

Scripture Passage: Psalm 46:1-3, Psalm 56:3

Memory Verse: Psalm 46:1

Theme Song: Trust In You

Big Idea: When we are afraid, we can trust God.

READ

Read the Scripture passage aloud to your family. If your kids can read, consider having one of them read or letting them take turns reading.

Psalm 46:1-3

- ¹ God is our refuge and strength,
an ever-present help in trouble.
- ² Therefore we will not fear, though the earth give way
and the mountains fall into the heart of the sea,
³ though its waters roar and foam
and the mountains quake with their surging.

Psalm 56:3

When I am afraid, I put my trust in you.

SING

Play the song from the *Doorpost Songs: More Than Conquerors* album and sing together. If needed, print copies of the lyric sheet for your family.

MEMORIZE

Pick a section of the verses to memorize as a family. Use the suggestions below or choose your own. Use the long version for older children and the short version for preschoolers.

Long Version (Psalm 46:1)

God is our refuge and strength, an ever-present help in trouble.

Short Version (Psalm 46:1a)

God is our refuge and strength.

LEARN

Read the Big Idea and short devotional aloud to your family. If you have time, use the discussion questions at the end of the devotional.

What's the Big Idea?

When we are afraid, we can trust God.

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Family Devotional

Who is your favorite superhero? Maybe it's Superman or Batman or Spiderman. There's one superhero who probably isn't on your list. His name is...*Underdog*! Many years ago, Underdog was a cartoon superhero. He could fly, he had super strength, and he was a bit clumsy. Whenever Underdog arrived, he would say his most famous line, "There's no need to fear! Underdog is here!"

It would be nice if a superhero showed up every time we were afraid. Unfortunately, superheroes only live in comic books and movies...and old cartoons from the 1960s. But all of us know what it's like to be afraid. Is there anyone who can help us when we are afraid?

Our Bible verses today come from two different psalms. One of them was written by David, and you probably know a little bit about David's story. David had many opportunities to be afraid. When he was a shepherd, his sheep were attacked by a lion and a bear. Later he fought the giant, Goliath. Once he was captured by his mortal enemies, the Philistines. And for a while, the king of Israel, King Saul, was chasing him all around the country trying to kill him! Yes, David had *many* opportunities to be afraid.

What did David do when he was afraid? One of our Bible verses tells us. David wrote these words: "When I am afraid, I trust in you, [God.]" No matter what he faced, David knew he could trust God whenever he was afraid. He knew this because of what our other Bible verse tells us about God: "God is our refuge and strength."

A refuge is a safe place to hide from danger, a place of protection and comfort. David knew that when things were hard, he could always find comfort in God. He knew that God would take care of him. David also knew that God would give him the strength to do hard things. God might not give us super strength like a superhero, but he will give us the strength we need to face any problem.

So next time you're afraid, remember that God is your refuge and strength, and you can trust him! There's no need to fear. God is always here.

TALK

Talk about what you have learned as a family. Use the questions below or ask some of your own.

1. What should we do when we are afraid?

MORE THAN CONQUERORS FAMILY WORSHIP 9

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2. What is a refuge? How is God a refuge for us?

3. How do we know we can trust God?

PRAY

Pray together. Here are some ideas:

- Thank God that we can trust him when we are afraid.
- Thank God that he is our refuge and strength.
- Ask God to help us trust him, no matter what happens.

FAMILY ACTION STEP

Here's one way your family can put into practice what you learned today.

Have each family member think of a way that they can trust God. Write it down in a notebook or on a piece of paper and commit to pray for it as a family. After a few weeks, return to your notebook and see what has happened in each situation. How did God prove that you can trust him?