

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:
  - The rest of Psalm 55: I talked about this psalm in the video but didn't read the whole thing. This psalm reminds us that our God is a big God, who can keep us safe, and provide peace when life seems to be crazy and hard.
    - What are some fears, anxieties, or troubles you have that you can talk to God about?
  - Psalm 57: This psalm is brighter. David praises God, in spite of the problems in his life.
    - Are there things in your life you can be thankful for despite the problems or fears you might have?

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.

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