



1

Turn your ear to listen to me; rescue me quickly. Be my rock of protection, a fortress where I will be safe. You are my rock and my fortress. For the honor of your name, lead me out of this danger. Pull me from the trap my enemies set for me, for I find protection in you alone.

**Psalm 31:2-4
(NLT2)**

2

Be Creative

- Based on the Scripture passage, write a Blues song to communicate David's lament and his dependence on God.
- It should start out with "I woke up this morning, I was feelin' really _____" or "I went down to the river and was feelin' ..."
- After you have the first line right, repeat it. Then find something that more or less rhymes. This is an AAB formula.
- Write three or four verses which follow this format.
- If someone in your family plays guitar or piano, they can work up chords to go along with your blues song

3

Be Prayerful

- Pray together for folks you know who are struggling with something that has given them "the blues"
- Praise God for His power and authority and love for them
- Pray they will experience God's deliverance and praise God for His faithfulness to them

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