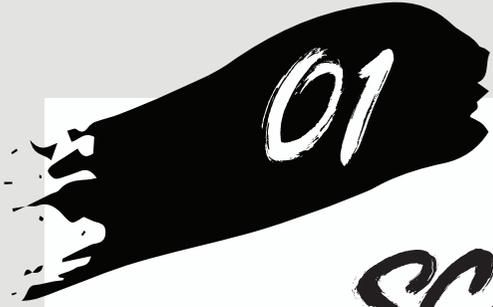


GOD HAS BEEN
GOOD TO ME!

The logo for 'Supercity' features a stylized red and yellow 'S' on the left, followed by the word 'SUPERCITY' in a bold, yellow, outlined font. The text is set against a yellow brushstroke background.



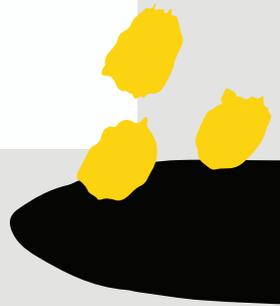
01

SCRIPTURES

Before you begin, read through:

1 Samuel 24:1-22 NIV

Psalm 13:1-6 NIV



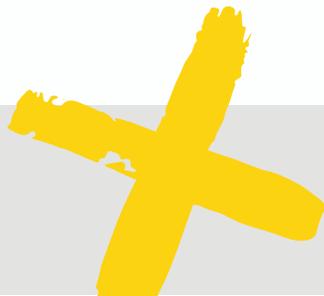
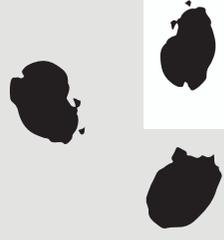


Psalm 13:1-6 NIV

How long, LORD? Will you forget me forever?
How long will you hide your face from me?
How long must I wrestle with my thoughts
and day after day have sorrow in my heart?
How long will my enemy triumph over me?

Look on me and answer, LORD my God.
Give light to my eyes, or I will sleep in death,
and my enemy will say, "I have overcome him,"
and my foes will rejoice when I fall.

But I trust in your unfailing love;
my heart rejoices in your salvation.
I will sing the LORD's praise,
for he has been good to me.



02

STORY RE-CAP



David was running for his life! Saul was very jealous of him and he wanted David dead. Can you imagine how terrible that must feel?

You can always talk to God - whether you feel happy or sad or angry...
That's what David did! He said, "God have you forgotten me?
How long are you going to leave me to struggle like this?"

God does an amazing thing when we turn to him in our times of trouble. He lifts our heads. He reminds us of who he is. When you feel like your circumstances aren't changing, know that God never changes either!

David realised that God still loved him! God never stops loving us! There is nothing that we can do to make him love us more; there is nothing we can do to make him love us less.



03

HOW THIS APPLIES

David decided to rejoice in God's salvation! God would be his rescuer!

We too can rejoice that God is our saviour!

He saved us from the punishment of sin when Jesus died on the cross and rose from the dead.

Did you know that we can trust God to keep saving us?

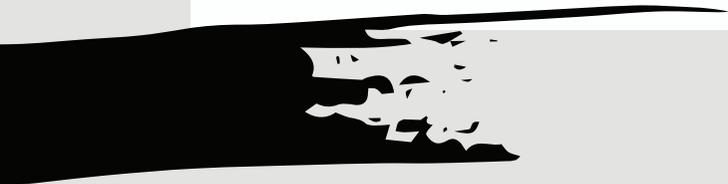
We never have to face the punishment of sin - death - because Jesus has already paid that price... But we do still deal with sin every day in our lives.

We can trust Jesus to save us from the power of sin daily.

God is always good - even when it feels like life is really bad!

God never gives up on his children.

He never stops being our Good Father in Heaven!





04

MEMORY VERSE

**“I trust in your unfailing love;
My heart rejoices in your salvation.””**

Psalm 13:5

This is a great verse to remember next time things go wrong. David was running for his life and as he stopped for a moment to pray, he remembered how much God loved him.

He realised that he could trust God to save him in the end - even if it didn't look like his circumstances were improving right away!

*(Repeat the memory verse a few times in creative ways.
Repetition makes it stick!)*



05

UNPACKING SCRIPTURE

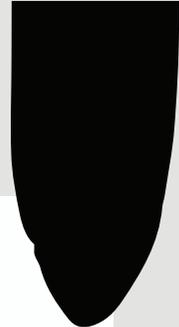
The rest of the Psalm doesn't sound like that! In fact, it starts out very differently!
Let's have a look at verse 1

Psalm 13:1

"How long will you forget me, Lord? Forever? How long will you hide from me?"

Is David allowed to talk to God like that?
Are questions like those allowed to be in the Bible? Yes!

God made our emotions and they don't scare him! He can handle anything!
He doesn't ever feel overwhelmed or upset with you about the way that you feel.
Talking to him really helps!



Did you know that Jesus understands everything you will ever face; every emotion you will ever feel? That's what the Bible tells us in Hebrews chapter 4.

- Do you feel sad? Jesus understands sadness.
- Do you feel alone and forgotten? Do you feel that even God has forgotten you? On the cross, Jesus cried out, "My God! My God! Why have you abandoned me?"
- Do you feel angry? Jesus got angry!
- Are you hungry or tired or afraid? Jesus understands.

Whatever you feel, the best person to talk to is God. He understands! He know best! His timing is perfect and his compassion for you never ever runs out!

Psalm 13:5 - 6

**"But I trust in your unfailing love; my heart rejoices in your salvation.
I will sing the LORD's praise, for he has been good to me."**

When we do speak to God, he has a way of reminding us that we are loved!

He reminds us that he is mighty to save!

He reminds us that he is good and he gives us a reason to sing again.





06

MAIN POINTS



1. God never stops loving us
2. God is our saviour
3. God is always good
4. We can speak to God about anything





07

DISCUSSION

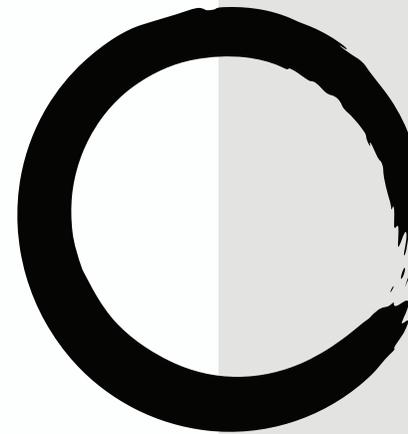
1. Did you know that Jesus understands everything you will ever face; every emotion you will ever feel?
2. Did you know that God is good all the time! How has he been good to you?
3. Did you know That God never forgets his children? He never stops loving us!



08

CHALLENGE

Today we learnt that we can speak to God about anything!
Use the scroll in the craft section to write down what you are thinking,
how you are feeling and what you are facing!





09

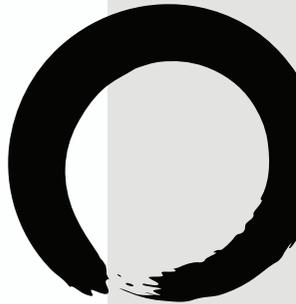
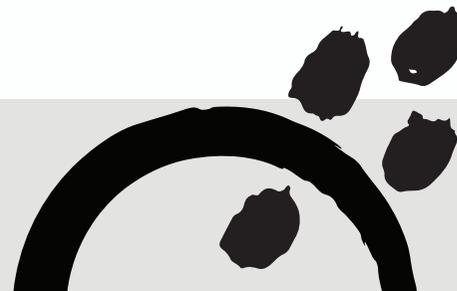
CRAFT

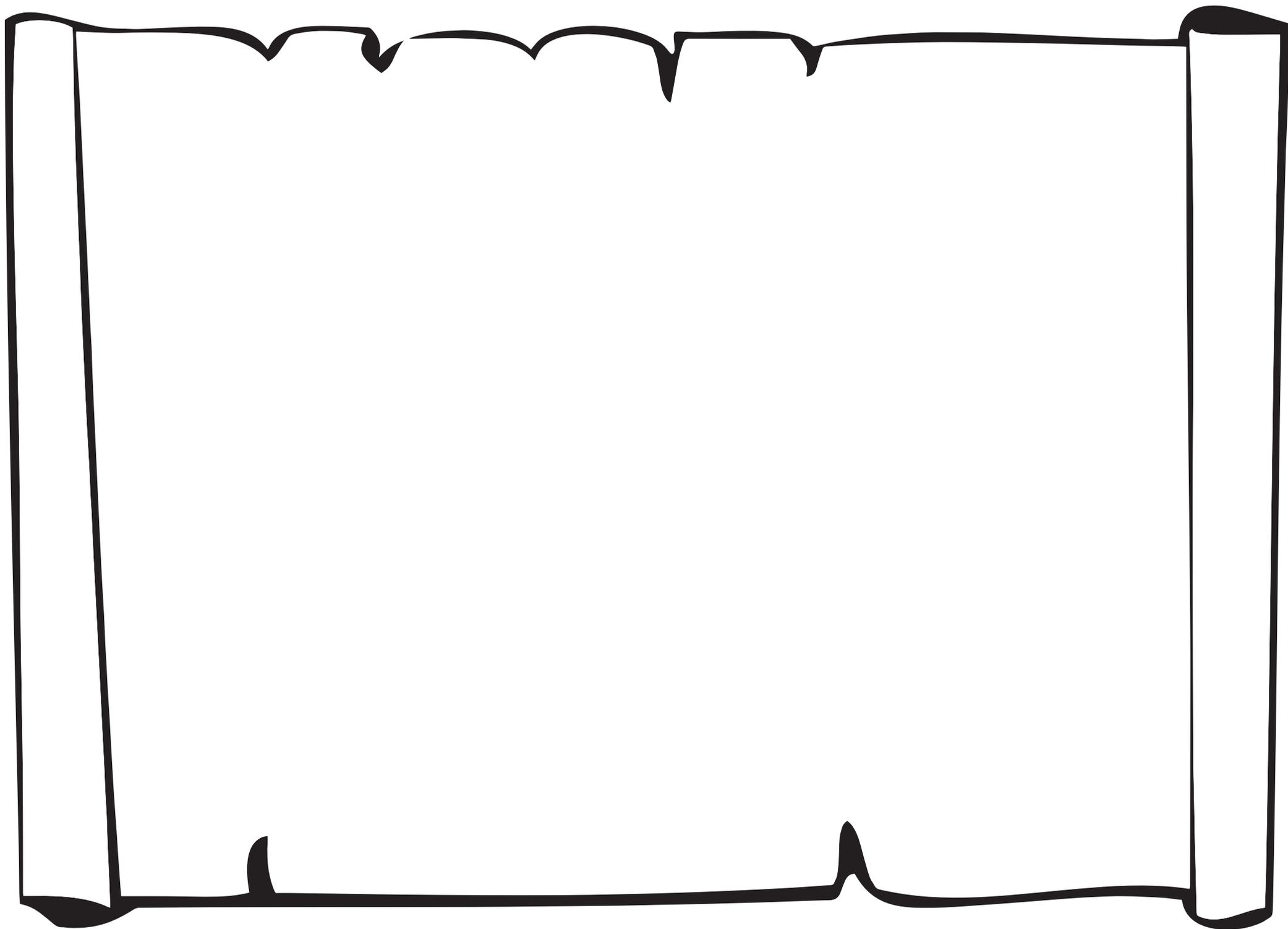
Write your own Psalm:

Today we learnt that we can speak to God about anything! He wants to hear our prayers. He wants to hear about our feelings.

You can take some time to write your own Psalm or draw your own picture to God. You can tell him anything! Tell him about what you are feeling and about what's going on in your life...Try to end your Psalm by telling God something that you believe about him.

- 
1. *Print the scroll on the next page or draw your own version*
 2. *Find a pen, pencil or some crayons to create your Psalm.*





THE END

