

Materials Needed:
Bible or Bible App, Paper, Pen

GO DEEPER



MORNING MOMENTS

Read: Psalm 9:1-2, 7-10

Discuss:

- This Psalm was written by David. What are some of the wonderful deeds God did in David's life?
- Verse 9 says God is our refuge. What do you think that means?

Remember This: Remembering what God has done can bring you peace when you are afraid.



CREATIVE CONNECTION

As part of giving thanks, David remembered all the ways God had helped him in the past. God gave him victory over Goliath and over the Philistines. God protected him from the jealous King Saul. God blessed him and promised to send the Savior, Jesus, through David's descendants. Wow! These are some great things God did for David! God will never change. The same God who helped David is alive and working today. He still answers prayer and helps those who call on Him. Grab a piece of paper and write your own Psalm of praise to God. Do this anytime you feel afraid. Remembering what God has done can bring you peace when you are afraid.



TABLE TALK

- Have you ever helped someone who was feeling afraid? If so how?
- Is there a time when you were afraid and God gave you peace? If yes, how did God give you peace?



HUMBLE HEARTS

Take **P.A.R.T.** of your day to pray:
Praise God for being your refuge/shelter
Ask God To give you His peace
Repent, or tell God you're sorry, when you don't choose His peace
Thank God for examples in the Bible, like David, of how to trust and follow God

Materials Needed:
Bible or Bible App, Shield
Printable, Markers

GO DEEPER



MORNING MOMENTS

Read: Joshua 24:1-15. Psalm 28:7a

Discuss:

- What was Joshua doing in these verses?
- What are some times God might ask you to serve Him that may cause you to feel afraid?
- What does it mean for God to be our shield?

Remember This: Remembering what God has done gives me strength when I am afraid!



CREATIVE CONNECTION

We are learning today that God is our strength and our shield. One way to bust fear is by remembering what God has done, and trust in Him. He wants to help us when we are afraid. God never said that our lives would be easy. But He did promise that if we are His followers He would always be with us. Let's create a shield to remind us that we do not have to be afraid. Draw or print a shield on sturdy paper. (www.tinyurl.com/printsshield) Draw symbols on your shield that show things God has done for you! Next, write down some of your fears on small pieces of paper and crumple the paper into balls. When you are finished have someone toss these "balls of fear" toward you and use your shield to block your fears.



TABLE TALK

- Who is someone you think is brave. Why are they brave?
- What truths do you remember about God that can help you trust in Him? Go around the dinner table and share as many miracles and character traits of God that you can think of!



HUMBLE HEARTS

Take **P.A.R.T.** of your day to pray:
Praise God for being a Mighty Warrior
Ask God be help you trust in His power
Repent, or tell God you're sorry, for when you didn't ask Him to help you
Thank God for when He has been your shield