

# Talk to Your Soul (2/16/25)

**Main Verses:** Psalm 42:5,11

**Verse:** Psalm 42:11

**'Takeaway':** The writer of this Psalm reminds us that it's important to always be mindful of and direct with our hearts, in light of God's truth.

**Getting Started:** Has anyone ever given you a pep talk? Or gone out of their way to encourage you?



**READ:** Psalm 42:5, 11 (or have older kids help read).

Some **QUESTIONS** to consider:

Toddler/PreK:

- What is the Psalmist telling himself to do in these verses?
- Why is it so important to be mindful of our feelings (soul)?
- Why does he need to talk to himself this way?
- What do these verses teach us to do?

Elementary:

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Here are some **IMPORTANT IDEAS** we discover in these verses :

Toddler/PreK:

- It is important to talk to our hearts, reminding ourselves about the faithfulness and goodness of God. It is also important to direct our hearts to the truth of God.
- Being mindful of our heart/soul helps us to steer clear of only focusing on circumstances or simply blaming other people when things are hard.
- We should speak the truth of God's Word to our hearts at all times.
- Speaking truth and directing our hearts when things are going well will help us "automatically" remember to speak truth to our hearts when things are hard or not going well.

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An **ENCOURAGEMENT** in light of God's word:

Toddler/PreK:

Talk to God. Thank him for his Word. Thank him that his Word helps us know how to rightly respond when we are upset or things are hard. Ask God to help you be mindful of your heart and to talk to your own soul, reminding yourself of God's great faithfulness and goodness everyday, no matter what.

Elementary:

Talk to God. Thank him for his Word. Thank him that his Word helps us know how to rightly respond when we are upset or things are hard. Ask God to help you be mindful of your heart and to talk to your own soul - reminding yourself of his great faithfulness and goodness everyday, no matter what is happening. Ask him to teach you to speak the truth of his Word and to direct your heart towards him everyday.