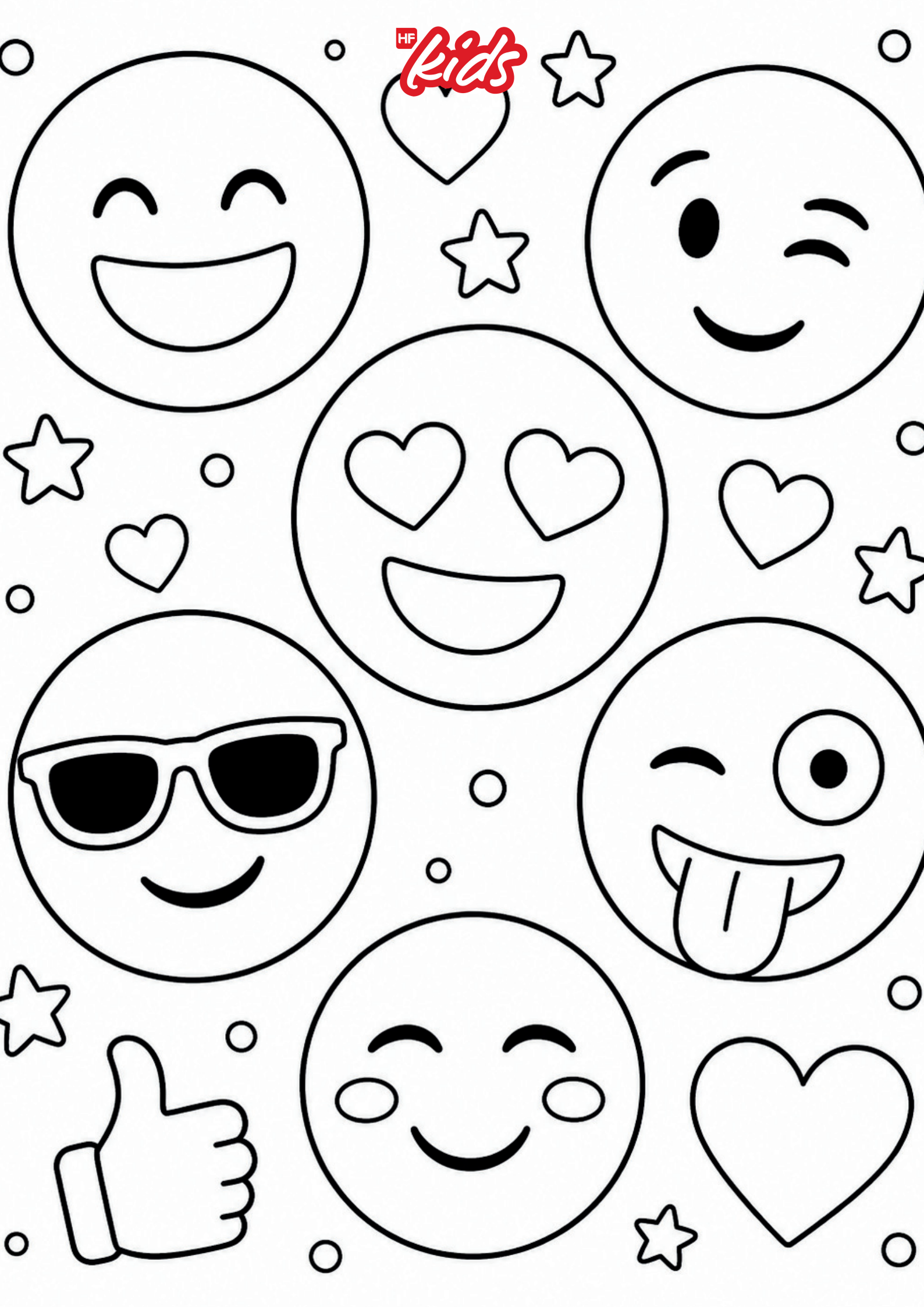






TRAILBLAZERS

09 August 2026

Today's Story: Psalm 13

Bottom Line: We can tell God everything

Theme: Book of Psalms series

Small Group

Read Psalm 13 together

1. Match the Words with the statement

God	When I speak to God
Speak	Every moment of every day
Pray	Loves me
Faith	The Truth
Emotions	Speak God's promises
Feel better	Are good



2. True or False:

Write T for True or F for False.

____ God knows how we feel.

____ I only can speak to God at certain times of the day.

____ God wants us to talk to Him.

____ It's not okay to tell God really how we feel.

____ King David always told God how he felt, but never believed God could help.

Did you know?

Studies suggest people go through roughly 400 to 500 distinct emotional moments daily





3. Word Search

Psalm 13

D F N Y S R Z U P G O N Y Y L O W F
W Q A A E T C E C H E N O F O R J U
I M X H D N R W H F H A P D Y D C D
G P Q W K W E E D E N D U R E D U U
K X D E F P S M N V W Y C H A I J I
P O J H B F S I Y G J S H U D L F J
P J G X O U Y A C A T K Y R H C A L
P R A Y T C Q J L G M H A T J O Y I
A G C O N A X J Q M D N E I Y R N G
K N C E M O T I O N S T P N A O U H
T X O B M F Y X T S K G O G E R E T
B R E A T H E A P K M O X U M D R X

Find the following words in the puzzle.

Words are hidden → and ↓ and ↘

BREATHE
EMOTIONS
ENDURED
ENEMY

HURTING
JOY
LIGHT
PRAY

PSALM
STRENGTHENED
YAHWEH



4. Think About



What does Psalm 13 teach us about God?

Do you find it difficult to talk to God about certain things? Please explain why.



5. My response to Jesus

How can we make talking to God a daily habit in our lives?

Please remember to fill in prayer requests so we know how we can pray for you



Next steps

What's your next step?

Have you given your life to Jesus? Talk to your Small Group leader and get a booklet called ***I Follow Jesus!***

If you are a follower of Jesus, ask your Small Group leader about ***water baptism***.

If you want to serve and make a difference at Hope Kids, ask your Small Group leader about joining a ***dream team!***