So, in this week's video I talked about how we can rely on God when we feel sad, upset, or he feels far away. Here, I've included some more Psalms that you can look at, as well as some ways you can talk to God, and learn to trust him more when you feel far from him, or angry or upset.

- Some other Psalms that you can look at. While reading these, maybe one Psalm a day (?), identify the emotions that David conveys. When have you felt those emotions most recently? How do you normally deal with those emotions? How does David?
    - The rest of Psalm 55
    - Psalm 57
    - Psalm 51
    - Psalm 56
    - Psalm 54
    - Psalm 61

Here are some things you can practise this week to learn to trust God more in difficult times.

- Write a prayer journal: If you feel like sometimes praying is awkward, or you don't have the right words to express how you feel, writing your prayers down can help. Write down your prayers to God everyday and express how you're feeling. This can also help you to organize your thoughts and clear you head.
- Sit quietly: Praying doesn't always have to involve you talking. Prayer is a two-way conversation, so remember to listen. One way that I do this is by simply sitting quietly with my eyes closed and meditate on a simple word or phrase and just listen for what God has to say to me. This can also help you to relax and calm down if you are feeling overwhelmed and anxious.
- Share what you are going through with someone you trust: Share your fears, anxieties, or what you've been working through with someone who you trust and whose opinion you value. Together you can work through those feelings, discuss them, or simply just sit in those feelings together. Just because we have to self isolate doesn't mean we can't reach out to each other through other means!

Most importantly, I think, is to recognize that the negative feelings you may feel are Ok and you shouldn't feel ashamed or guilty about them. What matters is how you choose to deal with them. Hopefully, this has all been helpful for you and I'll see you all soon!

-Clare