

Share Our Feelings

When your words are made clear, they bring light. They bring understanding to childish people. I open my mouth and pant like a dog, because I long to know your commands.

—Psalm 119:130-131 NIV

Consider reading
Psalm
119:129-132

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Today's Bible passage is describing the writer's thoughts about the Bible. The writer tries to put into words the kind of feelings he has in his heart.

- ***Have you ever had trouble sharing your feelings?***
- ***If so, were you very happy or sad, maybe angry?***
- ***When you told someone how you were feeling, did they understand you, or did they have trouble understanding how you felt?***
- ***When is it easy to talk about your feelings?***

The writer of this Bible passage says he is happy when the Bible is easy to understand. He likes it when the meaning of the Bible is explained and made clear. The writer of this passage has the same feeling we might have when a dirty window gets cleaned. He likes it when light comes in and it is clear. He feels that same happiness when people explain the Bible to him.

- ***How do you feel when you learn something new?***
- ***Do you feel happy or proud of yourself?***

The writer of the Bible passage wants to share more of his feelings. He uses dogs as an example. (***Reread the Bible passage.***) He wants us to think about dogs when they are hungry or thirsty.

- ***What happens to dogs when they are hungry or thirsty?***
- ***Do they bark? Do they wag their tails?***
- ***Do they jump around to get our attention?***
- ***Tell about a time you had a chance to feed a dog or other animal.***

Dogs will do many things in order to get food. Dogs may bark and jump. Dogs may wag their tails or stick out their tongues and pant. Dogs show us they need something by the way they act. The writer of the Bible passage has the same feeling. The writer is ready to hear God's words. He wants to read the Bible. He wants to sing songs about the Bible. He wants to be reminded that God loves him.

You may have trouble sharing your feelings with others, but God never has trouble sharing his love with us. God sent his Son, Jesus, so we always know God loves us.

PRAYER

Dear God, we find it hard to share our feelings sometimes. Thank you for reminding us you love us very much. We love to understand the Bible. We are ready to learn more about you. Help us know you better each day. In Jesus' name we pray. Amen.