



Do you love to play hide and seek? Take a moment and play a few rounds with your family.

How strong are you? Show off your muscles to your family.

Today we are learning about Psalm 46. “God is our refuge and strength, an ever-present help in trouble.” (Psalm 46:1). Where is your favorite spot to hide in your house? When we need a good place to hide (a refuge), God is where we should turn. We can always find shelter with God.

In our world, there are a lot of things we can’t rely on currently. Every month brings us 28-31 days of uncertainty. Every new day brings us 24 hours of uncertainty. But every second of every hour of every day, God’s presence and power in our lives is available to us. What does the future hold? We don’t know, but as long as Psalm 46 is true, His Kingdom, His Strength, and His Refuge is forever! And that truth we can surround ourselves with!

Whenever you feel afraid or want to hide, you can depend on God. Whisper to Him, “*Lord I am afraid. Please be my refuge and strength like your Word says.*” You’ll feel Him close!

This week, let’s try to memorize Psalm 46:1 together. “God is our refuge and strength, an ever-present help in trouble.” Some helpful ideas include: Draw pictures, make silly motion, repeat repeat repeat!