusing on ourselves and our own desires.)
- How can other people’s faith in God increase when they see God answering our prayers?
- How can other people’s faith in God increase when they see us praising God?

- Ask each person to share something they would like prayed for this morning. Close in prayer, specifically including everyone's prayer requests. Ask God to help all of you notice all the times God helps you and to help you praise God both when he rescues us and also while we're still in the "slimy pit".

Optional activity during the week:

It is exceptionally helpful, for anyone of any age, to have a journal where we document times when God has "rescued" us. They are often too easily forgotten. Not only do we naturally remember things better when we have written them down, this journal can easily be accessed when we need to remember times when God has rescued us. If you keep a prayer journal, an easy way to do this is to leave space after each request so you can later write when and how God "answered" your prayer. If you don't keep a prayer journal, just write the date and story every time God helps you. This leads us to praise and increases our faith, especially in times of great need.

Help your kids create such a journal. (This can be fun for younger children too! It does not need to be "adult" looking. And this is not just a woman thing!! Men journal too!) If you have one of your own, show it to them. If you don't have one, consider creating one with them!

Previous Weeks' Lessons:

[March 29, 2020](#)

[March 22, 2020](#)