

Teacher prep: Print 2 sets of the memory verse (Psalms 46:1) word papers on. Print each set on different colors of paper. Cut the words on the lines and then wad each word paper up into a ball.

Activity part 1:

- Choose two a trusting and trustworthy volunteers – 1 large and 1 small preferably.
- Give the larger volunteer a blanket to hold up as a shield.
- Tell the smaller volunteer to hide behind the blanket.
- Give the other children the wads of paper to throw towards the volunteers and hit the blanket.

Activity part 2

- Have them do the same thing except:
- Have the blanket shield holder put it down and not shield the volunteer. Instead give them a basket to put the papers in when they are thrown.
- Tell the smaller volunteer that they must not get mad nor retaliate. They can not touch the wadded papers.
- The other children will throw the wadded papers at the smaller volunteers legs. They can only throw each wad per once.

Discussion:

Volunteer, did you feel safe behind the shield? How did you feel when the shield was removed or lifted?

Today our story is about a man who experienced something like this. Let's see what happened and how he felt.

God

is

our

refuge

and

strength

an

ever

present

help

in

trouble

God

is

our

refuge

and

strength

an

ever-

present

help

in

trouble

therefore

we

will

not

fear

though the earth give way
(or we have a really bad day)

and the mountains fall
into the heart of the sea
(or other things fall or fail)

though its waters roar
and foam
(or others get mad and roar)

Psalms 46:1-3
(I will trust you God.)