



EXPLORE THE BIBLE®

Session 13: God's Righteousness
Suggested Week of Use: August 24, 2025
Core Passage: Psalm 5:1-12

News Story Summary

“Anxiety” can be defined as an “apprehensive uneasiness” or an “abnormal and overwhelming sense of apprehension and fear often marked by physical signs . . . and by self-doubt about one’s capacity to cope.”¹ Around this time of year, thousands of students experience back-to-school anxiety. Many are moving from a self-directed summer break to a rigid school schedule filled with new teachers and new classes. They also may be attending a new school and facing higher expectations. Change is in the air, and anxiety is a common response. Signs of an anxious student may include whining, hair twirling, nail biting, procrastination, restlessness, or changes in eating/sleeping habits. Establishing a routine at home can help things run more smoothly, along with parents being a cheerleader and listening ear for their students.

For more information, search “2025 Back-to-School Anxiety Statistics.”

Engage

To supplement the Engage activities, ask: *When was the last time a problem or concern kept you up at night?* Allow time for volunteers to share their experiences. Note that many kids are dealing with similar anxiety as they go back to school this year. Summarize the information about “Back to School Anxiety” above. Affirm that anxiety is real for every person. Say: *Whether we’re kids or adults, we struggle with a fear that we won’t be able to cope with the future.* Ask: *What role does our faith play in dealing with fear, worry, and anxiety?* Share that today’s study examines Psalm 5, a psalm of lament that expressed David’s deep despair. Point out that David’s enemies were relentless, but he called out to God for help because he knew a righteous God would do what is just. Challenge adults to identify principles from David’s words in Psalm 5 that they can apply to their own seasons of anxiety.

Challenge

To supplement the Challenge activities, ask: *When have you struggled to find words to pray?* Point out that David’s prayers involved both sighing and groaning. Remind adults about the stress many students are facing as they go back to school. Share that the anxieties don’t stop as we get older. Say: *The longer we live, the deeper our sighing and groaning to God can grow.* Emphasize that David’s trust in God’s righteousness allowed him to transform his groaning into praise by the end of the psalm. Lead the group to pray silently for parents, guardians, students, teachers, and staff struggling with anxiety. Close the session in prayer, asking God to help each adult in the group find peace by trusting that He always does what is right and just.

1. “Anxiety,” [Merriam-Webster.com](https://www.merriam-webster.com/dictionary/anxiety), accessed 13 August 2025.