

Week 2: Jesus is Our Strength

Psalm 46:1-3, 10 (NIRV for Early Readers)

1 *God is our place of safety. He is our strength. He is always there to help us in times of trouble. 2 The earth may fall apart. The mountains may fall into the middle of the sea. But we will not be afraid. 3 The waters of the sea may roar and foam. The mountains may shake when the waters rise. But we will not be afraid . . . 10* He says, “Be still and know that I am God. I will be honored among the nations. I will be honored in the earth.”

Opening Prayer:

- ☐ *A note: If you are unsure what to say in prayer with your child, try praying all of Psalm 46. It is only eleven short verses and is suited for recognizing the holiness of God and praising Him with all your heart. Remembering what He has done brings a strength that deepens our trust in Him. In my own life, I have always found it beneficial before opening my Bible to first quiet my mind and then take a moment to invite the Holy Spirit into my heart as I enter into the word of God. It is there where the Holy Spirit is actively testifying to the truthfulness of Jesus Christ. In His word and by the power of the Holy Spirit, both we and our children can grow in our walk with Christ in deeper and richer ways. In Him, we are strengthened.*

Bible Passage: Open your Bible and Read Psalm 46:1-3, 10.

- ☐ *Consider reading beforehand to provide a more thoughtful read-through with your child.*

Life Application

- ☐ **For Parents:** You can read the following, or say something like it:

Do you know what vulnerable means? It means that when something leaves its strongest condition, it is suddenly weaker or more helpless. Let me explain using a few examples from stories you might know.

When Moana leaves the protection of her island to go find Maui, she is suddenly in danger of being drowned by the waves, or swallowed up by a gigantic treasure-hoarding crab. Or think of Harry, Hermione and Ron, when they go hunt for horcruxes. They leave the protection of Hogwarts, putting themselves at risk of being caught by Voldemort and his gang. And don't forget about that little hobbit, Bilbo Baggins, who leaves the comforts of the Shire to embark on an adventure that will only bring all sorts of life-threatening dangers. Each of these characters become vulnerable when they leave the protection and comforts of their home, and because of that act, they are suddenly exposed to the dangers of the world around them.

The Bible tells us that our one true home is living in the presence of our wonderful God. It is here where we are strongest because living with Him is where we are meant to be forever. But when Adam and Eve were cast out of the Garden of Eden, something happened. They, and all their children after them, became vulnerable. You and me, we are children of Adam and Eve, and we have inherited their vulnerability in a world that is not our true home. And because we left the safety of our one true home with God, we are now exposed to the dangers of the world. We are weakened to the point that bad things can happen to us, like breaking our arm, or feeling scared when things aren't right. There are times we can get sad when we see people fighting or not helping one another. We can even get really sick, which is what we are seeing a lot of in the world today.

But even though we are away from our true home and in a world where we are weaker and helpless, we can find an amazing happiness in the one who came to earth as our true home. He is never weak, never vulnerable, no matter where He is. This person is Jesus Christ. When we are in the presence of Jesus Christ, we are in the presence of God, and that is where we belong. Because God created this world, there is nothing in it that is more powerful or stronger than Him. God loves us more than we could ever know, even when we feel unloved. God will give us our strength, even when we feel weak. God will make us well, even when we feel sick. So do not be afraid, because Jesus is our true home, and when we are following Him, He takes His strength and He gives it to us, and there is nothing in this world that can defeat us or swallow us up, even a giant treasure-hoarding crab! We have every reason to be filled with joy because Jesus is walking with us, and when we are with Him, we are home.

Bible Memory Verse Challenge

- ☐ For K-2: Memorize Psalm 46:1
 - *"God is our place of safety. He is our strength. He is always there to help us in times of trouble."*
- ☐ For 3-5: Memorize Psalm 46:1-2
 - *"1 God is our place of safety. He is our strength. He is always there to help us in times of trouble. 2 The earth may fall apart. The mountains may fall into the middle of the sea. But we will not be afraid."*

**If you need some help with some Bible memory tips, here is a fun source:*

<https://paththroughthenarrowgate.com/12-bible-memory-verse-bible-games/>