

Sunday School resources for getting back to church

# WITH GOD TOGETHER

Tackling emotions through the Psalms



**LESSON 3: PSALM 46**

**“God keeps us safe”**

**faith**in**kids**

With God Together

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We recommend the International Children's Bible for use with children during the lesson. Our leader's notes use the New International Version.




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*'All for the glory of God alone'* (1 Corinthians 10:31)

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# God keeps us safe

PSALM 46



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## Big Idea:

God is strong and unshakeable; we are safe in him.



## Faith in Kids looks like:

Children who turn to God for help when they are afraid.



## Preparation

Pray and read the Bible passage. Read **Where are we going?**, **Look at the Passage** and **Win my heart first** to give you a better understanding of the passage and the **Big Idea**. Spend some time thinking through how this makes a difference to your life.

Read the lesson plan for the age group you will be teaching. Use a **Get Going** or **Brain Break** idea from a different age group if it is better suited to your children.

Prepare your lesson. Think through the **Take 10 minutes to focus!** questions before preparing your

**Teaching Time.** Use a suitable Bible translation for the **Teaching Time** for your age-group. We use the International Children's Bible which can be found online at [www.biblegateway.com](http://www.biblegateway.com). Keep the **Big Idea** in your mind to help you teach it clearly in every part of your lesson. Use the blank **Lesson Template** to plan the different sections. Collect/draw/print/make what you need.

Pray for the children in your group to grasp the **Big Idea** and to live it out in their lives. Remember that you have the Holy Spirit's help as you teach God's word!



## Where are we going?

We live in a world where things go wrong and we will face trouble of one kind or another. When we feel like the rug has been ripped out from under our feet, the big emotion of anxiety is often quick to catch us. The trouble that surrounds us looms front and centre and becomes the biggest thing we can see. When the trouble feels the most real to us, it fuels our fear and worry and shapes our reality. But, there is a greater reality - that God is our place of safety. Even if the worst

happens in this world, we are safe in his eternal and unshakable care.

This psalm reassures us that we have a God we can run to in times of trouble. When our world is shaking, we can say, 'We will not fear'. He is totally safe and dependable. As a family of believers, we come together to encourage and remind one another that God is our place of safety and we can have peace even when everything else is crumbling.





## Look at the Passage

This is a psalm for God's people to sing together. It's a picture of safety for the shaken. In a world that's falling apart we can come together to sing of peace and security and remember that we have an eternal home.

**Our great God v1** God is our anchor in any storm. He is our safe place to hide and our strength to keep going. He's always on watch, alert and ready to fight for his people. We, his people, come together to look up at him.

**Our great trouble v2-3** It's a scene from a disaster movie. Everything is shaken. The things that seemed solid are disintegrating. Mountains that appeared immovable are falling. Great waters are sweeping things away. The ground is falling from under our feet. The psalmist is a realist; our securities can crumble, life can be terrifying.

**Our great city v4-9** In the middle of the disaster zone sits a glad city: well-watered, unshakeable, an impenetrable fortress. It's home to the promise-keeping God who commands the armies of heaven. Whatever the drama outside, he doesn't flinch. Faced with the raging of the nations he can break the weapons of our enemies. This God is for us and offers us his protection. Let's get in there!

**Our great peace v10-11** The storm is still raging, the world is still falling apart, but we are able to be still. We hold onto what we know to be true: God is our God and he will bring about the future he has promised. His kingdom will still stand when every other kingdom falls. The LORD of hosts is also the God of Jacob - the God of his struggling, wrestling, fearful people. If he is our fortress then we are safe.



## Win my heart first

'God is our refuge and strength, an ever-present help in trouble'. And yet, our present reality so often makes us feel anxious and worried. When you feel afraid, is your response fight or flight? Are you ready to take it all on, stand strong, fight back, shout louder? Or maybe you're more likely to be found hiding under the covers, comfort eating, binge-viewing, hoping it'll all go away? Who do you turn to? Everyone - I'll try anything, go anywhere, join in with anyone, because maybe this will finally fix it? Or no-one - I have to maintain the image of having it all together?

Our God is a safe refuge to run to. He can give peace to the anxious head and heart. He can change how we feel by the work of the Spirit in us. He can help us to say 'I will not fear' as the troubles rage around us.

We belong with a group of strugglers who are realistic about trouble. We are part of a church family who share a positive future that nothing can destroy. So let's stand together and point, pull and push one another to our refuge and strength - our God, our fortress.



## Question for my heart

*For your heart, before you prepare the lesson.*

What is your usual response when you are afraid - fight or flight?

How does this psalm encourage and challenge you to find your safety in God, together with his people?



# Bible Story Idea

This has been written as an all-age slot to introduce the whole church family to what the children are learning today, but it could be adapted for the children's classes.



## Helpers Needed

A volunteer to help with the music/sound effects.



## Props

Blockbuster movie intro music, thick marker pen, a large cardboard box/ sheet of card with a fortress drawn on it, a strip of card with stick figures or pictures of people from your church on it, scrunched up sheets of paper, a large sheet of card with 'disaster zone' written on it, a chair, box of popcorn, cup of water and a piece of card with a figure on holding a Jesus flag.



## What to Say



## What to Do

In our Psalms series so far we've ridden a roller coaster over creation and history to see God's forever love for us. We also journeyed through green fields and dark valleys with a guide, our shepherd, who is always with us.

Today, we're starring in an epic blockbuster movie!

Listen to the script...  
Read Psalm 46

Let's set the scene. First we need the characters - they are God and his people.

God is our protector. We are safe with him. He is like our fortress, our safe hideout. Think of all the best features of Hogwarts castle, Batman's cave, Helm's deep and the favourite castle you visited on your holidays - they're all in here!

God's people are 'us'. We're the characters - you, me, Alison, Logan, Natasha, Daniel... *(use the names of people in your congregation)*

We're in the movie!

Play movie intro music.

Show the fortress. Write 'God' on it.

Show the characters on a long strip of card. Write 'Us' on it.



## What to Say



## What to Do

Now we need our setting. This is an epic disaster movie, big budget, special effects, major explosions and earthquakes.

Hold the characters in front of the 'disaster zone' background. Draw thunderbolts/scribbles on it. Throw scrunched up paper at the people. Use sound effects or get people to stamp their feet as an earthquake.

We have the characters, and we have the setting. We're ready!

Sit down with your popcorn.

Wow! This is amazing - I love a good dramatic movie! I can't wait to see what happens.

Hang on a minute! I forgot! I'm in the movie!

Throw your popcorn in the air in a panic.

We're in the movie! Alison is in the movie! Logan is in the movie! The world is crumbling beneath our feet. Waves are crashing. Mountains are falling. We can't eat popcorn and wait for the happy ending - we're in trouble. This is scary.

What should we do? (PAUSE)

Shout 'Run to the fortress' in slow motion whilst throwing a cup of water in your face.

Surely, we all know? Surely you all want to shout - 'RUN TO THE FORTRESS!'

They hold on to one another, they help each other. When Daniel falls over, Natasha helps him up. Through the storm and the chaos they tell each other, 'we have to keep going - get to the fortress!'

Carry the picture of the people as you slow motion run towards the fortress.

We make it! Deep breaths. Calm down. We're OK. We're safe.

Place the picture of the people inside/behind the fortress.

God's people are safe. They are with God together. He is their protector. He is stronger than anyone or anything.

Point to the fortress.

continued →



## What to Say



## What to Do

We are God's people. We're in the movie but we haven't got to the ending yet. We're still in this world where troubles make us feel scared or worried. But our God is our help in times of trouble. He can help us to say, 'I will not be afraid' when scary things happen.

We need to remind each other that God is our safe fortress. We need to say to each other, 'Run to God! Remember that he keeps us safe! Remember that he helps us!'

We can run to God and he will always welcome us. We can be sure that the fortress door has been opened for us because of Jesus. God's son, Jesus, rode out of the fortress right into the middle of all the trouble and danger in the world.

Jesus fought against all God's enemies so that he could take God's people safely home forever.

So we can look forward to the happy ending. One day we will be with God in a perfect world where there will be no trouble. Nothing will ever scare us or make us worried ever again!

In this world, we will still go through scary and worrying times. But, we aren't alone. We have each other - our church family. We're all struggling people on the same team, characters in the same movie. Let's do whatever we can to help each other to keep running to God. He's our fortress, he keeps us safe and by his Spirit he can help us to not be afraid when disasters hit.

Pray.

Hold the picture of the people again.  
Point to the 'disaster zone' picture.

Point to the fortress.  
Put the people inside/behind the fortress.

Move the Jesus figure from the fortress to the 'disaster zone' picture.

Move the Jesus picture back and put him on the top of the fortress.

Step inside/behind the fortress.  
Hold up the picture of the people.





# Lesson Overview



10 minutes  
to focus



Get  
Going



Teaching  
Time



Brain  
Break



Heart &  
Hands



## 10 Minutes to Focus

When preparing, keep these questions in mind and check your planning to see that you are ready to engage your group. Take that clarity into your **Teaching Time** so that you get the **Big Idea** across.



## Get Going

Focus the children's attention on the theme of the session using a game or activity. Light, not manic, so that the children can be calm afterwards, with their minds ready.



## Teaching Time

Teach the key content of the lesson in an engaging way. Place emphasis to point clearly to the **Big Idea**. If you have used the **Bible Story Idea** already, you may not need to cover the whole story again. If not, you can adapt it to use here with your group or tell the story in another way, perhaps using the suggestions below. However you do this **Teaching Time**, conclude with a simple explanation of the **Big Idea**.



## Brain Break

A chance to rest the children's minds before **Heart and Hands**. Get children moving. Finish by linking the activity to the **Big Idea** so that this time serves the Bible story.



## Heart & Hands

### Small group discussion:

The vital chance for the children to reflect on the story, so that its truths impact their hearts. They do the talking, not the leader. All the children need to be given the opportunity to respond. Ask each question to multiple children. The questions will lead the children to see how their heads (thoughts), hearts (feelings) and hands (actions) are shaped by the Bible story through the work of the Spirit.



# Explorers

## 3–5s



**Take 10 minutes to focus!** How will you help your children feel totally safe in God's care? A child this age in trouble runs to their parent and clings to their leg. They need to know they have an even stronger leg to cling to, belonging to the God who rules everything. How will you help them see that their safest place is being part of God's family, inside the fortress of his care?



## Get Going

### Trouble Time

**You will need:** A mat and cushions.

This game is a version of 'What's the time, Mr Wolf?'. Line up the children on one side of the room. Place the mat and cushions to the side of the children - this is the 'fortress'. The leader stands on the other side of the room - opposite the children - opposite the children. The children ask the leader, 'What's the time, Mr Sam/Mrs Jo?' and the leader responds with a time, e.g. '3 o'clock'. The children have to take 3 steps forward. Keep going

until the leader shouts, 'Trouble time!' The children run as fast as they can and help each other to get to the fortress where they are safe. Play a few rounds.

**Link:** Praise the children for doing a great job of running to the fortress when trouble came. Try and notice when a child helped someone else know what to do or get to safety, and encourage them for it. Today we are learning how God keeps us safe. He is the fortress we run to when trouble comes.



## Teaching Time

**You will need:** The psalm illustration (picture 1 - see **Appendix**), a group of play figures, a cardboard box castle/fortress (include a door that opens), pens.

Explain that you are looking at a psalm which is a song in the Bible for God's people to sing together. It's a song about how super safe we can feel in God's care.

### God is our strong and safe fortress

#### Look and Listen:

- Look at the psalm illustration. Ask the children to point out the fortress/castle.
- Read Psalm 46:1. Explain that the song tells us how safe God is. It's a picture story - it says imagine God as a great big fortress, a super strong castle - like the one in the illustration.

#### Do:

- Show the cardboard box fortress. Ask the children to describe a castle that would be a super safe

place to hide in - *big, thick walls, massive, shiny super powered*. Let them draw on the fortress to make it look safe. Talk about how the fortress is super strong and super safe - just like God is.

### God helps us when we are scared

#### Look and Listen:

- Point to the crumbling mountains on the psalm illustration. Ask the children how they think the people felt when those things happened.
- Read Psalm 46:2-3. Explain that bad things happen. They make us feel sad, worried or afraid. But God is always ready to help us when there's trouble. The people in the song thought about how safe they were with God. He helped them to not be afraid.

#### Do:

- Use the cardboard box fortress and play figures to talk about real life examples of things the children are afraid of e.g. afraid of the dark.

- Place the play figure outside the fortress. Explain that they are in bed, it's dark and they're worried. Ask the children if they can tell the figure what they learnt about God today that will help them. The figure remembers they are safe in God's care and he has promised to help them (put the play figure in the fortress). They pray, 'Thank you God that I am safe with you. Please help me to feel safe and not worried right now. Amen.' That is what running to God looks like. It's remembering that God keeps us safe and he can help us to not be afraid.
- Let the children take turns giving examples and moving the play figure into the fortress.

Finish by reminding the children that God has given us a lot of people in our lives to help us - family, friends and church.

Use the play figures to show how we aren't alone. We belong in a family (small group of figures) which belongs in the church family (bigger group). Best of all, we have God himself. Explain that Jesus is the one who opened the door to the fortress so we can come to God (place figures in the fortress).

Even when our family or church friends can't be with us all the time, God is with us by his Spirit. We can always ask him for help - how good is that!




## Brain Break

### Musical Fortress

**You will need:** A mat and cushions (the same ones as in the **Get Going** game) and a music playing device.

Place the mat and cushions on the floor to be the fortress. Space the children out so they are standing around the fortress, a few metres away from it. When the music plays, they must walk/run/dance around the fortress. When the music stops, they must help each other run to the fortress to be safe. They can hold

hands with another child, go as a group or tell each other to run to the fortress. The aim is not to be the first person to safety but for everyone to get to the fortress every time.

 **Link:** In this game we had to run to the fortress. It reminds us to run to God when we are scared or worried. He is our fortress - he keeps us safe. Sometimes we forget so we need to help each other to run to God when we are scared.



## Heart & Hands

### Craft time - Cup Fortress

**You will need:** Printouts of craft sheet A (1 sheet/2 children - see **Appendix**), a paper cup for each child, sheets of plain paper, crayons/coloured pens and glue.

**Prepare in advance:** Cut out the strips of paper. Cut the plain paper into rectangles (to fit inside the cup - for the children to draw themselves onto).

Let the children colour and decorate the fortress. Help them to stick it around the cup so the cup opening is at the top of the fortress. The children draw themselves on a piece of paper. This is your opportunity to make it personal. As they place their person in the cup fortress, remind them that God keeps them safe.

### Think Time

Use the craft to reinforce the **Big Idea** of the lesson as you start your **Think Time**. Hold up the fortress and ask the children to tell you what they learnt about God today. Can they remember what to do when trouble comes? Use one of their crafts to act out the person running to the cup fortress, where they are safe with God.

**Big Question:** Who is our fortress who keeps us safe?

**A follow up question:** What can I do when I feel scared or trouble comes?

### Prayer

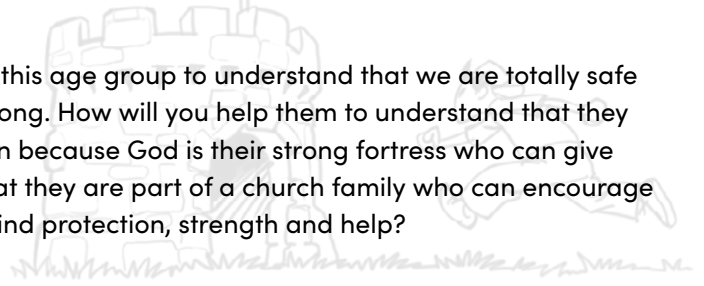
Dear God, thank you for being our fortress, our safe place. Thank you for promising to always help us and keep us safe. Help us to trust you. Amen.

Say together: Thank you God for keeping me safe. Amen.



# Discoverers

## 5-7s



**Take 10 minutes to focus!** We want to help this age group to understand that we are totally safe with God when trouble comes and things go wrong. How will you help them to understand that they don't have to be afraid when bad things happen because God is their strong fortress who can give them peace? What will help them remember that they are part of a church family who can encourage each other to keep running to God together to find protection, strength and help?



## Get Going

### Build a Fortress

**You will need:** A very large cardboard box (big enough for a child to fit into), coloured pens, assorted craft items that can be stuck to the fortress, glue and scissors. Optional: if you have a large space to work in then also have chairs, tables and blankets.

**Prepare in advance:** cut an opening into the box to be a door into the fortress.

Give your group the selection of items to build and decorate a fortress. Get them thinking and talking about what the fortress needs to make it the strongest and safest fortress ever. If you have a large space to work in then let them build an extra large fortress using the table, chairs and blankets.

**Link:** Today we are learning how God is like the most amazing strong fortress for his people. When trouble comes, he is our safe place.



## Teaching Time

**You will need:** Bibles or printouts of Psalm 46 (use a translation that uses the word 'fortress' in v7 and 11), the fortress made in **Get Going**, pens and sheets of paper.

Explain that the psalm is a song for God's people to sing together to remind them how safe they are in his care even when bad things happen.

Read the psalm.

### Big Strong God! (v1, 4, 5, 7 and 11)

Use the fortress from **Get Going** to help the children understand that God is a safe place to run to. He is strong to protect, totally unshakable, always on duty and ready to help. He is our fortress (v7, 11).

Let them write describing words/draw pictures on the fortress to help them build the picture of God being our safe place to run to.

### Big Trouble! (v2-3)

Read verses 2-3. Can the children spot the big trouble?

Help them see that the writers of the psalm knew

what real life was like - things go wrong in the world around us. Ask the children how they would feel if those things were happening around them now. Talk about how really big and scary things make us feel afraid or worried.

Give each child a piece of paper and ask them to write/draw the things that they see going wrong in the world, the things that make them afraid, worried or sad. You could share some of these. Scrunch up the papers and hold onto them.

### Run to God. (v2-3, 10-11)

Read the verses. Ask the children how the people said they felt.

Talk about how the people weren't afraid because they remembered that God was their super-strong fortress who is stronger than anything that can go wrong.

Explain that God is our fortress too because of Jesus. He took on all the trouble in the world, even our sin - the trouble we make, and he won. That's why we can also run to God - we're in his family because of Jesus.

Use the scrunched up papers to talk about how

bad things still happen. When we feel worried or afraid we can run to God – we remember that he is stronger than the things that make us afraid. He can help us to not be scared. God also gives us people to help us – family, friends and church. We can remind each other to run to God when we feel worried or afraid. Talk about what it looks like to ‘run to God’ e.g.



## Brain Break

### Stick Together

**You will need:** Cones/chairs and the **Get Going** fortress.

Set up a simple course – across the room, around a chair, back again, ending at the fortress. The children have to build a human chain as they run across the room. E.g. The first child runs across the room, around the chair and returns to link arms with the next child.



## Heart & Hands

Worksheet A is the suggested sheet for this age group. The questions below can mostly be found on the worksheet which has been designed to aid your discussion. If possible, enlarge the page to A3 so you can work on it together. Make sure each child can still answer the personal questions honestly for themselves (e.g. hand out Post-it notes for them to write/draw their answers to these questions).

### Did you spot it?

- How is God described in the psalm?
- In the psalm, what scary things happened?
- How did the people feel?

### Work it out

- What can we do when bad things happen and we feel worried?
- Who does God give us to help us to run to God when we are afraid?


### Live it out

- God gives us our family of believers (church family) to encourage us when we feel afraid. What would you say to help a friend at church if they are feeling scared or worried?
- Think of something that makes you feel worried. What can you say to God next time that thing

picture God as our fortress/pray/talk to a friend who trusts God/sing a song about God.

So, this week, when bad things happen and you feel worried, remember this picture. God is our fortress and we can run to him. He keeps us safe forever and one day in heaven we will see just how strong and safe he really is.

The 2 of them travel linked together, they return and add the third. We want the children to stick together and get the whole connected team to the fortress.

 **Link:** God’s people sang this song together to help them remember that we have a God who keeps us safe. That’s why we come to church. We need each other when times are hard to help us keep on running to God – our safe place and our helper.

happens and you feel worried? (You could turn these into prayers at the end of the discussion.)

### Prayer

Thank God together for being our fortress and our place of safety in trouble. Ask him to help us trust him and run to him when things go wrong. Ask him for opportunities to encourage each other to remember that we are part of the same family.

### Craft Time

**Make a Fortress Cube.** Use the craft if you have time available after your discussion.

**You will need:** a printed craft sheet B for each child (see **Appendix**), coloured pens and glue.

**Prepare in advance:** Cut out the cube template if necessary for your age group.

Children colour and decorate the flat cube template before folding all the lines. Before sticking it together, the children draw themselves on the inside of the base. Glue all of the tabs except for the ones on the lid (‘God keeps me safe’ square). Stick the tabs to the inside walls of the cube. Use this craft to remind the children how safe and strong God is – he’s our fortress who we can run to when trouble comes. Look at the pictures of the children inside the cube and talk about how safe a person feels when they are with God.

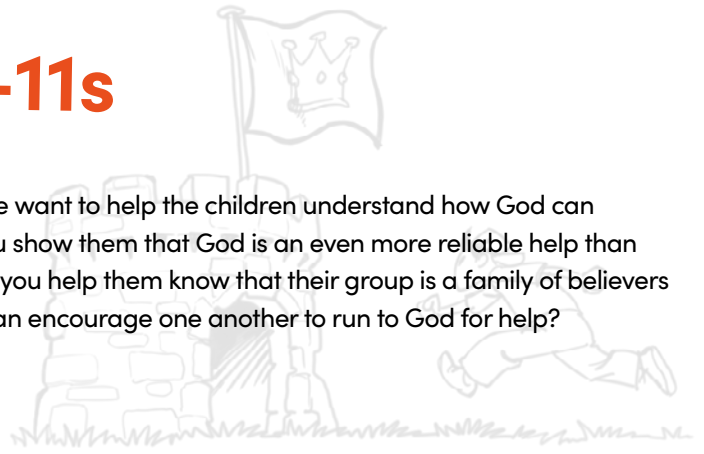




# Adventurers 8-11s



**Take 10 minutes to focus!** In this age group we want to help the children understand how God can help them in their moments of anxiety. How will you show them that God is an even more reliable help than sympathetic family or supportive friends? How will you help them know that their group is a family of believers who they can talk to about tough times and who can encourage one another to run to God for help?



## Get Going

### Fear Factor


**You will need:** Case study picture (picture 2 - see [Appendix](#)), papers and pens for each child.

Help your group to start thinking about what they can do when they are worried. Show the case study picture - explain that some of the things that happen in this world can make us anxious/worried. Sometimes they are big things on the news, other times they are things that happen to us or our family and friends. As you read out the list below, ask the children to stand somewhere on an imaginary scale of 1-10 to show how worried that situation would make them feel. Use the suggestions below or your own list - you know your group best, be sensitive to issues in their lives that you are aware of.

- fighting with your best friend.
- getting ill and ending up in hospital.

- eating lunch on your own.
- seeing floods, earthquakes or wars on the news.
- being laughed at in your class.
- your own death.
- your family breaking apart.
- being picked last for the team.
- being given food you really don't like to eat.
- sitting a test that you find impossible.

On the pieces of paper, ask the children to write down one (or more if you have a very small group) worry or anxiety that would make them stand on 8-10 on the scale. Keep these for discussion time - no one needs to know whose is whose.

 **Link:** Today's psalm shows us that God is our fortress - our safe place when trouble comes. We will see that he can change how we feel when things make us anxious/worried.



## Teaching Time

**You will need:** Bibles or printouts of Psalm 46 (use a translation that uses the word 'fortress' in v7 and 11), paper or card for the storyboard scenes, felt-tip pens and the case study picture (picture 2 - see [Appendix](#)).

Read out the psalm. Then draw (as a group or on their own) 3 storyboard scenes as if the psalm was a blockbuster action movie.

### Big Trouble

- What was the big trouble/problem in the psalm? (v2-3)
- What would this scene look like? Draw the drama!

Talk about how serious it sounds - things that are usually very steady and don't move (the Earth, mountains) are crumbling. The song-writers were realistic - sometimes life is a mess, and it can feel like

everything is falling apart around you.

### Big Hero

- Who do the people remember when there is trouble?
- Draw how God is described in the psalm. (v7,11 and other verses)
- Why do you think he is described like that?

Help them to see that the people were also looking forward to the new creation when God's city will never be rocked by trouble (v5) and we will be safe forever.

### Big Feelings

- How would you have felt if you were in scene 1? How did the people feel? (v2-3)
- The psalm was written for God's people to sing together. Draw a crowd of people who were confident that God was their fortress and place of safety.

- How were they able to feel that way? Talk about how God can deal with our anxiety and fears because he is bigger and stronger than anything that makes us afraid.

Life can feel like this movie – things go wrong and we feel scared and worried. But we can run to God, our strong fortress. If we're trusting in Jesus, we can be sure that God will keep us safe. Bad things will still happen in this world but God will help us.

Talk about what it looks like to run to God and how he can help. What do we pray in times of trouble? Who

do we talk to in times of trouble? How would it feel for God to be our fortress? Talk about how God gives us each other – our church family. We can encourage one another to keep going. Best of all we have God, by his Spirit, with us. The Spirit changes how we feel as we remember what God is like.

Look at the case study picture of the girl looking worried. Imagine it's the 'big problem' scene. Talk about what big feelings she may be having. Who does she need to remember? What would 'running to God' look like for her at this moment?




## Brain Break

### Take Shelter

**You will need:** Chairs that can be stood on – have one for each child, or fewer if it's safe for more than 1 child to stand on the chair at a time.

Scatter the chairs around the room. This game is a version of 'Captain's Coming.' When you call out a big problem the children must do the linked action to 'take shelter'.

- Wave/tsunami – stand on a chair
- Tornado – lie flat on the ground
- Earthquake – lie under a chair
- Fire – run to the nearest wall

 **Link:** In this psalm the waters were raging and the mountains were falling. Whatever the trouble, God's people went to him for shelter. It's the same for us, whatever the trouble, we run to him.



## Heart & Hands

Worksheet B is the suggested sheet for this age group. The questions below can mostly be found on the worksheet which has been designed to aid your discussion. If possible, enlarge the page to A3 so you can work on it together. Make sure each child can still answer the personal questions honestly for themselves (e.g. hand out Post-it notes for them to write/draw their answers to these questions).

### Did you spot it?

- How does the psalmist describe God?
- What kind of troubles were going on all around the people?
- What were God's people able to feel?

### Work it out

- What does the fortress picture help us understand about God?
- When we are worried, what can we do? How can God help us when we are worried?

### Live it out

- Read out the examples the children wrote in **Get**

**Going.** Are there other things you want to add to this list of things that make you feel anxious/worried?

- What is something new that you learnt today to help you tackle your worries?
- What do you want to remember when you feel worried? What is your one top tip?

### Extra Stretch

- How can troublemakers like us be given a place inside God's family/safe fortress?
- What does running to God for help in trouble look like? What will we say to ourselves? What would we do? Who might we talk to?

### Prayer

What could we ask God to help us do in times of trouble? What could we pray for one another? How can we thank him for being there for us and being our protection?

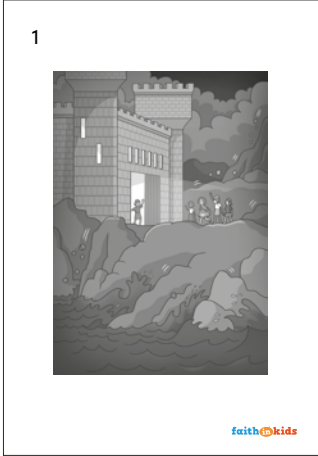
### Craft Time

**Make a Fortress Cube.** Use the craft if you have time available after your discussion. Craft instructions can be found in the Discoverers **Craft Time** section.



# Appendix

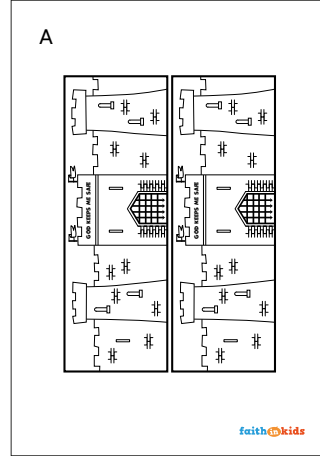
The following pages can be copied, printed and used to accompany this lesson.



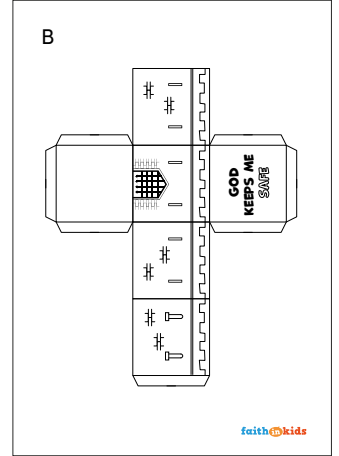
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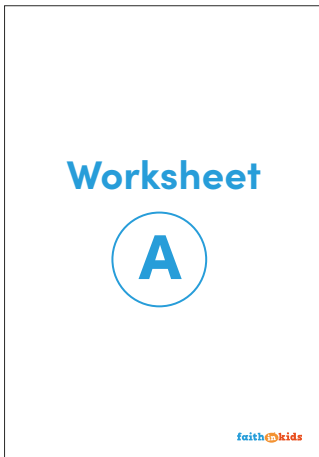
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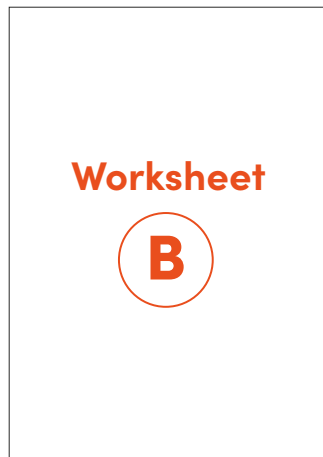
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p21



p22



p23

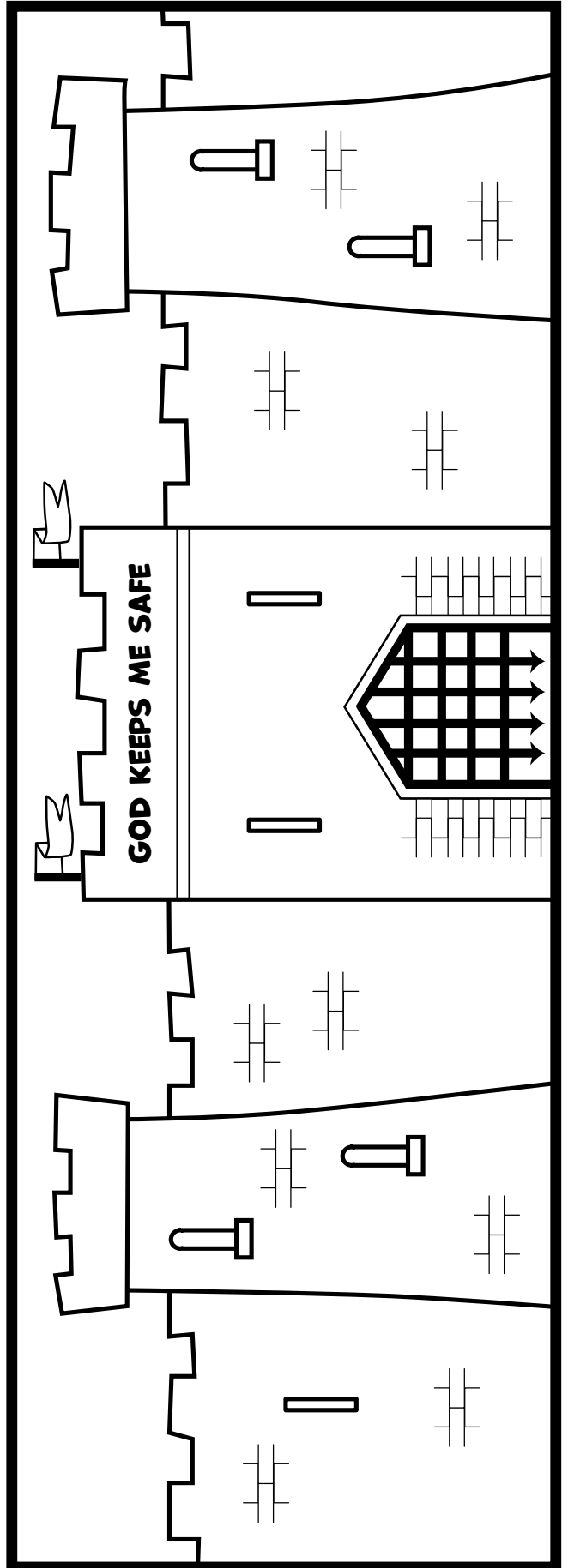
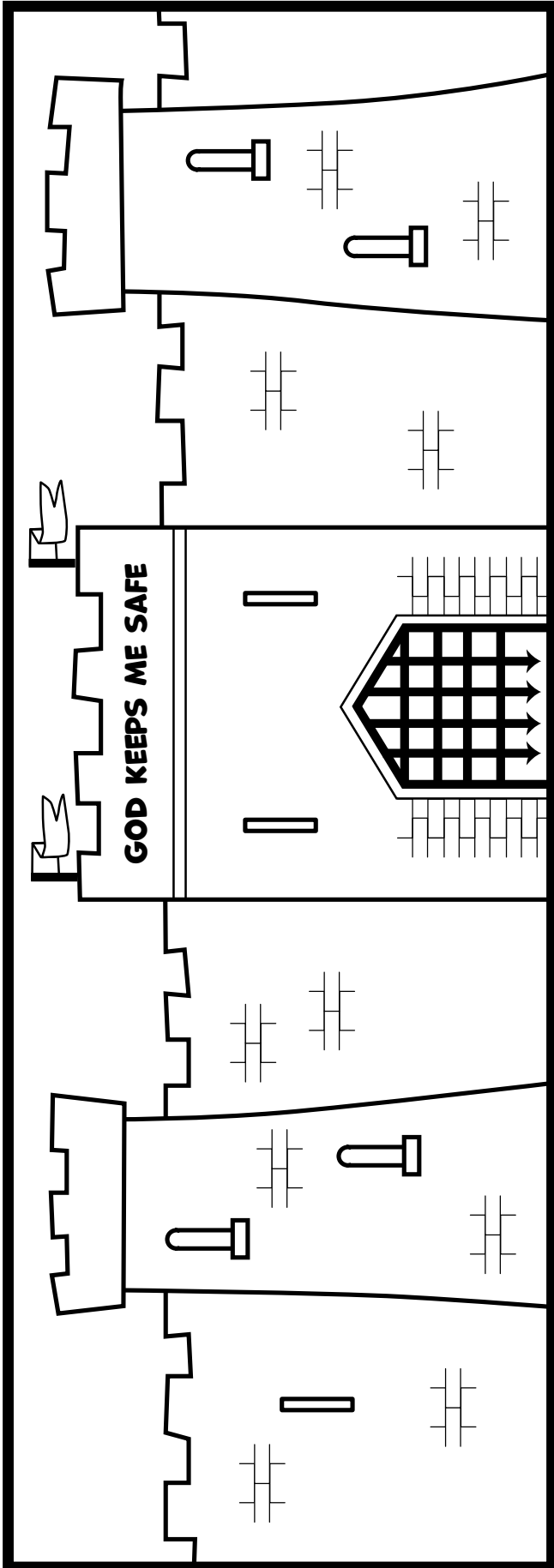


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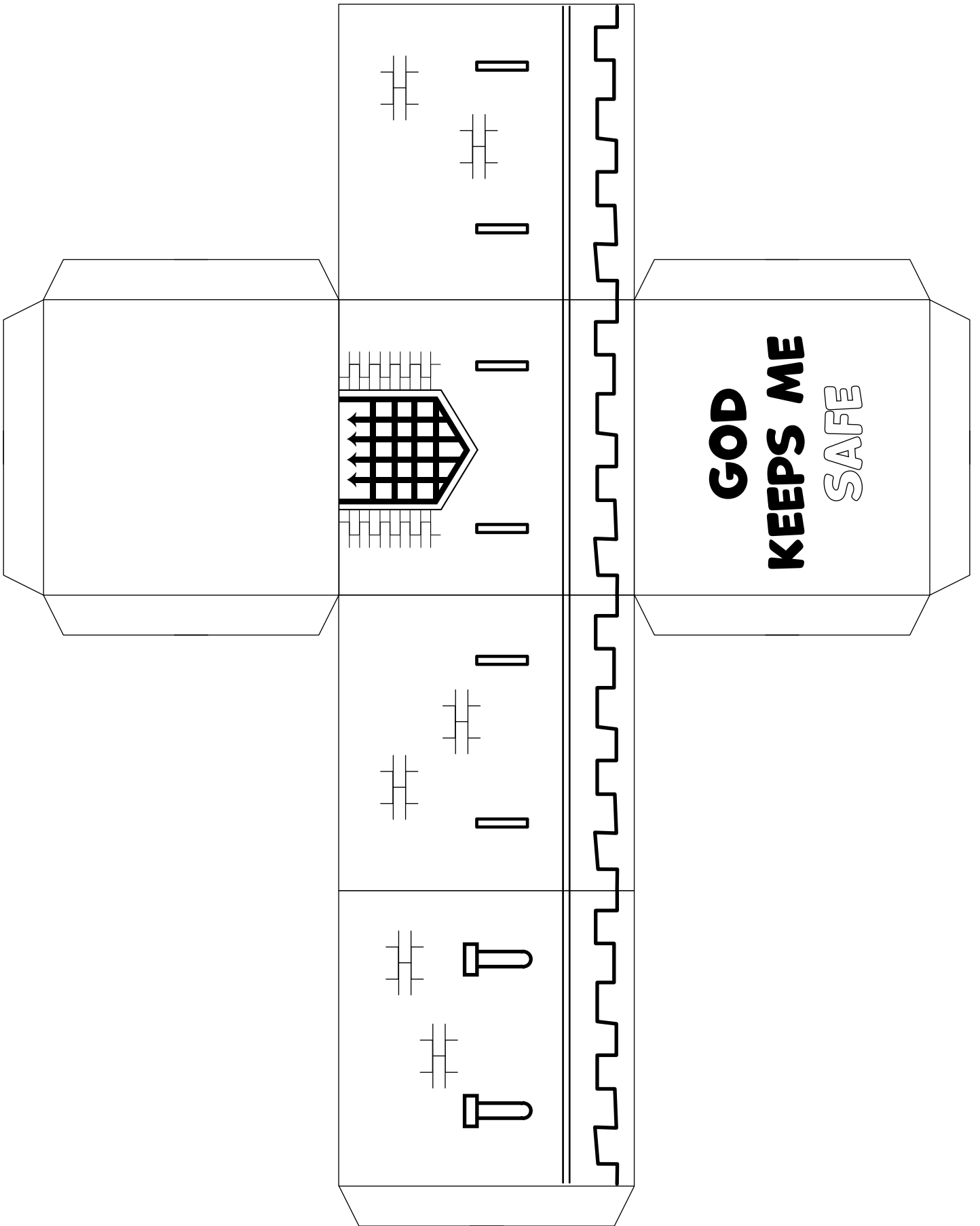








B





WITH GOD TOGETHER

# Lesson 3: God keeps us safe

PSALM 46



## Did you spot it?

In this picture...

- Colour the thing that describes God
- Circle the scary things that were happening



How did the people feel?  
Colour in the face...



I am not afraid!



## Work it out

What can you do when you feel worried? Tick the right answer...



- Run to the Queen!
- Run to a pop star!
- Run to God!

God gives us people who help us run to him when we are worried. Draw some of your people...

*My friend · My family · My church family*



## Live it out

Your church friend feels worried.  
What can you say to them?

Write or draw...

*I feel worried...*

Draw you and your friend

Draw something that makes you feel worried.

What can you say to God next time that happens and you feel worried?

Dear God...

Amen

# B

WITH GOD TOGETHER

## Lesson 3: God keeps us safe

PSALM 46



### Did you spot it?

How does the psalmist describe God? Circle the correct answer...

A palace · A fortress · A mansion



What kind of troubles were happening around the people?

How did the people feel?



### Work it out



What does this picture help us understand about God?

When we are worried what can we do?

D G N T U

Use the letters to complete the sentence...

R [ ] [ ] [ ] O  
[ ] O [ ] !

What does this mean?



How can God help us when we are worried?



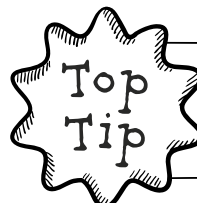
### Live it out

What makes you feel worried?



What is something NEW that you learnt today to help you tackle your worries?

What do you want to remember when you feel worried?





## Take Home Truth

WITH GOD TOGETHER

### Lesson 3: God keeps us safe

PSALM 46

On the rollercoaster of life we experience many different emotions. The Psalms teach us to take them to God. Use these questions to get a conversation started about today's lesson with your child. Pick a time that sets you up for success - maybe in the car on the way home or before bedtime. Make yourself part of the conversation and share your own ideas - this is not a test!

Dear Parent,

The world can be a scary place, for both parents and children alike! We can't give our children a safe, trouble-free world, but we can show them how to run to God with every fear and concern. No one but God is in complete control and no one loves our children more.

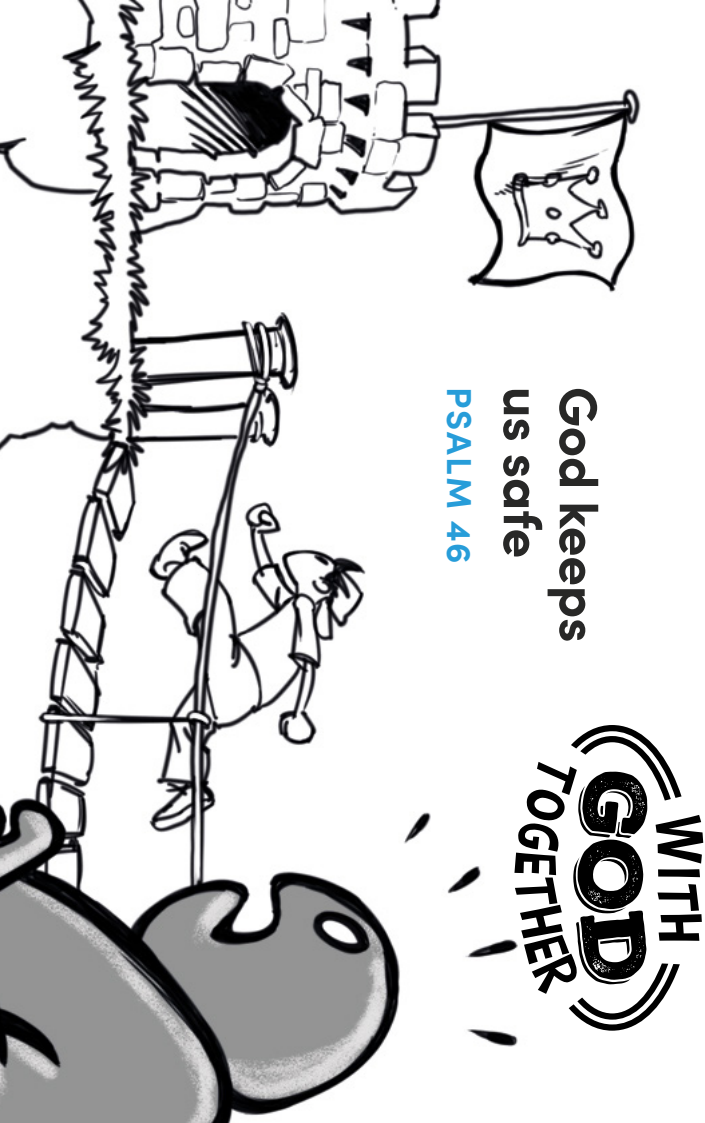
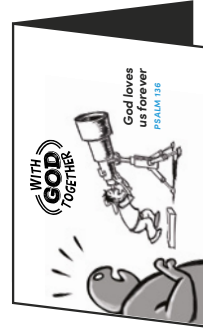
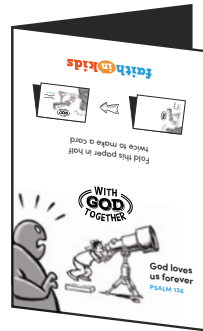
**Today your child learned:** God is strong and unshakable; I am safe in him. When I am afraid, I can run to him. He offers help and peace.

**Bible passage:** Psalm 46

Fold this paper in half twice to make a card

Fold 1

Fold 2



**Chat with your child about what they learned.** Try asking...

- How do you know when you are afraid? What does it feel like inside? What are some things that happen to you? What causes you to feel afraid?
- When someone is afraid, what could they do? (*Run away, hide, fight, tell a parent or friend.*)
- Why is going to God with our fears the best thing we could do? (*He loves us, is all powerful, keeps his promises, is a refuge that doesn't change.*)
- We can't see God, so how do we run to him when we are afraid? What does that look like? (*Singing to God, praying, asking someone to pray for us, reading or remembering a bible verse.*)

Consider reading Psalm 46 at bedtime. Psalm 46 talks about our great God, our great trouble, our great forever city, and our great peace. Can you tell me what you learned about these four things?

**Let's pray!**

God doesn't want us to handle our fears alone. Let's practice giving our fears to him!

'Dear God, sometimes I feel afraid when \_\_\_\_\_. Please help me to know you are with me. Help me to obey you. Help me to be a loving friend when others are afraid. Thank you for being my safe place. Amen.'





# Planning for Sunday

TEMPLATE



## Big Idea & Aim

**Passage:**

**Big Idea:**

**Aim:**



## Get Going

**Introductory Idea:**

➡ **Link:** What is the link between this activity and the **Big Idea**?



## Teaching Time

**Story with explanation:**

➡ **Key Message:** What is the one idea that you want the children to understand? What's the aim?



## Brain Break

**Game:**

➡ **Link:** What is the link between the game and the **Big Idea**?



## Heart & Hands

**Small Group Discussion**  
(applying the truth to their lives)

➡ **Live It Out.** Apply the point.



**Did you Spot it?** Remember the events.

**Pray:**



**Work it Out.** Understand the logic.

Linked activity (craft/game):



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