

Psalm 62:1-2

- 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.

Parents: with the little ones we are just going to think about the first two verses of this psalm. 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 and their fortress will help them understand how much God loves them and cares for them.

In the Bible it says 'God is my rock'.

Can you find a rock or stone from the garden to look at? Or maybe a stone for everyone in the family to hold.



Ask the children what they think this could mean, God is our rock? Have a think about/feel what rocks are like and see what this might tell us about God.

Rocks are hard and strong	God is strong and powerful
Rocks come in all shapes and sizes	God loves everyone
Rocks are everywhere	God is always with us
Rocks can be built on (foundations)	We can trust God

Can you think of anything else?

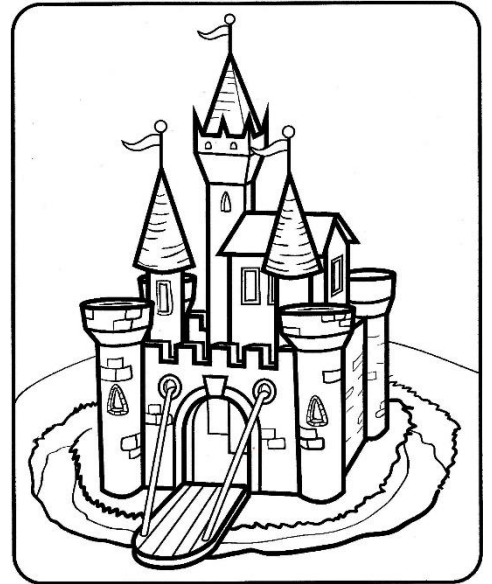
You may like to chat about/read the story that Jesus told about the wise man building his house on the rock (Matthew 7:24-27)

So 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.

You might like to say a prayer together, thanking God for these things.

In the Bible it says 'God is my fortress'

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 and maybe show them a picture (see below). Ask the children what they think a fortress does? It keeps the people inside safe, it protects them.

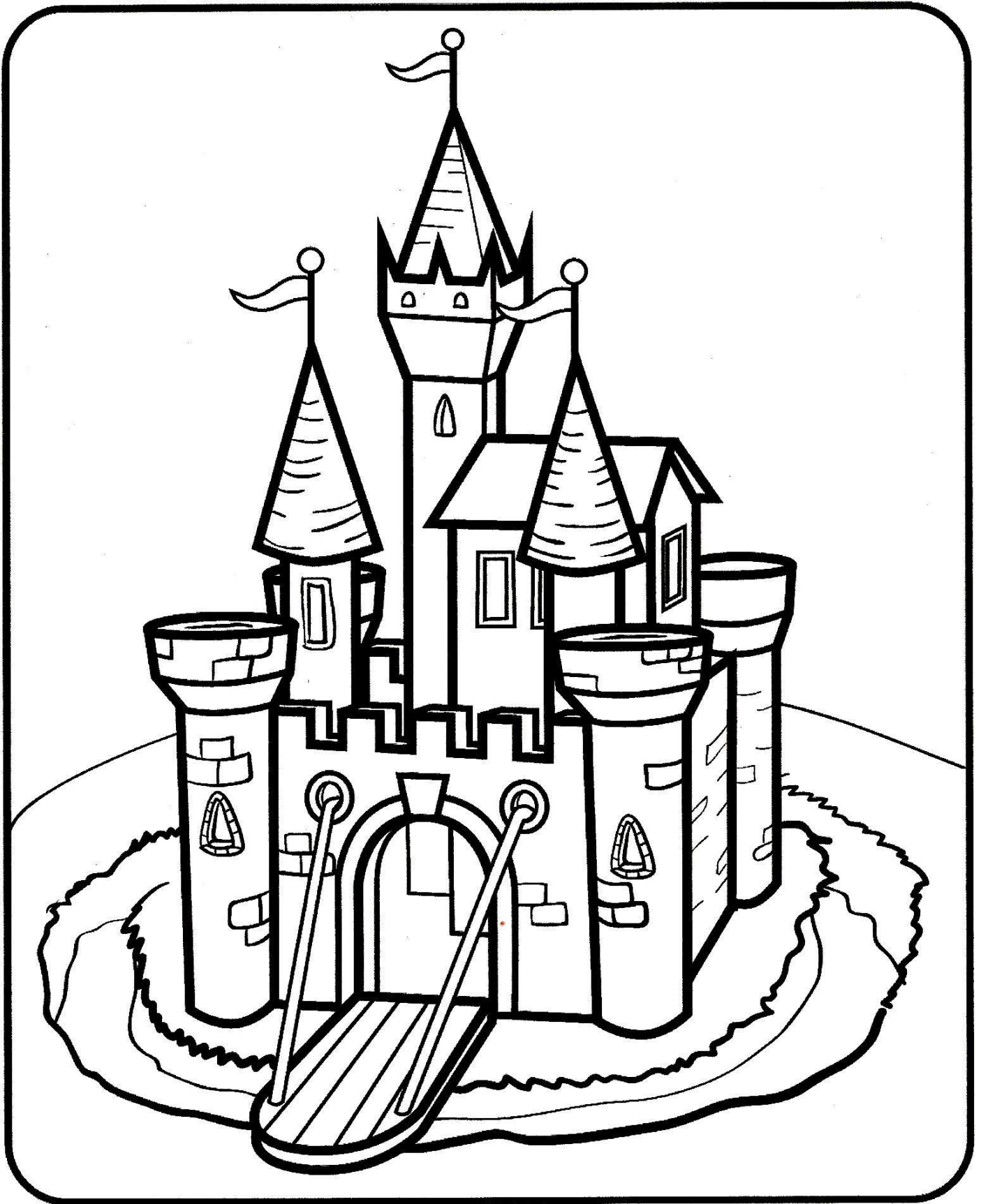


Maybe you could build a fortress together! Use building blocks (Lego, Mega blocks or similar) or cardboard boxes and tubes. Find a small doll and build the fortress around them to protect it. Or maybe make a fortress big enough for the children to get inside, using blankets, a table, large cardboard boxes or a pop up tent!

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 might like to say a prayer together, maybe telling God about the things we are afraid of and asking/thanking him for his protection.

If you have made a big fortress why not make it into a prayer den? Maybe add some fairy lights or bunting, make it comfy with cushions or pillows and add any other items that you think will help children focus on God. Encourage your children to go in, sit down and imagine that God is there with them. They can talk to him or just sit quietly and listen to God. They may even like to draw what God is saying to them or just draw a picture for God.



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

Psalm 62:2