

Children's learning sheet. Psalm 88

The Psalms are the songbook of the Bible. Psalm 88 is about someone who is feeling hopeless and deeply sad.

Have you ever felt sad?

Have you ever seen someone else feeling really sad?

Psalm 88 has lots to teach us about going through sad times as Christians. It gives hope to us in three ways:



Firstly, this psalm shows us that **REAL CHRISTIANS** can go through times of deep sadness.

Look at the title to the Psalm.

Who wrote it? H..... the
EZ.....

The whole of Psalm 88 is a
Pr..... to God.

What two names does Heman use to describe God in verse 1?

- 1) L _____
- 2) God of my _____

“LORD” is the special name that God gave his people to call him.

So, this is a real child of God.

But how does Heman describe himself in the psalm?

He has no st..... left (verse 4).

His eyes have grown d..... because of the crying (verse 9).

He feels like someone who is d..... (verse 5).

His friends have decided to sh..... him (verse 8).

Does Heman feel that God is close? (verse 14)

- yes no not sure

This Psalm is about a real child of God, and it reminds us that real Christians can still go through sad times.

So, if WE go through sad times, we don't stop BELONGING to God. We are still his children.

Secondly, the psalm shows us the deep sadness that JESUS went through for us.

Does anything in this Psalm remind you of Jesus and his death? Which bits?

How did Jesus friends treat him just before he died?

.....

What did Jesus do in the garden of Gethsemane before he died?



Hebrews 5:7 says that “Jesus offered up prayers with loud cries and tears to him who was able to save him from death”.

This Psalm describes Jesus’ suffering.

When WE go through sad times, Jesus can UNDERSTAND us. He can lead us gently and guide us.

Lastly, the psalm shows us that God wants us to support each other through times of deep sadness.

Look at the title of the Psalm. Who does Heman want to USE the Psalm?
The Ch.....

This means that ALL of God’s people were supposed to sing the Psalm together! God wants the Church to be like a big Fa..... and to go through our difficulties **TOGETHER.**

How can we be family to each other in times of deep sadness?

We can Li..... Carefully to each other. We can be there for each other. We can gently remind each other how Jesus is there for us. We can Pr..... together



Think about what you’ve learned. And write a short prayer: “Dear Lord, thank you that..