

Psalm 62:1-2, 5-8

- ¹ Truly my soul finds rest in God;
my salvation comes from him.
- ² Truly he is my rock and my salvation;
he is my fortress, I shall never be shaken.
- ⁵ Yes, my soul, find rest in God;
my hope comes from him.
- ⁶ Truly he is my rock and my salvation;
he is my fortress, I shall not be shaken.
- ⁷ My salvation and my honour depend on God
he is my mighty rock, my refuge.
- ⁸ Trust in him at all times, you people;
pour out your hearts to him,
for God is our refuge.

Parents: When David wrote psalm 62 he knew about stress! We are probably finding the situation we are in today quite stressful and even though our children may not understand what is happening they will be noticing the changes to their routine and may be feeling quite fearful. So learning about how God is their rock, fortress and refuge will help them understand that they can trust God because he loves them and cares for them.

Read the verses together and spend a few moments reflecting on them. Does anything stand out for you? How do you think these verses might help us today? What might God be saying to us?

Find some **rocks** or stones from your garden and have a think about what a rock might tell us about God.

Rocks are hard and strong
Rocks come in all shapes and sizes
Rocks are everywhere
Rocks can be built on (foundations)

God is strong and powerful
God loves everyone
God is always with us
We can trust God



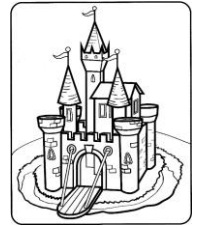
Can you think of anything else?

You may like to chat about/read the story that Jesus told about the wise man building his house on the rock (Matthew 7:24-27)

When we think about God being our rock, it means we can trust him because he loves us and is always with us, he is strong and will never let us down.

Pray together: Place a bowl of water on the table and sit quietly for a moment around the table holding a stone. Think about things you are scared or fearful about and imagine them being transferred into the stone and then when you are ready drop the stone into the water and give those fears to God.

What might a **fortress** be telling us about God? Ask the children if they know what a fortress is? Have you ever visited a castle together? Or seen pictures or read a book with a fortress in? Chat about it. Ask the children what they think a fortress does? It keeps the people inside safe, it protects them.



So when we think about God being our fortress we know that when we are afraid or scared we can pray to him and he will protect us and keep us safe.

You may like to build a fortress from junk or Lego. Make sure you put a little person inside to remind you that God protects us.

Read verse 8 again. Why not build a prayer den, a small space to pray in, where you can **pour out your heart to God** (tell him what is worrying you or about people you want to pray for), a place where you can meet God.

Here are some suggestions for your prayer den, it can be as simple or as elaborate as you like, think about where to put it, what to make it out of and what to put in it.

- First, where will you build it? In your bedroom, a family room or outside. Your den could stay up just for an afternoon or for longer - whatever suits the space you have available.
- The easiest way to create a den is to pitch a tent - perhaps a pop-up play tent if you have one. Or use sheets or blankets over a clothes airer, arrange furniture to make an enclosed space or maybe use a bottom bunk bed, a very large cardboard box or a table.
- Cover your chosen framework to make a completely enclosed space using sheets or blankets (ask first!) and make it comfortable to sit in using pillows, cushions or beanbags.
- Decide how to decorate your den inside. Use fairy lights, a lava lamp or take a torch in with you. Just be careful to use only low wattages that don't get hot to avoid any risk of fire.
- You might want to add other things - bunting, items that help you to pray, a holding cross, a stone, a Bible or prayer book. Make a space that feels snug and secure, somewhere you will enjoy sitting in that feels personal to you.

Once you have built the den you can start using it. Just go in, sit down and imagine that God is in there with you. Sit quietly, imagining you are in the presence of God or talk with God or say prayers that you know, such as the Lord's Prayer. You might like to have paper and pens with you to draw or write your prayers or to write down or draw things which God is saying to you.

Have fun and remember that God is your rock, your fortress and your refuge, he loves you and is always with you.

Trust

in HIM

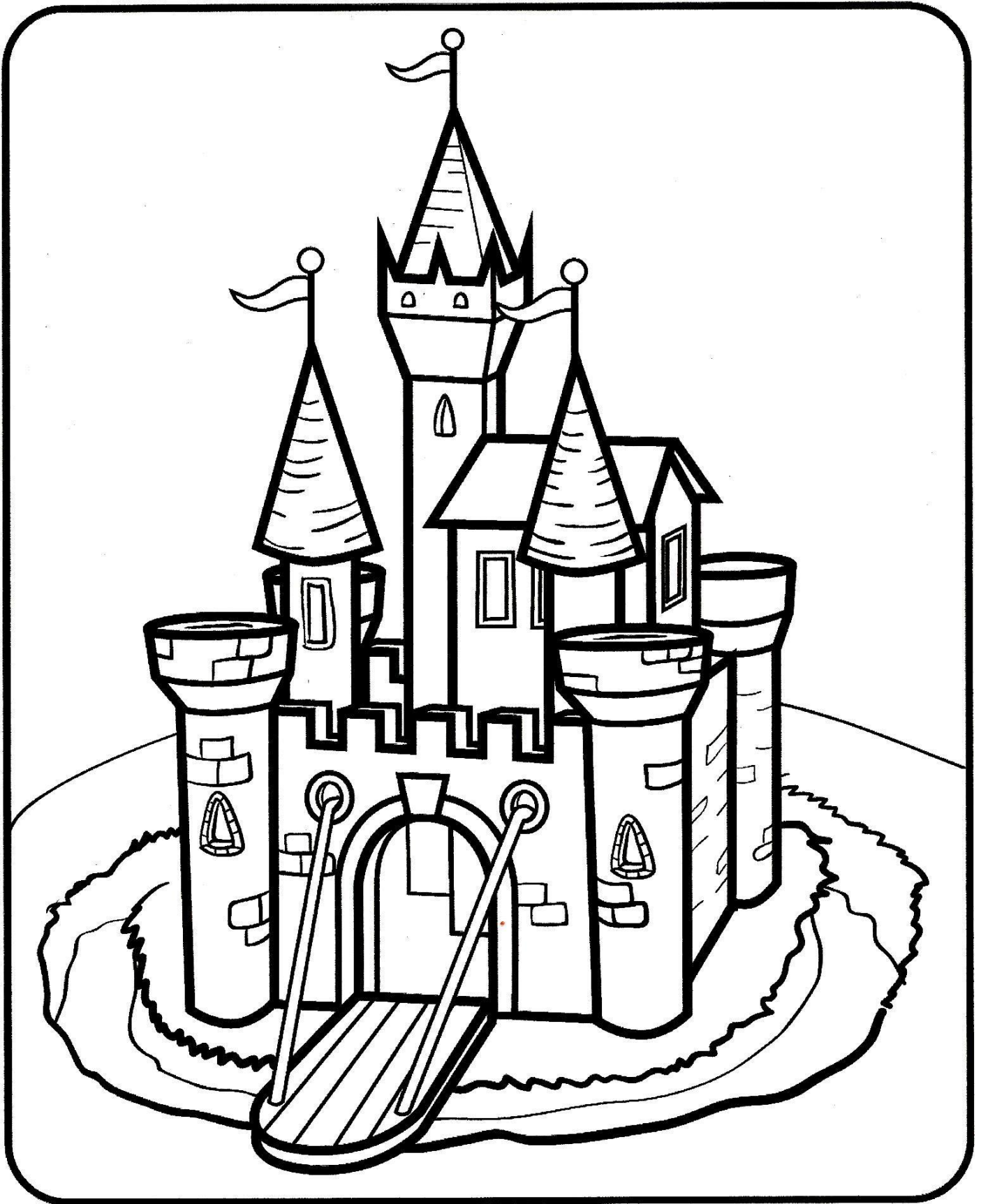
at all Times,

pour out your

Heart

before HIM

Psalm 62:8



Truly he is my rock and my salvation,
he is my fortress; I shall never be shaken.

Psalm 62:2