

Psalm 46  
God's Strength

*"God is our refuge and strength, a very present help in trouble."*

1. Family Activity: (This can be done indoor but outdoor could be better)
  - Verse 10 says "Be still and know that I am God. I will be exalted among the nations; I will be exalted in the earth!"
  - Let's take some time and "be still" and journal. (You don't need an actual journal. A notebook or piece of paper can work. No electronics are encouraged for this)
    - Location: "Their Spot"
      - Maybe as a family you can go to a local hiking trail, where you would be able to spread out and have space.
      - You could also spread out around home, inside or out.
      - Sit in a way that makes it so you cannot see anyone else.
      - Let them take time to find what they think will be a good spot.
      - Journal about these questions:
        - » What sounds can you hear?
        - » What does your spot look like?
        - » How has this week been different in a good way from normal school weeks?
        - » What is something God has taught or reminded you about who He is this week?
        - » What is something in your life right now that has your worried or scared?
    - Questions to ask together as a family after your journaling time:
      - Would anyone like to tell us about their spot?
      - Would anyone like to share about what they wrote to the last three questions? (This could seem awkward if you don't normally share like this as a family, but I encourage you to try it. Be sure to reaffirm what your kids share and just listen, right now isn't the time for you to lecture them.)

Transition:

2. Devotional: (Psalm 46)
  - Read through the chapter aloud.
    - For younger kids, maybe try the NIV translation.
  - Questions to Ask and Things to Discuss:
    - What does this teach us about God?
    - What does this teach us about Man?
      - Is there a command to obey?
      - Is there an example to follow?
      - Is there a promise to claim?
      - Is there a sin to avoid?
      - Is there a principle to follow?
      - What can I apply personally?