

God's Quilt of Comfort: Wrapping Up in the Psalms

By Diane J. Grebing



A Bible Study/Retreat
Featuring Faith Journaling
and/or Quilting



Let your steadfast love comfort me according to your promise to your servant (Psalm 119:76).

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Ways to Use This Bible Study

Just as there are a number of ways to make a quilt, there are also a number of ways to use this Bible study/retreat. You might:

- Study the five sessions of this course to dive into the psalms in a traditional women's Bible study group.
 - Relax under your own comforting quilt and use this as an individual study of selected psalms. You do not need to be a quilter to appreciate the quilting illustrations used in the sessions.
 - Construct a paper quilt of comfort based on the psalms in this study using faith-journaling techniques. Following each Bible study, give each participant a 4-inch by 4-inch (or larger) square of white cardstock paper. Encourage individuals to decorate their "quilt block" with words of comfort from the studied psalms. Thoughts can be organized in geometric patterns similar to those used by quilters. Drawings and symbols may also be used as a way to communicate the comfort found in the Scripture. This is a way to introduce people to faith journaling. Faith journaling is a way of using art and short phrases to record thoughts, insights, and ideas from Bible verses and Bible accounts. If individuals do not want to design their own quilt blocks, see pages 42–47 for some patterns to duplicate. Laminate each completed block. Tape the completed blocks together with colorful patterned washi tape or other decorative tape to form a paper quilt. Display at a nursing home or in a lounge area in your church.
 - Plan a quilting retreat with women of different ages. Use this study as the central focus of your retreat. Take time to quilt between study sessions. Include novice quilters and those with advanced skills.
 - Use the sessions of this study as inspirational openings for established quilting group meetings.
 - Use the sessions of this study as part of a one-day or day-and-a-half LWML gathering or congregational women's gathering. Encourage participants to bring finished quilts that they own. Invite participants to share background information about the quilts they bring (who made it, why it was made, why it is special, and so on) as a part of your gathering.
 - Gather in an assisted living or nursing home facility and use this study as a special time together in God's Word. Many residents in these facilities have their own quilts or have received quilts as gifts. These quilts will be great visual aids as various psalms are studied. Many residents may have been, or continue to be, active quilters. Draw upon the expertise of these individuals throughout your study. Adult coloring is also popular at many facilities. Utilize the quilt blocks and faith journaling ideas with your participants.
 - Organize a lock-in for high school girls and their moms. Encourage participants to bring quilts they own or that their family owns as part of their bedding for the event. In addition to the Bible study, invite quilters to teach the participants some basic quilting techniques. What a joy to have moms and daughters together in God's Word, as well as perhaps leading them into a quilting hobby they can share! See above for a paper quilting idea.
 - Invite quilters in your community to this study to make this a Christian outreach event. Think about holding your study at a quilting, sewing, or craft store over several evenings or weeks.
- ✱ In the psalms, God uses many creative writing techniques and images to comfort us. Quilters use many creative techniques as they design and sew quilts. Don't be afraid to be creative in the manner you decide to use for your presentation of this Bible study!

A Little More About Faith Journaling

Faith journaling is an aspect of visual faith. Visual faith practices include using drawings and graphics along with illustrated words to help people remember key Scripture points in a visual way. Along with drawings and words, faith journaling techniques can also employ the use of different art mediums, including textured paper and fabrics. Faith journaling allows people to personalize their connections to Holy Scripture. It helps people to see the connections as they study God's truths in His Word. Faith journaling is an intentional way to put God's Word before us, not only to help us to remember it, but also to help us share it with others.

At the end of each session in this Bible study, participants will have an opportunity to do some faith journaling to help them see and remember the key points of the Scripture they just studied. Six quilt block patterns are included to help people with this visual process. One of the quilt blocks is blank. Individuals who are more familiar with faith journaling may prefer to use this blank block after each session. The other five blocks are outlines of quilt block patterns. These blocks already contain spaces where participants can draw and add words to record their thoughts and insights from each Bible study.

Directions for the study leader to help guide participants through the faith journaling process are provided after the Bible study answers for each session. The quilt blocks on which individuals journal can be joined together to make one large paper quilt to record the study/retreat experience. Blocks can also be kept by individuals to frame and display at home as ways to share God's Word with others.

✻ (This information gleaned from www.visualfaithmin.org)

A Quilting Equation:

Layers of soft fabric carefully cut and *pieced* together

Beautiful prints and colors placed in
pleasing patterns from cloth once used in other ways

Useful for warmth and other practical purposes

+ *Tied* together to last and designed to provide *comfort* in all times

Quilt!

Session 1: *Layered*

Opening Prayer: (read responsively)

ALL: *This is the day that the Lord has made; let us rejoice and be glad in it* (Psalm 118:24).

Leader: Heavenly Father, every day is a gift from You to us.

ALL: *This is the day that the Lord has made; let us rejoice and be glad in it.*

Leader: Whether a day's events are challenging or easy, upsetting or joy-filled, You are there with us. Daily You guide, supply, and encourage us.

ALL: *This is the day that the Lord has made; let us rejoice and be glad in it.*

Leader: Lord, whatever we encounter each day, we know that we can count on Your help, comfort, and strength.

ALL: *This is the day that the Lord has made; let us rejoice and be glad in it.*

Leader: As we begin now to examine together Your quilt of comfort that is the psalms, may we be wrapped in Your forgiveness, Your love, Your power, and Your joy.

ALL: *This is the day that the Lord has made; let us rejoice and be glad in it.*

Leader: We pray this in Jesus' name. Amen.

Quilting Thoughts 1

For over 60 years, I have cherished a quilt made for me by my Grandma Minnie. "Grandma's quilt," as I lovingly call it, was stitched together for me as a baby gift. As a young child, I used "Grandma's quilt" as something to cuddle under when I was sick. The warmth of its layers comforted the aches and pains of childhood illness. As I rested and healed under its layers, I felt safe and secure.

1. Why are quilts often cherished possessions? _____

2. What goes into the making of a quilt? _____

The psalms have layers of information and meaning. They are constructed from pieces of the history, lives, and emotions of different writers, yet all are part of God's true, inspired Word. The psalms are beautiful and descriptive. Like all of Holy Scripture, the psalms are useful — *All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness* (2 Timothy 3:16). They are tied together as they point to Jesus our Savior. The psalms continually comfort us on our life's journey.

A Layered Psalm: Psalm 23 (read Psalm 23 out loud as a group)

- 1 *The Lord is my shepherd; I shall not want.*
- 2 *He makes me lie down in green pastures. He leads me beside still waters.*
- 3 *He restores my soul. He leads me in paths of righteousness for his name's sake.*
- 4 *Even though I walk through the valley of the shadow of death,
I will fear no evil, for you are with me; your rod and your staff, they comfort me.*
- 5 *You prepare a table before me in the presence of my enemies;
you anoint my head with oil; my cup overflows.*
- 6 *Surely goodness and mercy shall follow me all the days of my life,
and I shall dwell in the house of the LORD forever.*

When shepherd David wrote this psalm, the Holy Spirit inspired him to take his deeply-familiar job and compare it to the work of the Triune God in his life and in ours. The original readers of this psalm would have known the characteristics of sheep and the work of shepherds. It is also interesting to note that “shepherd” was a term used to describe kings in ancient Near Eastern culture.

(The Lutheran Study Bible, CPH, ©2009, study note on Psalm 23:1, p. 865.)

Our Good Shepherd

3. This psalm is deeply layered with images of God’s care for us. As you carefully re-read each verse, write down the different kinds of care God gives us:

Verse 1: _____

Verse 2: _____

Verse 3: _____

Verse 4: _____

Verse 5: _____

Verse 6: _____

4. In order to survive and thrive, animal sheep need a human shepherd. As a shepherd, David knew this. Jesus is our Good Shepherd. *We are his people, and the sheep of his pasture* (Psalm 100:3b). What is the most important reason that we need our Good Shepherd Jesus? See also Isaiah 53:6.

5. What specific actions of Jesus do you see in Psalm 23 that meet our most important need? Compare also to John 10:1-18.

Layers of Meaning

Quilts generally are made with several layers of fabrics. Each layer serves an important function in making a quilt, a quilt. As God's people here on earth, our lives are a layer of experiences. These experiences can be joyful, uplifting, humorous, thought-provoking, frightening, lonely, sorrowful, or a combination of these. These experiences, and our reactions to them, form layers in our lives.

6. Think about the life experiences listed below. How can Psalm 23 be a comfort in:

- a move to a new location? _____
- a job loss? _____
- a time of wondering and questioning? _____
- the death of a loved one? _____

Quilts are often made to commemorate special life experiences or milestones. These might include the birth of a child, a baptism, a confirmation, a graduation, or a marriage. A quilt can be a very personal expression of the maker's love for the person for whom it is made.

7. Psalm 23 is written in a very personal manner. Examine the psalm again. Circle the pronouns in it that indicate the very personal relationship God has with us from the time of our baptism when He makes us His children and His lambs.

- 1 *The Lord is my shepherd; I shall not want.*
- 2 *He makes me lie down in green pastures. He leads me beside still waters.*
- 3 *He restores my soul. He leads me in paths of righteousness for his name's sake.*
- 4 *Even though I walk through the valley of the shadow of death,
I will fear no evil, for you are with me; your rod and your staff, they comfort me.*
- 5 *You prepare a table before me in the presence of my enemies;
you anoint my head with oil; my cup overflows.*
- 6 *Surely goodness and mercy shall follow me all the days of my life,
and I shall dwell in the house of the LORD forever (Psalm 23).*

How is the very personal tone in which this psalm is written a comfort for you? _____

Closing Prayer:

Dearest Jesus, You are our Good Shepherd. You provide for us what we need. You walk with us as we take every daily step. You guide and lead us in paths of righteousness. You protect us from danger. You seek us out when we stray from You and always offer us Your love and forgiveness. You are the Way to the eternal joy that awaits us in our heavenly home. In all the layered experiences of our life here on earth, by the power of the Holy Spirit, may Your Word of truth be our comfort. In Your name we pray. Amen.

- ✦ If you are participating in a faith journaling activity or quilt-making activity as a part of this Bible study/retreat, follow your leader's directions now.

Session 2: *Pieced*

Opening Prayer: (read responsively)

ALL: *O Lord, you have searched me and known me! You know when I sit down and when I rise up; you discern my thoughts from afar. You search out my path and my lying down and are acquainted with all my ways. Even before a word is on my tongue, behold, O Lord, you know it altogether. You hem me in, behind and before, and lay your hand upon me. Such knowledge is too wonderful for me; it is high; I cannot attain it* (Psalm 139:1–6).

Leader: Lord, You know every piece of us. You are the almighty thread that hems us in and that surrounds us in Your comfort as You bind together the pieces of our lives as Your children.

ALL: *For you formed my inward parts; you knitted me together in my mother's womb. I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well. My frame was not hidden from you, when I was being made in secret, intricately woven in the depths of the earth* (Psalm 139:13–15).

Leader: Heavenly Father, You have created every person in a most wonderful way. We thank and praise You for intricately knitting, weaving, and piecing each one of us together with unique personalities, qualities, and talents so that we may love and serve You all of our days.

ALL: *Your eyes saw my unformed substance; in your book were written, every one of them, the days that were formed for me, when as yet there was none of them. How precious to me are your thoughts, O God! How vast is the sum of them!* (Psalm 139:16–17).

Leader: Dear God, as we gather together now to study more about the comfort Your Psalms provide, may the Holy Spirit open our hearts and minds to the truths of Your Word. Help us to see how all the pieces and parts of Holy Scripture point to Jesus, in Whom alone is found salvation. In His name we pray. Amen.

Quilting Thoughts 2

"Grandma's quilt" was made for me with pieces of clothing that my mother wore when she was a child. As I cuddled under it, my mom would tell me, "That piece was from a pair of summer pajamas." "This piece was from a dress I wore to school." "This piece was from a shirt I wore when I played outside." "Grandma's quilt" is a piece of my mother's fashion history. When I look at the many patterns of fabric that were pieced together to form its top, I have a small glimpse into my mom's life when she was a little girl.

1. Describe a quilt you've seen whose pieces are made from fabric that once served other purposes.

2. What glimpse into history did this quilt give you? _____

3. Whether the fabric used to make a quilt top is recycled from other items or is brand new, the quilter pieced together the separate fabric shapes to make one complete top. Reflect on the words of Psalm 139 used in the responsive prayer which opened this session. How are you like a quilt top?



Pieces of History in the Psalms

Just as other parts of the Bible record events in the lives of God's people, the psalms also do so. The pieces of history which the psalms record serve a number of important purposes for us and for all of God's people.

4. Read Psalm 78:1-8. For what reasons were these sayings from of old (v. 2) included in the Bible?

5. How can we as women in the Word more effectively share God's truth of salvation in Christ Jesus with younger generations?

6. Read Psalm 78:12-29, 43-55, and 68-72. What historic actions of God do you find recorded in each section?

Verses 12-29: _____

Verses 43-55: _____

Verses 68-72: _____

7. As you reflect on these miraculous acts of God, how do they comfort you?

God's Greatest Comforts: Mercy, Grace, and Forgiveness

Interspersed among the amazing acts of God, Psalm 78 tells of the failure of God's people to faithfully follow Him.

8. Take note of these failures in Psalm 78:10-11, 17-19, 22, 32, 36-37, 40-43, and 56-58.

Gee's Bend Quilters

Gee's Bend is a small African American community in Alabama. This inland town looks like a remote island, as it is surrounded on three sides by the Alabama River. Since the mid-1800s, the quilts made by the residents of Gee's Bend have reflected a part of the history of African American art. In few places have quilts been found that have been uniquely made by three or four generations of the same family. These bold quilts are designed in interesting geometric patterns and are constructed of pieces of recycled work clothes, dresses, feed sacks, and fabric remnants. Check out these quilts at soulsgrowndeep.org.

The failures of God's people shared in this psalm are our sins, too. If we were to write a history of our own faith, such a history would include God's amazing and miraculous actions on our behalf. However, it would also include our times of sinful failure. Like the Israelites as we attempt to fulfill our needs, we often turn and take other paths rather than turn immediately to God for help. We doubt in God's constant care. We grumble and complain. We forget God's daily mercy and goodness to us. We lie, we test God, we rebel against Him and His will for us.

Because of our sinful disobedience, God has every right to disown us. He has every right to punish us. He has every right to damn us straight to hell. The Bible reminds us, *For the wages of sin is death* (Romans 6:23a). However, following these words of condemnation comes the most comforting and hopeful phrase we could ever hear: *but the free gift of God is eternal life in Christ Jesus our Lord* (Romans 6:23b). Psalm 78 reinforces the grace and mercy of God: *Yet he, being compassionate; atoned for their iniquity and did not destroy them; he restrained his anger often and did not stir up all his wrath* (v. 38).

We do not deserve God's mercy, grace, or His forgiveness. Yet we receive all these gifts and more through faith in Christ Jesus our Savior. In the greatest act of love ever, God sent His only Son as a flesh and blood human to the world with the mission to rescue us from the eternal punishment we deserve for our sins (John 3:16). On the cross, Jesus suffered and died for the sins of the whole world.

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Then, in a most mighty and miraculous act, Jesus rose from the dead. Through His resurrection, we are promised eternal life. Through Holy Baptism, God places faith in Him in our hearts. He washes away our sins. He gives us faith to trust in Him and to follow Him. Every time we read and hear His Word, the Holy Spirit strengthens and grows our faith. In Holy Communion, we personally receive forgiveness in, with, and through the bread and wine and Christ's body and blood. We receive the strength to live for our God and to serve Him with joy.

Throughout the psalms are sprinkled phrases that, when pieced together, give us a beautiful picture of the mercy, grace, and forgiveness God gives.

9. Read each of the psalm verses below. What particular insight does each selection give you concerning God's forgiveness, mercy, and grace?

Psalm 32:1-5: _____

Psalm 51:1-12: _____

Psalm 62:5-8: _____

Psalm 86:5-7: _____

Psalm 103:1-13: _____

Psalm 130:3-4: _____

10. Choose one of the psalms listed in Question 9 in which you find particular comfort. With those in your group, share this psalm and the comfort it gives you.

Closing Prayer:

O most gracious and merciful God, we thank and praise You with eternal gratitude in our hearts for the love, mercy, grace, and forgiveness You give us through faith in Jesus. Whenever we sin, Lord, help us to turn to You and confess our disobedience. Then help us to rejoice in Your forgiveness for Jesus' sake. May the grace, mercy, forgiveness, and love that You continually show us be a comfort to us. Help us to show these same blessings to those in our lives. In Jesus' name we pray. Amen.

- ✦ If you are participating in a faith journaling activity or quilt-making activity as a part of this Bible study/retreat, follow your leader's directions now.

Session 3:

Opening Prayer: (read responsively)

ALL: *O Lord, our Lord, how majestic is your name in all the earth! You have set your glory above the heavens. Out of the mouth of babies and infants, you have established strength because of your foes, to still the enemy and the avenger (Psalm 8:1-2).*

Leader: Dear God, the heavens declare [Your] glory, and the sky above proclaims [Your] handiwork (Psalm 19:1). But while the sun, moon, and stars proclaim You, even greater is the honor and praise shown to You by Your children, from infants to those who have lived for many years.

ALL: When I look at the heavens, the work of your fingers, the moon and the stars, which you have set in place, what is man that you are mindful of him, and the son of man that you care for him? (Psalm 8:3-4).

Leader: Heavenly Father, we thank and praise You for the beauty of Your creation. Most of all, we thank and praise You for ourselves and for everyone You have created. *You have made us fearfully and wonderfully* (Psalm 139:14).

ALL: Yet you have made him a little lower than the heavenly beings and crowned him with glory and honor. You have given him dominion over the works of your hands; you have put all things under his feet, all sheep and oxen, and also the beasts of the field, the birds of the heavens, and the fish of the sea, whatever passes along the paths of the seas (Psalm 8:5-8).

Leader: Sadly, Lord, our fall into sin has led to our imperfect management of Your once perfect creation. Our sinful actions ruin the perfection in which You created us. In love, Your Son, Jesus, humbled Himself and came to this world to rescue and restore us. Through faith in Jesus our Savior, You make us righteous. By the power of the Holy Spirit, we are daily renewed to serve You and to care for all the beautiful things You have made, especially one another.

ALL: *O Lord, our Lord, how majestic is your name in all the earth!* (Psalm 8:1a).

Leader: We thank You, heavenly Father, for making us Your children and members of Your kingdom through Baptism. May Your Word daily work in our hearts so that we may always worship, praise, and honor You, our Creator, Redeemer, and Sanctifier. In Jesus, our Savior's name, we pray. Amen.

Quilting Thoughts 3

Colorful fabrics of various patterns and textures, creative designs, and fine construction are all a part of what give a quilt its beauty. The beauty of "Grandma's quilt" is found in the carefully placed stitches that she used. Even if you used a magnifying glass, it is impossible to see any of the threads my grandma hand stitched in the quilt's top or in its layers underneath. But even more beautiful than the craftsmanship that went into making this quilt, is the woman who made it. My grandma was a baptized child of God who daily spent time in His Word and followed Jesus. She regularly gathered at the table of Holy Communion with fellow believers to receive forgiveness of sins and strength for living through the eating of the bread and wine.

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Christ's body and blood, given for her and for all gathered there. Empowered by the Holy Spirit, my grandma shared her faith through the loving words and actions she said and did for her children, grandchildren, other relatives, and friends. The quilts that she made were just one way in which she shared the love and care of Jesus, our beautiful Savior.

1. In what ways have you seen a quilt share the beauty of the person who made it? _____

2. How can a quilt share the beauty of God's creation and of Jesus, our beautiful Savior?

As you ponder this question, think not only about the design of the quilt but also its craftsmanship.

3. How does being aware of the love and care with which a quilt is made add to its comfort?



The Psalms Beautifully Describe God's Creation and His Nature

The Old Testament Book of Psalms is one of the five Old Testament books of poetry. The other four books are Job, Proverbs, Ecclesiastes, and Song of Solomon.

4. When you hear the word "poetry," what thoughts come to mind? _____

Poetry can be defined as "writing that formulates a concentrated imaginative awareness of experience in language chosen and arranged to create a specific emotional response through meaning, sound, and rhythm." (www.merriam-webster.com) As the psalms were originally written in Hebrew, our English

Artful Quilts

Near the Ohio River in Paducah, Kentucky, is The National Quilt Museum. The galleries of this museum contain quilts of different sizes, colors, textures, and designs. Quilts from countries around the world are displayed. While some of the quilts in the museum's ever-changing collection could be used as bedspreads or to cuddle under while watching television, most are designed to be displayed as works of art. Included next to most of the quilts are plaques which explain the meaning behind the quilt's design. A number of the quilts are made to reflect the beauty of God's creation. Water, light, the planets, plants and flowers, mountains, animals, and people are featured in many of these designs. These artful quilts express the quilt designer's praise for the Master Designer, God, our heavenly Father.

The National Quilt Museum is located at 215 Jefferson St., Paducah, KY 42001. Find out more at www.quiltmuseum.org.

The International Quilt Museum is located on the campus of the University of Nebraska Lincoln at 1523 N. 33rd St., Lincoln, NE 68583. Find out more at www.internationalquiltmuseum.org.

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translations lose much of the word play and rhythm present in the initial writings. What our English translations don't lose, however, are the beautiful descriptions of both God's creation and His nature. The psalms provide us with many "word pictures" which give us insight to what we see around us, as well as insight as to the nature of our Triune God.

Read Psalm 65:5–13.

5. What phrases in this psalm refer to the beauty of God's creation and His continued care of it?

6. If you were to make a quilt with the theme, "God, Our Creator," what one description would you choose from Psalm 65 to feature on your quilt-top? _____

Why is this the image you chose? _____

Inspired by the Holy Spirit, David wrote the words of Psalm 18 to thank and praise God for delivering him from his enemies, including King Saul.

7. Read Psalm 18:1–3. What words and phrases used here give you insight into God's nature?

8. Read Psalm 18:6–19. List at least two descriptive phrases used in these verses that show God's defense for those who trust in Him. _____

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9. What do these phrases tell you about how God thinks of you? _____

As Psalm 18 continues, David uses a variety of descriptive phrases connected to military battle that tell how God rescued him from his enemies. God gave David what he needed to defeat those who were against him. We, too, have enemies. Our enemies may be other people. Our biggest enemy is the devil, who seeks to destroy our faith in the Triune God. Anything or anyone whose purpose is to turn us away from God is our enemy.

10. David gives God the glory and praise for all that He did for him as he faced his enemies. Read each of the descriptive psalm verses listed below. How can each one comfort you when you face both physical and spiritual enemies?

Psalm 18:28 (see also John 1:1-5 and 8:12): _____

Psalm 18:29: _____

Psalm 18:30: _____

Psalm 18:32-36: _____

The Psalms Beautifully Describe Our Human Feelings and Emotions

Through the words they were inspired by God to write, the authors of the psalms express a variety of human feelings and emotions. The psalms express the thanksgiving, praise, joy, and hope God gives us through faith in Him. They express the grief and sadness we experience due to loss and due to our own failures. They also express the physical, mental, and spiritual pain we feel as a result of our sins.

11. Read Psalm 6. What two issues are troubling David? See verse 1, and verses 8 and 10. _____

12. What evidence of physical suffering do you see in this psalm? _____

Of emotional suffering? _____

13. How is verse 9 a comfort to you whenever you are experiencing pain and sorrow due to your own sinful action or because of the sinful actions of others against you? _____

14. Psalm 92 is a psalm of praise and joy. For what is the psalmist praising God (vv. 2, 4-5, 12-15)?

15. Why is it good to give thanks to the Lord and to sing praises to Him (v. 1)? _____

16. As you reflect on Psalms 6 and 92, share with someone in your group which of these psalms

most comforts you in your life right now and why? _____

Closing Prayer:

Dear Lord God, we thank and praise You for all the wonders of Your creation. We thank and praise You for the gift of Holy Scripture and particularly the psalms through which You reveal to us Your nature and especially Your steadfast and eternal love. As we recall various psalms that incorporate beautiful descriptions of You and Your creation and which share both human sorrow and joy, may You lead us to appreciate the power, strength, and help You give us as our rock, fortress, shield, and salvation. Help us to be ever mindful that forgiveness and eternal life are ours only through faith in Jesus, who has rescued us from sin, death, and the devil and who is with us always. To You be all glory and praise! Amen.

- ❖ If you are participating in a faith journaling activity or quilt-making activity as a part of this Bible study/retreat, follow your leader's directions now.

Session 4: Useful

Opening Prayer: (read responsively)

ALL: *Your word is a lamp to my feet and light to my path. I have sworn an oath and confirmed it, to keep your righteous rules* (Psalm 119:105–106).

Leader: Lord, the truths contained in Your Word show us the Way to heaven, Jesus our Savior. Baptized through water and Your Word, Your Word is a guide for our lives.

ALL: *I am severely afflicted; give me life, O Lord, according to your word! Accept my freewill offerings of praise, O Lord, and teach me your rules* (Psalm 119:107–108).

Leader: We know that without the death and resurrection of Jesus, we would be lost forever in our sins. We would have no hope. We thank and praise You, dear God, for the faith You give us that blesses us with salvation and eternal life.

ALL: *I hold my life in my hand continually, but I do not forget your law. The wicked have laid a snare for me, but I do not stray from your precepts* (Psalm 119:109–110).

Leader: Led by the Holy Spirit, we offer our lives to You, O Lord. No matter what dangers or challenges we face, help us keep our eyes on You and on the truths contained in Your Word.

ALL: *Your testimonies are my heritage forever, for they are the joy of my heart. I incline my heart to perform your statutes forever, to the end* (Psalm 119:111–112).

Leader: Brought into Your family through Baptism, we thank You, heavenly Father, for the grace You give us through Jesus. As we study Your Word this day, give us joy in its guidance and usefulness. Empowered by the Holy Spirit, lead us to love and serve You forever. In Jesus' name we pray. Amen.

Quilting Thoughts 4

Quilts are not just decorative items. Throughout the world, quilts are used in many ways. "Grandma's quilt" was no different. Besides providing warmth, "Grandma's quilt" was used by me as a floor covering on which I played and crawled as an infant. It served as a cozy fort for me and my toys when it was draped over a table. It has also been used as a bedspread. After 60 years, "Grandma's quilt" is a reminder to me of her and of all the pleasant times we spent together. "Grandma's quilt" has also served as an object lesson not only in this Bible study, but also for a variety of talks in which God's Word has been the focus.

1. How have you used quilts or how have you seen them used by others? _____

2. How can something that is useful also be comforting? _____

Used and Appreciated

In 1945, the organization Lutheran World Relief (LWR) was formed with the purpose to help people in Europe whose lives had been torn apart by World War II. That same year, the first LWR Mission Quilts reached families in need in these war-torn European countries. For many years, Christians have been sending handmade quilts to LWR and other relief organizations. Recipients of these quilts often have few possessions. They may be displaced from their homeland due to wars and drought. The quilts they receive serve many useful purposes in their lives. Individuals wear them as cloaks over their coats for extra warmth and for protection against weather. They are hung over ropes to make tent-like shelters. They are used as floor coverings in tent shelters and in other temporary homes. The bright colors and designs on the quilts delight young children who play and sleep on them. Some quilts are also used as a wrap to hold a baby on a mother's back. The quilts made for donation also have become a way for the people who make them to connect with our global neighbors. These quilts are a reminder to those in crisis that they are not alone. They are a testimony to God's caring presence through the work of caring Christians. Since 1945, nearly 27 million Mission Quilts have been sent throughout the world!*

* Statistics and uses of quilts courtesy of the 2020 Quilt and Kit Ministry Guide, Lutheran World Relief, (lwr.org)

The Use and the Usefulness of Psalms in Worship

Our Lutheran liturgies include direct quotes from a number of psalms. Following the "Confession and Absolution" in Divine Services, Settings One through Five in the Lutheran Service Book (LSB), it is suggested that a psalm be said or chanted as the "Service of the Word" begins. This part of the service is the "Introit," the Latin word for "enter." "The Introit is a collection of passages from the psalms that set the tone for our worship and introduces the rest of the Divine Service, in which Christ comes to us in His Word and His Sacrament." (*A Simple Explanation of the Church Service*, © 2018 Concordia Publishing House, p. 8.)

The "Offertory" used in Divine Services, Settings One, Two, and Three in LSB is also based on a psalm. "The Offertory is sung as the offering is brought forward and presented before the altar. During the singing of the Offertory, the altar is prepared for the celebration of Holy Communion." (*A Simple Explanation of the Church Service*, © 2018 Concordia Publishing House, p. 18.) The Offertory used in Divine Service, Settings One and Two, is based on Psalm 116:12-13, 17-19. The Offertory used in Divine Service, Setting Three, is based on Psalm 51:10-12.

Read Psalm 116:12-13, 17-19, and Psalm 51:10-12

3. In Divine Service, Settings One and Two, the Offertory is based on Psalm 116, and is sung after the offering is collected. In Divine Service, Setting Three, the Offertory, based on Psalm 51, is sung immediately after the sermon. How is the selection of the verses from Psalm 116 useful in their placement in the worship service?

God's Quilt of Comfort: Wrapping Up in the Psalms

How is the selection of the verses from Psalm 51 useful in their placement in the worship service? _____

Psalm Verses Also Form the Scriptural Basis for Some Familiar Hymns

4. Look up each of the psalm passages listed in Column 1. Match each psalm passage to its corresponding hymn phrase in Column 2.

Psalm References

Hymn Phrases

1. Psalm 19:7-8 _____

A. "A mighty fortress is our God,
A trusty shield and weapon;"

2. Psalm 24:7-10 _____

B. "The Law of God is good and wise
And sets His will before our eyes,"

3. Psalm 38:21-22 _____

C. "O enter then His gates with praise;
Approach with joy His courts unto."

4. Psalm 46:1 _____

D. "Lord, keep us steadfast in Your Word;
Curb those who by deceit or sword
Would wrest the kingdom from Your Son
And bring to naught all He has done."

5. Psalm 100:4 _____

E. "Lift up your heads, ye mighty gates!
Behold, the King of glory waits."

6. Psalm 119:5-10 _____

F. God, forsake me not!
Your gracious presence lend me;"

5. Why is the use of psalm verses and other Bible verses as the basis for our liturgy and our hymns a blessing? _____

The Use and Usefulness of Psalms as We Share God's Word with Others

Despite the pushback in modern society against the teachings of the Bible, the selection of items for sale that contain Scripture continues to grow. Though the number of brick and mortar Christian book stores has decreased in the past few years, there are several craft store chains as well as many online sites that sell Bible-based items.

6. On what kinds of consumer items do you regularly see Scripture verses featured?

7. How might you use these items when you tell others of Jesus and His saving love?

8. What Bible verse or verses have you used lately in your home, in greeting cards that you send, in emails, in your Facebook postings, or in other ways? _____

9. Psalm verses can be extremely useful when sharing Scripture with others. In what times and situations might reading and hearing the following psalm references be useful as a comfort and a joy?

Psalm 9:9-10: _____

Psalm 28:7: _____

Psalm 36:7: _____

Psalm 66:1-3a: _____

Psalm 68:19-20: _____

Psalm 136:1: _____

Psalm 150:1-2: _____

God's Quilt of Comfort: Wrapping Up in the Psalms

In the opening prayer at the beginning of this session, we focused on the words of Psalm 119:105–112. Review these psalm verses again.

10. We live in a world filled with distractions and temptations that can take our focus off God and His will for us. How can these verses from Psalm 119 be useful reminders to us when we stray

from the path God desires for our lives?_____

Closing Prayer:

O Lord, Your Word says, *all Scripture is breathed out by [You] and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be complete, equipped for every good work* (2 Timothy 3:16). Just as all of Your Word is useful, and in fact, **essential**, for us and for our salvation, in the Psalms we find the wisdom, comfort, and the truth of Jesus we need every day. Dear God, through Your precious Word and Sacraments, continue to equip us so that we may live for You and accomplish all that You desire. In Jesus' name we pray. Amen.

- ✱ If you are participating in a faith journaling activity or quilt-making activity as a part of this Bible study/retreat, follow your leader's directions now.

Session 5: *Tied*

Opening Prayer: (read responsively)

ALL: *Praise the Lord! I will give thanks to the Lord with my whole heart, in the company of the upright, in the congregation (Psalm 111:1).*

Leader: Heavenly Father, thank You for times of Bible study and worship, where we come together to be blessed by You and to praise You with our whole hearts.

ALL: *Great are the works of the Lord, studied by all who delight in them. Full of splendor and majesty is his work, and his righteousness endures forever. He sent redemption to his people; he has commanded his covenant forever. Holy and awesome is his name! (Psalm 111:2-3, 9).*

Leader: Thank You, Lord Jesus, for paying the price we owed for our sins when You suffered and died for them on the cross. Thank You for the righteousness You gained for us. Through faith in You, Your righteousness is ours forever.

ALL: *The fear of the Lord is the beginning of wisdom; all those who practice it have a good understanding. His praise endures forever! (Psalm 111:10).*

Leader: Thank You, Holy Spirit, for giving us faith. As we study Your Word today, open our hearts so that we may see that we are forever tied to You because of Jesus' saving work for us. We pray all this in the name of Jesus, our Savior. Amen.

Quilting Thoughts 5

Tying is very important for hand-sewn quilts, for it helps to keep all the layers of the quilt together. One of my most favorite parts of "Grandma's quilt" is the way in which she tied it. In the four corner fabric squares and in the very middle fabric square of each of her "Nine-Square" quilt blocks, she used yellow yarn to anchor the layers. But the way that she tied the ends of the yarn is a mystery to me. She somehow tied, then knotted the yarn in an intricate way so that it no longer looks like a knot. Instead, it looks like a fancy little flower bud. These little flower buds tie "Grandma's quilt" together in 160 places. For over 60 years, these ties have kept "Grandma's quilt" together in one piece.

1. Over the centuries, how has the making of quilts tied women together? _____

2. How does Bible study and worship tie Christians together? _____

The Tie Within God's Word

There is a thread that ties all of God's Word together. This thread is Jesus. Faith in Jesus, the Bible's continual thread, is what ties all God's people together.

God's Old Testament people were saved by believing that a Savior would come. New Testament believers, including us, are saved by knowing that our Savior Jesus has come and will come again.

This theme of redemption is evident in every book in the Bible. From the time of Adam and Eve's sin, God promised to rescue us (Genesis 3:15). He promised to send a Messiah to bring us back to Him from sin's deadly grasp. Throughout the Old Testament, we witness God's preservation of His people so that the family line from which Jesus would be born would not be broken. In the New Testament, we see that at the right time, Jesus came to earth as a humble baby born in a manger. We read of His teaching and of His miracles. We read of how He rescued us through His death and resurrection. Following His ascension, we find out how His followers, empowered by the Holy Spirit, continued to point to Him as the only Way of salvation. Like those believers in the early church, we tell others of Jesus' saving love while we wait for Jesus' return and the complete restoration of God's creation which will take place at that time.

The entire Bible points to Jesus, the Messiah. Throughout this course, we have studied how the Psalms point to Him. Beginning with Psalm 23, we read a beautiful picture of Jesus, our Good Shepherd. We have learned of God's mercy, grace, and forgiveness of our sins for Jesus' sake as described in Psalm 78. We have seen His constant presence, protection, and His unending care for all our needs in the verses of Psalm 18. We have discussed the usefulness of Psalm 119 as it reminds us that Jesus is our Light who leads us out of sin's darkness. In all of the psalms we've studied so far, the Holy Spirit has led us to see the comfort and hope that only faith in Jesus can give.

Psalm 22: Jesus' Suffering and His Glory

Psalm 22 gives us a picture of Jesus, our suffering Savior and our triumphant Lord.

3. Read Psalm 22:1-2. When did Jesus repeat the words of verse 1? (See Matthew 27:46.)

4. What does it mean to be "forsaken?" _____

5. Read Psalm 22:3-5. God had helped and delivered His people in the past. Why did God not deliver Jesus now? _____

God's Quilt of Comfort: Wrapping Up in the Psalms

6. Read Psalm 22:6–11. In verses 6–8, we read of the scorn and insults Jesus endured on the cross. In verses 9–11, our suffering Savior remembers the love He and His Father share. What other important truth does Jesus reveal here concerning His relationship with God His Father?

7. Whenever you are suffering, how can these first eleven verses of Psalm 22 give you comfort?

Read Psalm 22:12–18.

8. How are Jesus' enemies described in verses 12, 13, and 16?

9. What images of Jesus' suffering described in these verses do you recognize from the crucifixion accounts in the Gospels? See specifically Matthew 27:28, Matthew 27:35, John 19:18, and John 19:28.

Read Psalm 22:19–21.

10. We know that God did not rescue Jesus from His death on the cross. What miraculous rescue did eventually happen? See also Psalm 16:10.

God's Quilt of Comfort: Wrapping Up in the Psalms

In the remaining verses of Psalm 22, we see Jesus' glory as our risen Savior.

11. According to Psalm 22:22-25, what are we to do now that Jesus lives and reigns as our Lord and King?

12. Read Hebrews 2:9. Because of what Jesus did on the cross, about what do we never have to worry?

13. Compare Psalm 22:30-31 to Matthew 28:19-20. What do all these verses command us to do?

How do these verses tie all believers together?

Tied Together By a Quilt

On April 27, 2011, devastating tornadoes hit communities in Mississippi and Alabama. Destruction was widespread. Many, many people lost their homes and, in some cases, everything they had. Too many people lost loved ones.

After the storm, Leah Meyer discovered a memory quilt in her muddy backyard. The quilt had sewn on it baby photos, pageant photos, and basketball photos of a girl. Embroidered in the quilt's center was a name, Carrie Lynn. As she looked carefully at the basketball photo, Leah saw a bobcat emblem on a jersey. The emblem was from Phil Campbell High School, 75 miles away from Leah's home, in the town of Phil Campbell, Alabama.

On a Facebook lost and found page, Leah posted a photo of the quilt that included Carrie's face. A friend of Carrie's saw the post and contacted Leah. A few weeks later in June, Leah brought the quilt to Phil Campbell and stretched it out on a vacant lawn where Carrie stood. Before the tornado hit, Carrie had stored the quilt at her mother's house. It was one of the few items Carrie had left from her childhood after her home had earlier been destroyed by fire. When April's tornado destroyed Carrie's mother's home, the quilt had been carried by the deadly winds into Leah's yard. The now torn and tattered memory quilt ties together two people who otherwise might never have met. ("What Stands in a Storm," Southern Living magazine, August, 2011, p. 99.)

The return of Carrie's memory quilt by a kind stranger brought Carrie much comfort. Leah Meyer didn't need to take the time to track down Carrie and bring to her the storm-ravaged quilt. But she did it willingly to bring comfort to someone who was hurting.

Jesus willingly left His throne in heaven and came to earth with an eternally important mission. He came to rescue each one of us trapped and hurting in the slavery of sin. Jesus knew that losing His life on the cross was the only way that ours could be saved. The only way that the price for our sins could be paid was through the sacrifice of Someone who perfectly kept all of God's Law. On the cross, perfect Jesus suffered and died for every sin that has ever been committed by humankind and that ever will be. In the Easter miracle, Jesus rose from the dead. He now lives forever as our Lord and King. *For kingship belongs to the LORD, and he rules over the nations* (Psalm 22:28). Because of Jesus' saving actions, we now have the reassuring comfort that through faith in Him our sins are forgiven. We have eternal life and a home someday in heaven.

14. Through His death and resurrection, Jesus untied us from sin, eternal death, and the devil. Because of Jesus' actions on our behalf, to Whom and to what are we now tied?

Closing Prayer:

Dearest Jesus, we praise and thank You for rescuing us from sin's bondage. On the cross, You paid for our sins. In Your resurrection, You conquered the devil's stronghold on us and made us victors over evil. As our risen Lord and Savior, we worship and praise You for Your mighty actions on our behalf. In Your Word, Lord, You promise us that *neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in [You], Christ Jesus our Lord* (Romans 8:38–39). May nothing ever sever the tie we have to You. In Your glorious and ever-comforting name we pray. Amen.

- ✱ If you are participating in a faith journaling activity or quilt-making activity as a part of this Bible study/retreat, follow your leader's directions now.

Leader's Guide for *Bible Study Sessions and Faith Journaling*

Session 1: Layered

You will need: a copy of the Session 1 Bible study (pp. 5–8) for each participant, Bibles, at least one pieced and tied quilt to use in each session, quilt samples from individuals (if asked for). Depending on how you plan to use this study (pp. 3–4), you may also need supplies for faith journaling, including a copy of the Log Cabin quilt block (p. 43) or a blank quilt block for each individual copied on white cardstock paper, and pencils, colored pencils, and markers. See page 4 of this study for more information about faith journaling. If you are participating in a fabric quilting retreat, you will need to gather the necessary supplies.

- ✱ As this is your first session, if your group consists of people who are not well acquainted, provide a name tag for each person as well as for yourself. If participants have brought finished quilts to share, display them on the backs of church pews or on backs of several chairs placed side-by-side. Quilts can also be displayed over the tops of portable room dividers or portable white boards. After Question 1 in the study, invite individuals to share information about their quilt with the rest of the group.

Bible Study Answers

1. Quilts are often cherished possessions because of the time, labor, and love that goes into each one. Special meaning is added when the quilt is given as a gift for a life milestone like a birth, baptism, graduation, or marriage. A quilt can be a visual reminder of the person who made it.
2. To make a quilt takes time and skillful measuring, cutting, and sewing. Quilts are put together in layers. Their tops are pieced with colorful fabrics, some of which may have significance to the maker or to the receiver. Fabric and color choice may reflect favorites of the quilter or of the person for whom the quilt is being made. Whether a quilt is being made as an art piece or for everyday use, a lot of thought goes into its design. Accept other responses as offered by participants.
3. Kinds of God's care included in each verse of Psalm 23:

Verse 1: God meets all of our physical, emotional, and spiritual needs. Note that this does not necessarily mean that we will not have desires for other things. God invites us to come to Him in prayer for our wants, in accordance with His will.

Verse 2: Sheep need nourishing grass and calm pools and ponds of water from which to drink. Sheep cannot safely drink from moving water like that found in rushing streams. As our Good Shepherd, God knows what is best for us and provides for us, including our physical needs, in the best possible way. In terms of our spiritual life, the green pastures and still waters are the life-giving and life-saving truths found in the Gospel.

Verse 3: God restores our souls through the forgiveness of sins and the peace Jesus earned for us through His death and resurrection. He leads us in paths of righteousness through the Gospel which proclaims the Good News that we are made right through the righteousness of Christ. We receive eternal life only through faith in Jesus, our Lord and Savior.

Verse 4: God not only feeds and leads us, He protects us from all dangers, especially from sin, death, and the devil. A shepherd's rod is the club he carries as he tends his sheep. This is used to drive enemies like wolves and bears away from his sheep. A shepherd's staff is the tall, curved stick he carries to place His sheep back on the path when they wander. When we stray from His ways and from His will for us, God works to bring us back to Him. Knowing that God is always with us and that He guides and protects us is a great comfort.

Verse 5: In this verse we see the work of our Good Shepherd as our King. In Christ, God not only provides food for our bodies, but invites us to dine with Him at the Holy Communion table where we receive "Christ's true body and blood in, with, and under the consecrated bread and wine." (*Luther's Small Catechism with Explanation*, CPH, ©2017, Question 352, p. 326.) In His true body and blood, Jesus forgives our sins and gives us the strength to live for Him as His redeemed people (Matthew 26:26–28). Jesus, our king, invites only His most treasured people to eat at His table. We are a part of this group, who, by the power of the Holy Spirit, have been baptized into His family of believers. Ancient kings would often give their guests a cup of oil to pour over their heads as a sign of hospitality. (*The Lutheran Study Bible*, CPH, ©2009, Study note on 23:5, p. 866.) God doesn't just give us a small measure of His riches and His goodness. He graciously and lovingly pours His blessings upon us until our cups overflow.

Verse 6: God daily gives us His blessings. *The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness* (Lamentations 3:22–23). Through faith in Christ, we will someday live with God in heaven forever.

4. The most important reason we need our Good Shepherd Jesus is because all *we like sheep have gone astray; we have turned – every one – to his own way* (Isaiah 53:6a). Our sins make us enemies of God. We needed Jesus to suffer and die to pay the price we owed God for our sins. Through His death and resurrection, Jesus redeemed us. He "bought us back" for God. He restored us to God's flock.
5. In the ultimate *valley of the shadow of death* (Psalm 23:4), Jesus gave His life to rescue us from sin, death, and the devil (John 10:11, 15). Through faith in Jesus, we are invited to His *table* (Psalm 23:5), the Lord's Supper, where we receive forgiveness of sins and the strengthening of faith so that we may love and serve our Triune God. Jesus is the *door of the sheep* (John 10:7). He is the only Way through which we can receive eternal life (Psalm 23:6) and enter our heavenly home.
6. Psalm 23 can be a comfort in a move to a new location, for it reminds us that God is always with us (v. 4). He promises to lead us in the path He desires for us (v. 3). Psalm 23 can be comfort in a job loss because God promises to meet our needs in the best way for us (vv. 1–2). Our Lord walks with us in all times of trouble and will not desert us (v. 4). Psalm 23 can be a comfort in a time of danger, for we know that Jesus has the power to rescue and save us from anything, even sin, death, and the devil (v. 4). We can lay all our burdens, worries, and concerns on Jesus because He cares for us (1 Peter 5:7). Psalm 23 can be a comfort in a time of wandering and questioning in our spiritual life because the Psalm reminds us that He *restores* our soul (v. 3), and He leads and guides us (v. 3). He does not desire any one of us to be lost from Him. (See Ezekiel 34:16 and Luke 15:4–6.) Psalm 23 can be a comfort at the death of loved ones, as the entire Psalm reminds us of His care for us in every way forever. We are never alone, not even when we pass in physical death from this world to our glorious heavenly home.

7. The personal way that Psalm 23 is written is reflected in the use of the personal pronouns throughout it that appeal to each individual reader. Participants should circle “my” and “I” (v. 1); “me” twice (v. 2); “my” and “me” (v. 3); “I” twice and “me” twice (v. 4); “me” and “my” three times (v. 5); “me” and “I” (v. 6). The use of these personal pronouns shows that while the Bible is written for everyone, it is also written for every individual. God knows each one of us. He desires a personal faith relationship with every person. God’s Word and His promises in Christ Jesus are for you!
- ✱ Following the Bible study time, proceed to any quilting projects you have planned. If you are using the paper quilt block for Session 1 (“Log Cabin”), or are encouraging participants to design their own, guide them to use these blocks as a visual way to journal the truths they’ve learned from Psalm 23. See pp. 42–47 for quilt block patterns. Guide the participants to recall the “mind pictures” (visual images) that Psalm 23 called to mind and to use these in their illustrations. Help participants to focus on the duties of a shepherd described in Psalm 23 and how Jesus does this for us as our Good Shepherd. The small drawings and short phrases from the Psalm can be placed into the sections of the quilt block. Encourage willing participants to share their finished blocks with the rest of the group.

Session 2: Pieced

You will need: a copy of the Session 2 Bible study (pp. 9–12) for each participant, Bibles, at least one pieced and tied quilt to use in each session, quilt samples from individuals (if asked for). If you are using the faith journaling activity, you will need a copy of the “Nine-Block Square” quilt block (p. 44) (or the blank square) for each individual copied on white cardstock paper, pencils, colored pencils, and markers. See page 4 of this study for more information about faith journaling. If you are participating in a fabric quilting retreat, you will need to gather the necessary supplies.

Bible Study Answers

1. Answers will vary. If participants have brought actual quilts for display, encourage them to point out specific repurposed fabrics used on them
2. Encourage participants to share any history behind the quilts they may own or have seen. Quilts can be made to commemorate important family events such as births and marriages. Some quilts may chronicle a family’s history. They can also reflect the history of God’s goodness to an individual. Likewise, quilts may have been made to record an important event in a state or nation (e.g., patriotic events, a nation’s birthday, military service). Quilts can also highlight favorite collections, hobbies, interests, or places an individual has visited.
3. Psalm 139 states that God *hems us* in and that He *lays* [His] *hand upon* [us] (v. 5). Quilters use their hands to carefully hem or bind the edges of a quilt top so that the top does not fray and to keep the layers of a quilt together. God hems us in to carefully and personally protect us. God has *knitted* us together (v. 13). While quilting is very different from knitting, both processes take time and careful work. In a baby’s nine months of development, God works to physically create a new human being. God expertly creates every human being, *fearfully and wonderfully* (v. 14). Just as a quilter takes pride in her work to produce a wonderful creation from fabric, so God *intricately* works to make each person a special creation. Some individuals may also point out the use of the word “frame” in verse 15. Many quilts are constructed on frames. Our “frame” is our body, made by God to serve us as we live here on earth.

4. Psalm 78 was written for several purposes. This psalm serves as a reminder to all people to follow God alone. Throughout Israel's history, God's people disobeyed Him over and over again. They often turned to idol worship. They needed daily reminders to keep their focus on Him. We have the same problems. Daily we need to turn to God in repentance for our sins. Daily we need to be reminded to put God first in our lives and to trust only in Him. Psalm 78 also calls us *to tell to the coming generation the glorious deeds of the Lord, and his might, and the wonders that he has done* (v. 4). These words are a reminder of God's command to love — *Him with all your heart and with all your soul and with all your might. And these words that I command you today shall be on your heart. You shall teach them diligently to your children* (Deuteronomy 6:5-7a). Jesus also commands us to do this (Luke 18:16; Matthew 28:19a). God desires that His deeds, might, and wonders be told from generation to generation so *that they [children] should set their hope in God* (v. 7). God wanted future generations to be faithful to Him, unlike their relatives before them (v. 8).
5. Ways to tell younger generations the truth of salvation found in Christ alone include family devotions, regular worship together as a family, praying that God's Word is continually shared in its truth and purity, mentoring a young woman on her faith walk, sharing accurate children's Bibles with children, teaching Sunday school or vacation Bible school, making the effort to know the names of the parents and children in young families within the congregation and greeting them weekly, and inviting and involving those who are younger in worship and Bible study. Discuss how technology can be used to share devotions and Bible verses with those to whom such technology is an important part of their lives. As you seek ideas to more effectively share God's Word, discuss the importance of personal and intentional witnessing. Focus on ways that you can model Jesus' love and care in interactions with those who are younger.
6. Historic actions of God in Psalm 78:12-29: dividing the Red Sea to provide an escape route for the Israelites from Egypt (v.13); leading the people in the wilderness in the pillar of fire and the cloud (v. 14); providing water from rocks (vv. 15-16); providing manna to eat (vv. 23-25); providing quail to eat (vv. 27-29). Actions in Psalm 78:43-55: sending various plagues to force Pharaoh to let the Israelites leave slavery in Egypt (vv. 44-51); guiding the Israelites as a shepherd leads sheep (vv. 52-53a); driving out nations that opposed the Israelites and giving His people a place to settle (v. 55). Actions in Psalm 78:68-72: God chose David from the tribe of Judah to shepherd His people (vv. 68, 70-72); David's son Solomon built the temple (*sanctuary*) where all could come to worship the one true God (v. 69).
7. The actions of God recalled in Psalm 78 show us God's mighty power along with His eternal love for us. They show us that God constantly cares and provides for all our needs. God's mighty power is a comfort because we know He is stronger than anything. All of God's acts of deliverance point to His greatest act of deliverance of all for us — sending Jesus to rescue us through His death and resurrection from sin, death, and the devil.
8. Failures of the Israelites mentioned in these verses: *did not keep God's covenant* and His law (v. 10); *forgot His works and wonders* (v. 11); *sinned and rebelled* against God (v. 17); *tested God in their hearts* with their demands (v. 18); *spoke against* God (v. 19); *did not believe* in God or *trust in God's saving power* (v. 22); *sinned and did not believe* (v. 32); *lied* (v. 36); *were unfaithful* (v. 37); *rebelled against God and grieved Him* (v. 40); *tested God again and again and provoked Him* (v. 41); *forgot about God's power and redemption* (v. 42); *tested and rebelled against God and did not keep His testimonies* (v. 56); *turned away from God* (v. 57); *provoked God to anger and made Him righteously jealous through their worship of idols* (v. 58).

9. **Psalm 32:1–5:** God forgives our sins and does not count them against us. He leads us to confess to Him our disobedience.

Psalm 51:1–12: In Christ, we can confess our sins to God and trust that He will mercifully *blot out our transgressions* (v. 1) and wash away our sins. God will give us a new *clean heart* and a *right spirit* (v. 10). He promises not to remove us from Him (v. 11). *He restores us with the joy of [His] salvation and upholds us* (v. 12).

Psalm 62:5–8: God is our *hope* (v. 5). He is our *rock*, our *salvation*, and our *fortress* (v. 6). God is our *refuge* (vv. 7 and 8).

Psalm 86:5–7: God is *good and forgiving, abounding in steadfast love* (v. 5). God hears and answers our prayers (vv. 6 and 7).

Psalm 103:1–13: God forgives all our sins and *heals all [our] diseases* (v. 3). God *redeems [our] lives from the pit* of eternal damnation and *crowns [us] with steadfast love and mercy* (v. 4). God gives us good things and strengthens us (v. 5). God works *justice and righteousness* for us (v. 6).

God is *merciful and gracious, slow to anger and abounding in steadfast love* (v. 8). He does not stay angry with us or give us what we deserve because of our sins (vv. 9–10).

His love for us is beyond measure (v. 11). He removes our sins as far away from us as possible (v. 12). God is compassionate toward us (v. 13).

Psalm 130:3–4: With God, *there is forgiveness* (v. 4).

10. Encourage willing participants to share their most comforting psalm verse from the selection in Question 9.

✱ Following the Bible study time, proceed to any quilting projects you have planned. If you are using the paper quilt block for Session 2 (“Nine-Block Square Pattern”), or are encouraging participants to design their own, guide them to use these blocks as a visual way to journal the truths they’ve learned from Psalm 78 and from the psalm verses listed in Question 9. See pp. 42–47 for quilt block patterns. (Note that the same blank square from Session 1 can be duplicated for use in every session.) For this quilt block, guide participants to focus on the strength, hope, and forgiveness God gives us through faith in Jesus.

Session 3: Beautifully Descriptive

You will need: a copy of the Session 3 Bible study (pp. 13–18) for each participant, Bibles, at least one pieced and tied quilt to use in each session, quilt samples from individuals (if asked for).

If you are using the faith journaling activity, you will need a copy of the “Star Pattern” quilt block (p. 45), or the blank square for each individual copied on white cardstock paper, pencils, colored pencils, and markers. See pages 3 and 4 of this study for more information about faith journaling. If you are participating in a fabric quilting retreat, you will need to gather the necessary supplies.

Bible Study Answers

1. Encourage participants to respond. Quilts not only showcase the skills and talents of the quilt-maker, they are also reflections of the thoughtfulness and love the quilter has for the recipient of her handiwork. Even if the quilter does not know who might receive her quilt (such as when a quilt is sent to Lutheran World Relief or Orphan Grain Train), she still wants to show Christ’s love and care to the recipient.

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2. A quilt can share the beauty of God's creation when a quilter uses her skills as well as beautiful materials to craft an image of something God has made. Whenever we use the skills and talents God has given us, we bring Him glory. The careful work and time that goes into making a quilt shows that a quilter wants to give God her very best. When an individual designs a quilt for a loved one, this is a reflection of the love of Christ for all of us. *We love because he first loved us* (1 John 4:19).
3. When we are aware of the love and care with which a quilt is made, we are comforted as we think about the person who made it. Especially when a loved one goes home to heaven, quilts and other handmade items are reminders to us of the God-given talents and abilities the individual shared during her earthly life.
4. Participants' responses may include heartfelt expressions of emotions, silly rhymes, humorous creative writing, historic odes, writing that is sometimes difficult to understand, or something boring once studied in English class.
5. Phrases in Psalm 65 which refer to the beauty of God's creation and to His continued care of it include *established the mountains, being girded with might* (v. 6); *who stills the roaring of the seas ... the tumult of the peoples* (v. 7); *You visit the earth and water it; you greatly enrich it* (v. 9); *You water its furrows abundantly, settling its ridges, softening it with showers, and blessing its growth* (v. 10); *You crown the year with your bounty; your wagon tracks overflow with abundance* (v. 11); *The pastures of the wilderness overflow, the hills gird themselves with joy, the meadows clothe themselves with flocks, the valleys deck themselves with grain, they shout and sing together for joy* (vv. 12-13).
6. Encourage participants to share their creative ideas.
7. Words and phrases used in Psalm 18 that give insight into God's nature include: *The Lord is our strength* (v. 1); *our rock, fortress, and deliverer, our refuge, shield, horn of my salvation, stronghold* (v. 2); *the Lord is worthy to be praised and He saves us from [our] enemies* (v. 3).
8. Phrases that show God's defense found in Psalm 18:6-19 include: *From his temple he heard my voice, and my cry to him reached his ears. Then the earth reeled and rocked; the foundations also of the mountains trembled and quaked, because he was angry* (vv. 6-7); *He bowed the heavens and came down; thick darkness was under his feet. He rode on a cherub and flew; he came swiftly on the wings of the wind* (vv. 9-10); *And he sent out his arrows and scattered them; he flashed forth lightnings and routed them* (v.14); *He sent from on high, he took me; he drew me out of many waters. He rescued me from my strong enemy and from those who hated me* (vv. 16-17); *the Lord was my support. He brought me out into a broad place; he rescued me, because he delighted in me* (vv. 18b-19). God works mightily to rescue and protect us. The greatest way He has done this is by sending Jesus to rescue us from sin, death, and the devil.
9. God's mighty actions to rescue us show His great and unending love for us. They show how valuable we are to Him.
10. Comfort from these Psalm 18 verses include:

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Psalm 18:28 (see also John 1:1-5; 8:12): God provides a way for us out of the darkness of sin through the Light who is Jesus, our Savior. This is a comfort for us for we know that Jesus has defeated sin, death, and the devil through His death and resurrection. We do not have to fear the darkness because Jesus has conquered it and daily defends us against it.

Psalm 18:29: It is a comfort to know that God gives us the strength to face our enemies. God's strength is unlimited and He will lead us through all the challenges we face.

Psalm 18:30: God's way is perfect and His Word is true. He is our shield against the attacks of sin and the devil. What a comfort to know that we can trust in Him.

Psalm 18:32-36: God provides us with all that we need in whatever battles we face. He gives us strength and sets us in a secure place. We have His *shield of salvation* (v. 35) and His support. *We can do all things through him who strengthens [us]* (Philippians 4:13).

11. David is troubled for he fears God's anger and that God will discipline him in anger because he has sinned (Psalm 6:1). David is also troubled because of his enemies (vv. 8, 10).
 12. Evidence of David's physical suffering include that he is *languishing* and that his *bones are troubled* (Psalm 6:2). David is *weary* from moaning, he is crying every night, so much so that his couch is *drenched* (v. 6). His eye is *wasting away* because of *grief* and is *growing weak* (v. 7). These are all physical reactions from the anxiety and suffering that sin causes us. David's emotional suffering is noted in verse 3 where he says, *My soul also is greatly troubled*. David wonders how long this will last.
 13. Psalm 6:9 is a comfort for us for God's promises to hear all of our prayers and our confessions of sin. God promises to forgive all our sins for Jesus' sake.
 14. In Psalm 92, the psalmist praises God for His *steadfast love* and for His *faithfulness* (v. 2). He praises God for all He has made and for knowing all things (vv. 4-5). In verses 12-15, he praises God for causing the *righteous to flourish* (v. 12) and to grow and *bear fruit*, even in *old age* (v. 14). He praises God for the opportunity to praise Him for God is just and perfect (v. 15).
 15. It is *good to give thanks to the Lord, to sing praises to [His] name* (Psalm 92:1) because in worship, we receive strength and love from our faithful God. In worship, we hear God's true Word and are comforted by His promise to forgive our sins and to give us eternal life through faith in Jesus. Through Holy Communion, we receive the Lord's forgiveness and are given what we need to follow and serve Him. In worship, we have the opportunity to thank God for all that He continually does for us.
 16. Encourage participants to share with someone else in the group. Provide time here for pairs to pray together as needed.
- ✱ Following the Bible study time, proceed to any quilting projects you have planned. If you are using the paper quilt block for Session 3 ("Star Pattern"), or are encouraging participants to design their own, guide them to incorporate the many visual images called to mind by Psalms 65 and 18, as well as words of comfort found throughout the psalms studied in this session. Suggest to participants to use bold colors in their design to reflect the strength and power of God.

Session 4: Useful

You will need: a copy of the Session 4 Bible study (pp. 19–23) for each participant, Bibles, at least one pieced and tied quilt to use in each session, quilt samples from individuals (if asked for). If you are using the faith journaling activity, you will need a copy of the “Jelly Roll Jam” quilt block (p. 46), or the blank square for each individual copied on white cardstock paper, pencils, colored pencils, and markers. If you are participating in a fabric quilting retreat, you will need to gather the necessary supplies.

- ✱ You may also want to have several copies of the *Lutheran Service Book* available for use with Question 4 in this study.

Bible Study Answers

1. Accept all reasonable answers from participants. Ways quilts are used include as bedspreads, wall hangings, sofa throws, tablecloths, and table runners.
2. Useful things can also be comforting because we know that we can count on them to get the job done. Favorite kitchen utensils or gardening tools are functional as well as comforting because they feel good in our hands and help us to accomplish a task. Quilts fit this description because the warmth they provide comforts tired bodies. As you discuss this question, point out the sidebar article, “Used and Appreciated,” which mentions additional ways that quilts are useful and comforting.
3. As we sing/pray the verses of Psalm 116 after the offering, they emphasize that the purpose of our gifts (offerings) is to honor God. Our offerings are a way that we thank the Lord for all that He does and continues to do for us. As we sing/pray the verses of Psalm 51 after the sermon, we ask God to cleanse the sins from our hearts so that, by the power of the Holy Spirit, the message that we have just heard can take hold within us. In these verses, we also ask God to *restore to [us] the joy of your salvation* (v.12). Having heard both Law as well as the sweet Gospel message in the pastor’s sermon, we are assured that our sins are forgiven and that we have the certain hope of eternal life and of all God’s blessings through faith in Jesus.
4. Psalm/Hymn Verse Matching Results:
 1. Psalm 19:7–8 matches to Letter B (“The Law of God Is Good and Wise,” LSB 579, v. 1).
 2. Psalm 24:7–10 matches to Letter E (“Lift Up Your Heads, Ye Mighty Gates,” LSB 340, v. 1).
 3. Psalm 38:21–22 matches to Letter F (“O God, Forsake Me Not,” LSB 731, v. 1).
 4. Psalm 46:1 matches to Letter A (“A Mighty Fortress Is Our God,” LSB 656, v. 1).
 5. Psalm 100:4 matches to Letter C (“All People That on Earth Do Dwell,” LSB 791, v. 3).
 6. Psalm 119:5–10 matches to Letter D (“Lord, Keep Us Steadfast in Your Word,” LSB 655, v. 1).
- ✱ Note that some of your participants may not realize that every hymn in the *Lutheran Service Book* is based on Holy Scripture that is listed in the bottom right hand corner of the page.
5. The use of psalm verses and other Bible verses in our liturgy and hymns is a blessing because it ties all that we do in worship to God’s Word. Singing Scripture is also a wonderful way to remember it.

6. Wall plaques and pictures, greeting cards, stationery and note cards, kitchen towels and utensils, jewelry, clothing, coffee mugs, children's toys, and key chains are some of the consumer goods on which Scripture may be featured.
 7. When we display items with Scripture verses in our homes, all those who enter immediately see that God's Word is important in our lives. These items become focal points for conversations about who Jesus is and what He has done and continues to do for us as our Savior. Greeting cards, stationery, and note cards that contain Scripture verses share the comfort and joy God gives us. Items we wear or display that feature God's Word can be used any time as a way to begin a faith conversation with that person.
 8. Encourage participants to share specific verses they commonly use.
 9. Psalm 9:9-10 can be used (shared) when someone is having relationship problems, problems at work, or is experiencing a health crisis or a difficult time after a fire or natural disaster. The verses share God's strength and the truth that He never leaves us. Psalm 28:7 can be used (shared) when someone graduates or receives a promotion at work, or when a person has overcome a tough time. This verse expresses joy and thankfulness in the strength, protection, and help that God provides. Psalm 36:7 can be used (shared) any time a person needs to be reminded of God's great love. This verse also reminds us that God shelters and protects us. Psalm 66:1-3a can be used (shared) in times of blessing (birthdays, anniversaries, graduations) to help an individual reflect on God's goodness. Psalm 68:19-20 can be used (shared) in times when an individual needs encouragement or in times of serious illness when a person needs the assurance that she is saved from eternal death through faith in the Triune God. Psalm 136:1 can be used (shared) at meal times, at celebrations with family and friends, and every morning and evening to thank and praise God. Psalm 150:1-2 can be used (shared) whenever we want to show our appreciation to God for His mighty works on our behalf.
 10. Psalm 119:105-112 is a useful reminder that in a sin-darkened world, we need the light of Jesus to show us the way of salvation. We see the light of Jesus in God's Word. We desperately need this light, for we often stray from God in our thoughts, words, and deeds. These psalm verses remind us that in all times of trouble, God guides us in His Word. These verses also remind us of the promise made for us, or by us, at Baptism and personally reaffirmed when we were confirmed, that we belong to God and that we give our lives to Him. God's Word is indeed a useful and most precious gift to us from Him.
- ✱ Following the Bible study time, proceed to any quilting projects you have planned. If you are using the paper quilt block for Session 4 ("Jelly Roll Jam"), or are encouraging participants to design their own, suggest that they illustrate on the quilt block a verse they often use in cards, letters, and on social media.

Session 5: Tied

You will need: a copy of the Session 5 Bible study (pp. 24–28) for each participant, Bibles, at least one pieced and tied quilt to use in each session, quilt samples from individuals (if asked for). If you are using the faith journaling activity, you will need a copy of the “Cross” quilt block (p. 47), or the blank square for each individual copied on white cardstock paper, pencils, colored pencils, and markers. If you are participating in a fabric quilting retreat, you will need to gather the necessary supplies.

- ✱ If you are making a large paper quilt out of the individual quilt blocks made by study participants, you will need some kind of strong backing paper or poster board on which to adhere the quilt blocks. You will also need glue sticks or adhesive glue circles (“dots”) to attach the individual blocks to the background. Colorful washi or duct tape can be used between sets of quilt blocks and around the edge of the backing paper as “binding.”

Bible Study Answers

1. Over the centuries, quilt-making has tied women together by giving them a project to complete together. “Quilting bees” were gatherings where women not only helped one another with quilts, but also spent time together visiting and cultivating friendships, thus tying hearts together. Quilt-making for charitable purposes ties women to a greater purpose, that of giving to those in need.
2. Through Bible study and worship, the Holy Spirit works to tie participants together in a common faith in the Triune God. The Holy Spirit works in the hearts of the participants to tie each person closer to God as together, they learn more and more of Him. Through personal sharing and praying for one another’s needs, believers are tied together in Christian love, caring, and friendship.
3. Jesus repeated the words of Psalm 22:1 as He suffered on the cross when He was crucified.
4. To be “forsaken” means to be “deserted.” As He suffered on the cross, God totally turned away from Jesus and left Him. Jesus suffered this devastating loneliness and despair so that we will never need to experience it.
5. God did not deliver Jesus from death on the cross because, as the only One who ever kept God’s Law perfectly, His sacrifice was the only way the price we owed God for our sins could be paid.
6. Despite His pain and suffering, despite the fact that God forsook Him, Jesus never turned away from God. He never blamed God, for none of this horrible situation was God’s fault. He continued to love and honor His Father. Jesus willingly carried out God’s plan for our salvation because He knew it was the only way that we could be rescued from the eternal suffering and death we deserve because of our sins.

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7. Psalm 22:1–11 brings us comfort, for it reminds us that Jesus willingly, out of His great love for us, paid the price for our sins. Whenever we are suffering, Jesus understands the pain we feel, for He felt the ultimate pain on the cross. We are comforted knowing that because of what Jesus did as our Savior, we will never have to worry that God will turn away from us.
8. In verses 12, 13, and 16, Jesus' enemies are described as *strong bulls* (v. 12), as *a ravening* and *roaring lion* (v. 13), and as *dogs* (v. 16).
9. In Psalm 22:12–18, we see prophecies concerning how the Messiah would suffer to save us. Jesus *bones are out of joint* (v. 14), likely from the pressure of the process of crucifixion. He was *thirsty* (v. 15), fulfilled in John 19:28. His hands and feet were *pierced* (v. 16), fulfilled when He was nailed to the cross (John 19:18) in His crucifixion. Jesus' garments were divided among the soldiers when they stripped Him (v.18), fulfilled in Matthew 27:28. Soldiers *cast lots* for Jesus' clothing (v.18), fulfilled in Matthew 27:35.
10. On the third day after He died, Jesus was miraculously raised from the dead. This fulfills the prophecy found in Psalm 16:10: *For you will not abandon my soul to Sheol, or let your holy one see corruption.*
11. Now that Jesus lives and reigns as our Lord and King, Psalm 22 directs us to *tell of His name* (v. 22), *praise Him* (v. 22), and *stand in awe of Him* (v. 23) because of the salvation He has won for us.
12. Because of what Jesus did on the cross, we will never have to *taste death* (Hebrews 2:9). The death referred to here is eternal death and eternal separation from God. Jesus' actions as our Savior bought us back from our sins and united us with God in faith. Through faith in Jesus we have eternal life.
13. The Psalm verses and the Matthew verses command us to go and proclaim Jesus and His righteousness to *all nations* (Matthew 28:19a) and to the *coming generation* (Psalm 22:30). This command even includes a *people yet unborn* (Psalm 22:31). These verses tie all believers together by giving us a common goal and purpose: to go and tell everyone what Jesus has done.
14. Because of Jesus' actions on our behalf, we are tied to the Triune God forever by the faith He gives us. We are tied to salvation, eternal life, and heaven as God's baptized children.
- ✳ Following the Bible study time, proceed to any quilting projects you have planned. If you are using the paper quilt block for Session 5 ("Cross"), or are encouraging participants to design their own, suggest that they use this final quilt block as their own personal proclamation of who Jesus is and what He has done and continues to do in their own lives.

Possible Retreat Schedule

(for a one-day, 7–8 hour gathering)

- 8 a.m.–8:30 a.m. Registration, light breakfast, display quilts from participants
- 8:30 a.m.–9 a.m. Bible Study Session 1: Layered
- 9 a.m.–9:45 a.m. Faith Journaling/Quilting Time 1
✱ (If you are not making fabric quilts, consider using
the quilt block patterns for faith journaling.
Also use this time for bathroom breaks.)
- 9:45 a.m.–10:15 a.m. Bible Study Session 2: Pieced
- 10:15 a.m.–11 a.m. Faith Journaling/Quilting Time 2 (see 9 a.m. above)
- 11 a.m.–11:30 a.m. Bible Study Session 3: Beautifully Descriptive
- 11:30 a.m.–12:15 p.m. Faith Journaling/Quilting Time 3
- 12:15 p.m.–12:45 p.m. Lunch
- 12:45 p.m.–1:15 p.m. Bible Study Session 4: Useful
- 1:15 p.m.–2 p.m. Faith Journaling/Quilting Time 4
- 2 p.m.–2:30 p.m. Bible Study Session 5: Tied
- 2:30 p.m.–3:15 p.m. Faith Journaling/Quilting Time 5
- 3:15 p.m. Closing Prayer and Clean-up

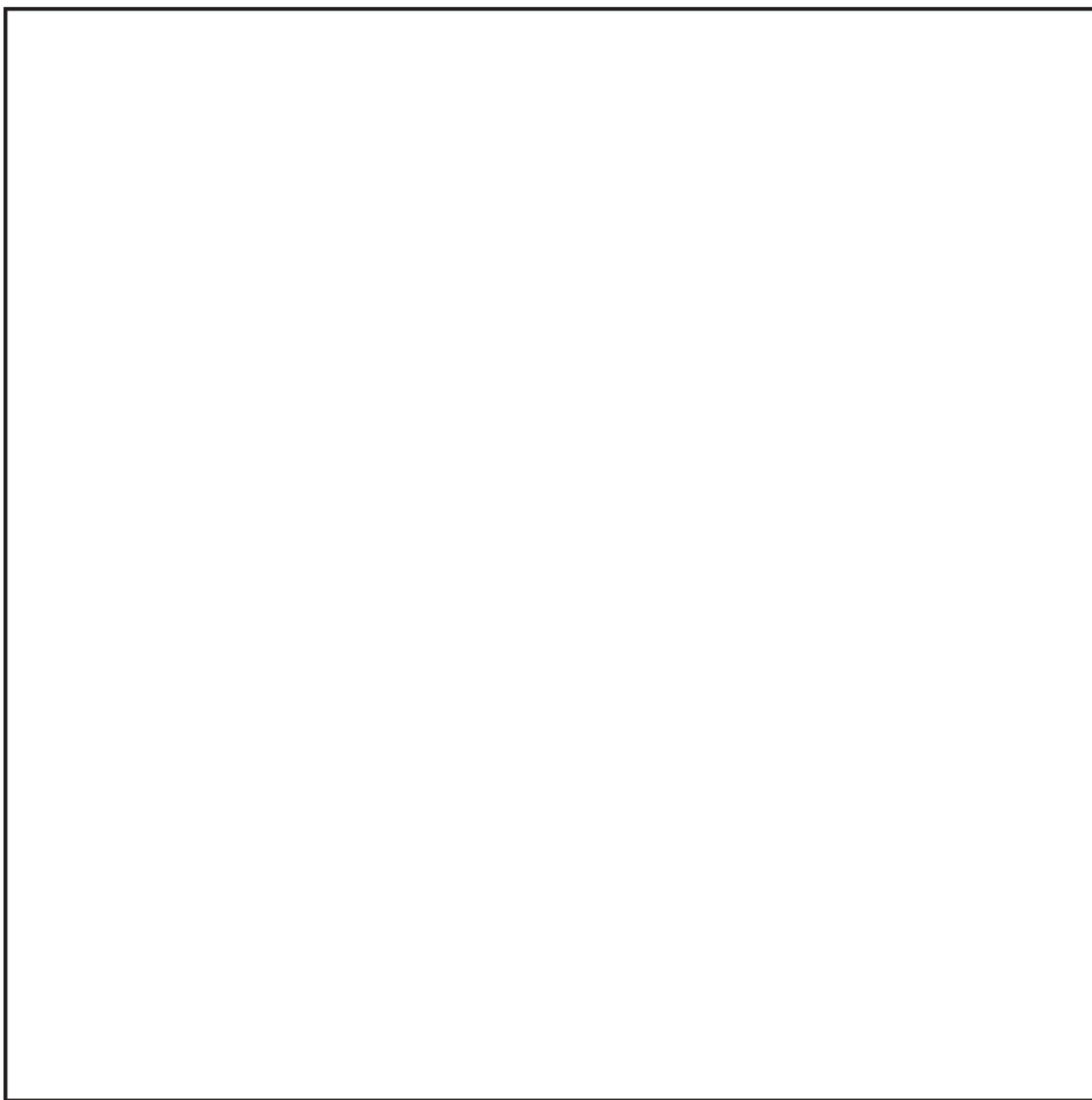
Notes

1. If you have a day-and-a-half time period for your retreat (e.g., Friday night – Saturday afternoon), adjust your times accordingly. Be sure that whatever time frame you have that you make Bible study the priority. You will need at least 30 minutes to complete each Bible study. For example, you may want to do Bible Study Sessions 1 and 2 and Faith Journaling/Quilting Sessions 1 and 2 on Friday night, with the remainder of the Bible study sessions and faith journaling/quilting sessions on Saturday morning and afternoon.
2. Set up your faith journaling supplies before the retreat begins in an area separate from where the Bible studies will take place. On white cardstock paper, make a copy of each quilt block for each participant. The patterns for these quilt blocks are found on pages 42–47. Cut out the blocks. You will also need colored pencils, rulers, markers, ink gel pens, pencils, and erasers. If you fabric quilt, set up the supplies before the retreat begins in a separate area from where the Bible studies will take place. You will need quilt racks, quilt tops, tables for cutting fabric, etc.
3. The fellowship time at this retreat comes during the scheduled faith journaling/quilting times. For centuries, women have gathered together at quilting bees to sew and talk. This is also why the time for lunch is shorter.
4. Keep in mind that some dedicated fabric quilters will want to quilt the entire time of the retreat. As best as you can, keep the Bible study sessions for being in God's Word and the quilting times separate.

Quilt Block Patterns

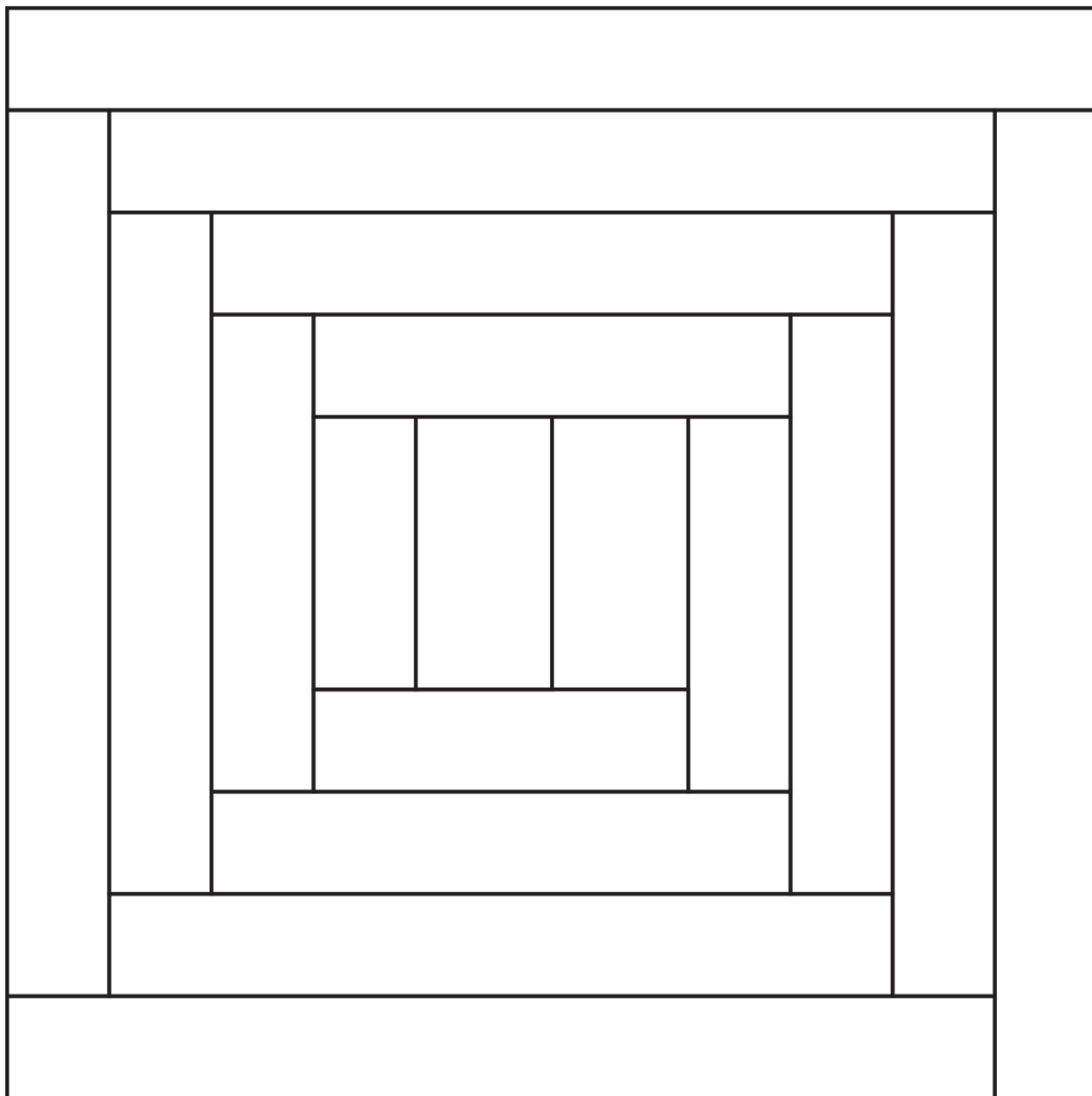
Blank Quilt Block and Log Cabin Quilt Block for Faith Journaling Session 1

✻ (Please print on white cardstock paper. Note that the blank block can be used for Sessions 2-5.)



God's Quilt of Comfort: Wrapping Up in the Psalms

Log Cabin Quilt Block for Faith Journaling Session 1
✻ (Please print on white cardstock paper.)



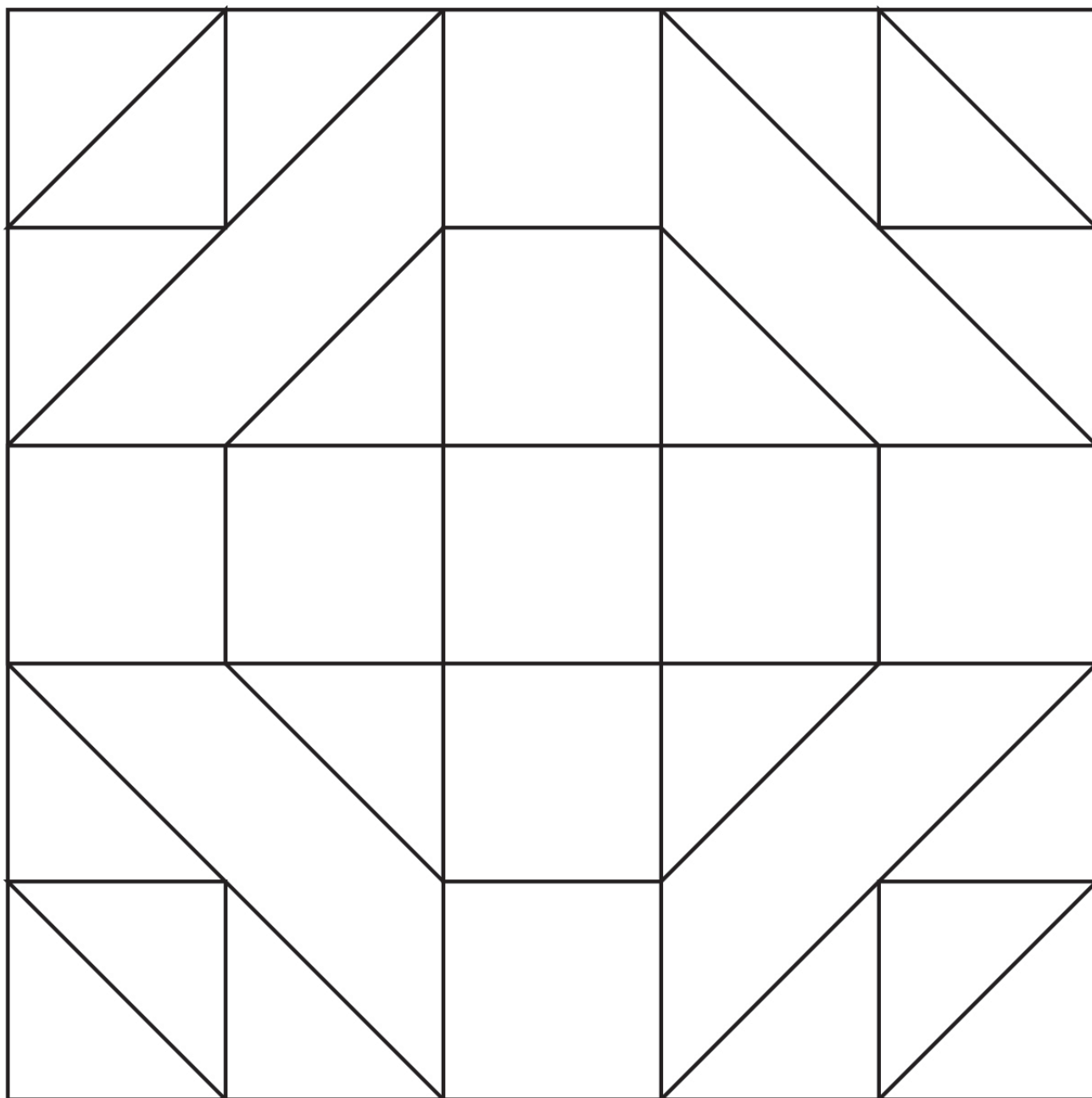
God's Quilt of Comfort: Wrapping Up in the Psalms

Nine-Square Quilt Block for Faith Journaling Session 2

✿ (Please print on white cardstock paper.) (Note: This is type of quilt block used on “Grandma’s quilt.”)

God's Quilt of Comfort: Wrapping Up in the Psalms

Star Quilt Block for Faith Journaling Session 3
✻ (Please print on white cardstock paper.)



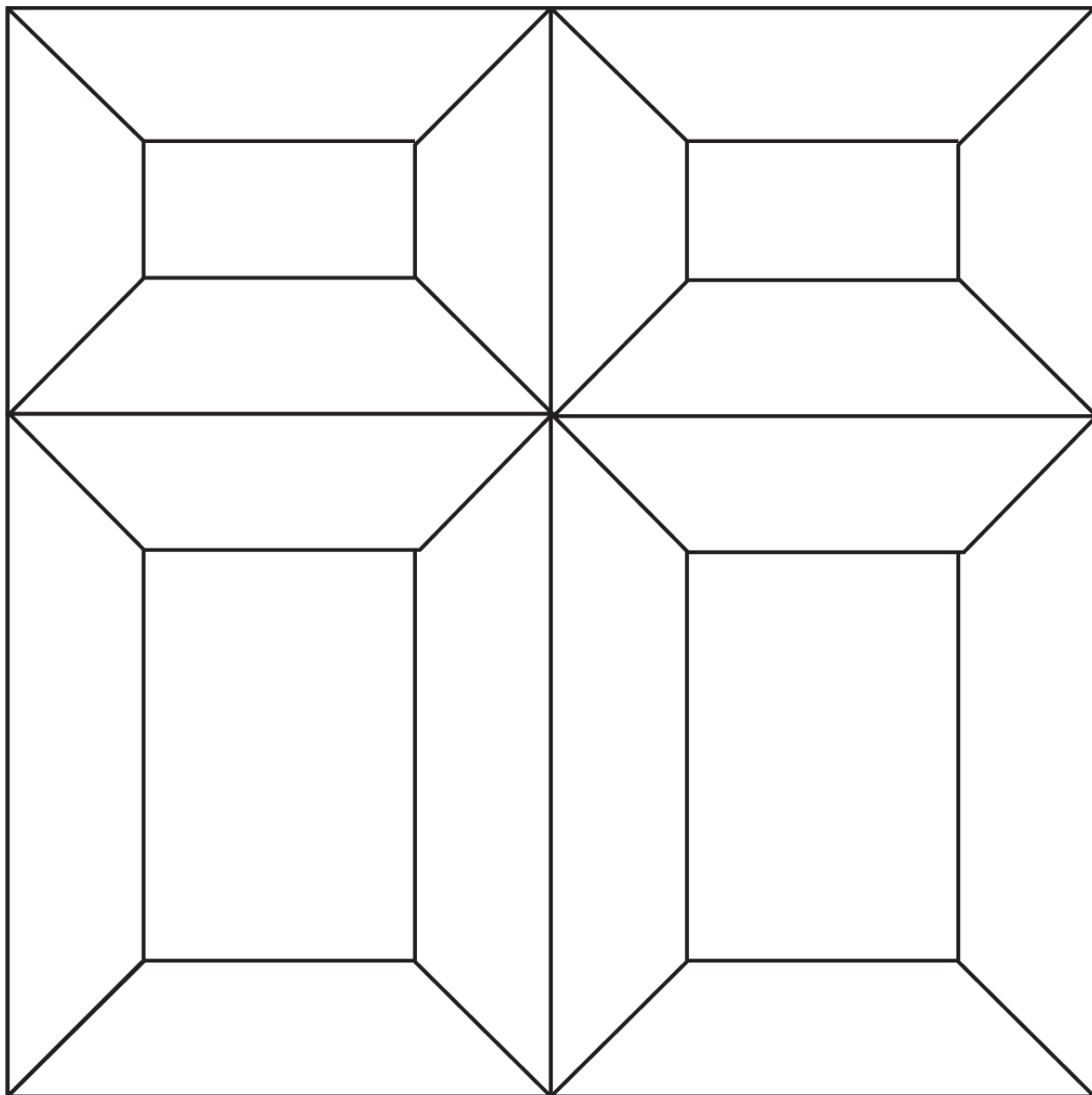
God's Quilt of Comfort: Wrapping Up in the Psalms

Jelly Roll Jam Quilt Block for Faith Journaling Session 4

✻ (Please print on white cardstock paper.)

God's Quilt of Comfort: Wrapping Up in the Psalms

Cross Quilt Block for Faith Journaling Session 5
❖ (Please print on white cardstock paper.)



About The Author

For more than 35 years, Diane Grebing has worked as a Christian curriculum writer for the Lutheran Women's Missionary League, Concordia Publishing House, Bethesda Lutheran Communities, and for Lutheran Heritage Foundation. She has written Vacation Bible School, Sunday school, and Lutheran School curriculum, as well as devotions for children, adults with special needs, and adult devotions and Bible studies. Diane has been an active LWML member since 1982 and currently serves as LWML Southern Illinois District President. Diane has also served on the national LWML Christian Resource Editors Committee both as a member and as chairman.

Diane and her husband, Pastor Terry Grebing, have been married since 1982. Throughout Terry's ministry, they have lived and served in parishes in Nebraska, Missouri, and Illinois. They have one son, Dr. Eric Grebing, who lives in Durham, North Carolina with his wife, Dr. Laurie Grebing. Both serve in the field of education. Besides writing, Diane enjoys counted cross stitch, reading, working in the garden, and traveling.

