



Discoverers

Feel like taking a look in your bible?

Have a read of Psalm 88 (it's not too long)

What do you think the writer is saying in this Psalm? How would you re-write it in your own language. Check out different versions of the bible to see how it has been translated differently.

- How do you think the writer of this Psalm was feeling when he wrote it?
- What do you think might have happened to him to make him feel like this?
- Can you find any sense of hopefulness in the words of this Psalm?

Despite the fact that in verse 1 the Psalmist refers to God as 'the God who saves me' the rest of the psalm is pretty bleak. The writer is clearly having a terrible time! Loneliness can make us feel very isolated, even cut off from God. But it is important to remember that feelings are not the same as facts!



Psalm 139 has a different feeling about it. Check it out.

- Are there any similarities between this and Psalm 88?
- How do you think the writer of this Psalm was feeling when he wrote it?
- What do you think the Psalmist is saying in this Psalm?

It might seem surprising to find two such different pieces of writing in the same book! But they do have one thing in common. Both writers are expressing poetically how they feel about their relationship with God. The writer of Psalm 139 has certainly known dark times – he refers to them in verses 11 and 12. But he recognises that however bad things are, his relationship with God is a constant.

We all have a relationship with God – whether we feel he is far away, as the writer of Psalm 88 did, or always at hand, like the writer of Psalm 139. Have a go at expressing your feelings about your relationship with God by writing your own short Psalm.

There are no 'right' or 'wrong' feelings – the Psalm writers demonstrate that! Whatever our feelings about God, we can share them with him – because we have a promise in Jesus that God loves us, no matter what.

We can recognise that loneliness is part of our human experience, and that feeling far away from God does not mean we are far away from God.

