



Materials Needed:
Bible or Bible App, Card Stock or Cardboard, Scissors, Markers

GO DEEPER

MORNING MOMENTS



Read Psalm 23 phrase by phrase with motions. Encourage your kids to repeat after you: **The Lord is my shepherd;** (*point to self*) **I have all that I need.** (*stretch arms out wide*) **He lets me rest in green meadows;** (*put palms together at one side of face*) **He leads me beside peaceful streams.** (*make wavelike motions with hands*) **He renews my strength.** (*make muscles*) **He guides me along right paths,** (*walk in place*) **bringing honor to his name.** (*point up*) **Even when I walk through the darkest valley,** (*cup hands over eyes*) **I will not be afraid,** (*hug self*) **for you are close beside me.** (*point left and right*) **Your rod and your staff protect and comfort me.** (*cross fists in front of you*) **You prepare a feast for me in the presence of my enemies.** (*pretend to eat*) **You honor me by anointing my head with oil.** (*touch hands to head*) **My cup overflows with blessings.** (*cup hands in front of you*) **Surely your goodness and unfailing love will pursue me all the days of my life,** (*turn in a circle*) **and I will live in the house of the Lord forever.** (*stretch arms up high*) **Amen.** (*clap hands together*)

CREATIVE CONNECTION



Print and cut out the shepherd's staff and five shape templates. Then trace and cut out the templates on card stock or cardboard. Have your child draw the following reminders of God's comfort on each shape: (1) sheep (2) food (3) bed (4) water (5) happy face. Glue the shapes to the staff and decorate as desired. Remember our special words: **I can know who God is**, and God is a Good Shepherd who cares for us.

TABLE TIDBITS



Psalm 23 reminds us that as our Good Shepherd, God gives us all we need. Have everyone around the table say a "Thank you" prayer to God, thanking Him for something He has provided. For example: "Dear God, Thank you for _____. In Jesus' name, Amen."

CUDDLE CLOSE



Pull your child close beside you and say, "God is your Helper, do not be afraid." As you tuck them into bed, sing, "I Love You Lord" <https://tinyurl.com/loveulord>. Then pray together, pausing after each phrase, to let your child repeat after you: *Dear God, Thank you for being kind and helping me. Help me to sleep well tonight. In Jesus' name, Amen.*

	SCRIPTURE	SPECIAL WORDS
	<p>1 Samuel 17 David and Goliath</p>	<p>I CAN (POINT TO SELF) KNOW (POINT TO MIND) WHO GOD IS (POINT UP)</p>
READ THIS	<p>This week we are learning how knowing who God is will help us face our fears just like David did when he faced Goliath! No matter what our fears are, God is right there with us. We are not alone, because like John 10:11 tells us, He is our Good Shepherd. Good Shepherd is just one of many names that describe who God is! Knowing who God is can help us trust Him when we are afraid. Let's go deeper and see how knowing more about who God is helped other people from the Bible when they were afraid.</p>	
MEMORIZE THIS	<p>"Be strong (<i>one muscle arm</i>) and courageous. (<i>other muscle arm</i>) Do not be afraid (<i>cross and uncross pointer fingers a couple times</i>) or terrified because of them, (<i>hide your face behind your hands</i>) for the Lord your God (<i>point up</i>) goes with you; (<i>march in place</i>) He will never (<i>move hands across body like a referee</i>) leave you nor forsake you." (<i>push both palms straight out like pushing away</i>)</p> <p>Deuteronomy 31:6 (NIV)</p>	
IN ACTION	<p>When you feel afraid, stop and say out loud, "God is with me. I do not need to be afraid!" God wants you to ask Him to help you be brave.</p>	

CHECK OUT OUR COMPANION VIDEOS ON OUR YOUTUBE CHANNEL:
youtube.com/blueridgecommunitychurch

Materials Needed:
Bible or Bible App, Stuffed
Animals, Bandages

GO DEEPER



MORNING MOMENTS

Read: 2 Kings 5:1,10,14

Act out part of the story together. Have your child draw a face on the pad of their index finger to make a Naaman puppet. Set up a bowl or pan of water and let the children dip "Naaman" seven times. As they dip "Naaman" in the water, have them say, "God is our healer!" Let's say our special words: **I can know who God is**, and God is our healer!



CREATIVE CONNECTION

Do you remember a time when you were sick and had to go to the doctor? Doctors are helpful for when we are sick or have broken bones. But remember, God is our Healer, and He can heal any sickness or injury, and most importantly, our hearts! Why do our hearts need healing? Our hearts need healing because of sin – the wrong things we do! Jesus is the only one who can forgive us of our sins and heal our hearts. Find some stuffed animals around the house that are "sick" and allow your child to be the doctor. Wrap bandages on them. Place them in bed with a blanket. Remind your child of how God healed Naaman.



TABLE TIDBITS

For today's snack, bring an assortment of healthy foods such as grapes, raisins, oranges, apples, etc. Start by praying to God and thanking Him for taking care of us when we are not feeling well. As the children eat their snacks, tell them, "God is always there for us when we are sick, but He also tells us to take care of our bodies. That is why today we are having delicious fruit, because it is a healthy snack."



CUDDLE CLOSE

Pull your child close beside you and say, "God is your Helper, do not be afraid." As you tuck them into bed, sing, "I Love You Lord" <https://tinyurl.com/loveulord>. Then pray together, pausing after each phrase, to let your child repeat after you:
Dear God, You are so powerful, you can heal the sick. Please help _____ who is sick. In Jesus' name, Amen.

Materials Needed:
Bible or Bible App

GO DEEPER



MORNING MOMENTS

Read: Judges 6:11-13, 17-18, 23-24

Gideon was in a winepress because he did not have peace. Peace is a feeling you have when you know you are safe and loved. Who helps you feel safe? Gideon did not feel safe and was worried that the Midianites would take his wheat from him. Then God's angel came to Gideon and wanted him to lead the Israelites into battle. This worried Gideon. Can you show me your worried face? But, do you want to know what the angel told him? "Peace! Do not be afraid!" Gideon needed to remember our special words: **I can know who God is**, and God is peace!



CREATIVE CONNECTION

Read John 14:27. Create an atmosphere of peace with softer lighting and quiet music. You and your child can sit quietly, taking turns whispering things you love about God – His love, something He has created, ways He helps you. Check out our Spotify for some great lullaby and worship options: <https://tinyurl.com/brkidsplaylist>.



TABLE TIDBITS

As you eat throughout the day, talk with your child about the many foods that contain wheat, maybe even something you are eating right now. As you think about wheat, remember Gideon, and remind your child: **I can know who God is**, and God is peace!



CUDDLE CLOSE

Pull your child close beside you and say, "God is your Helper, do not be afraid." As you tuck them into bed, sing, "I Love You Lord" <https://tinyurl.com/loveulord>. Then pray together, pausing after each phrase, to let your child repeat after you:
Dear God, When I am afraid, help me know you are close. Give me peace in my heart. In Jesus' name, Amen.

Materials Needed:
Bible or Bible App, Magazines,
Scissors, Paper, Tape/Glue

GO DEEPER



MORNING MOMENTS

Abraham and his son Isaac took a three-day journey to a special mountain. If we were going on a 3-day journey, what should we pack? Allow your child to share ideas. Now, let's pretend to hike up a mountain. Pretend to hike around the room. God asked Abraham to do something very hard on that mountain. We will hear what God asked Abraham to do, and how God gave Abraham what he needed, in today's true Bible story. Read Genesis 22:1-14. Remember our special words: **I can know who God is**, and today we are learning that God is our Provider; He gives us what we need!



CREATIVE CONNECTION

God provides for everyone. But when we become His child, and when we choose to be obedient to what He is asking us to do, He provides for us in miraculous ways! When we feel worried because we don't have what we need, we can ask God to give us what we need. Grab magazines, junk mail, or newspapers. Sift through them and find pictures of things that God has provided for you. Tape or glue them to a piece of paper to create a collage of provision! Thank God for the things He has provided for you.



TABLE TIDBITS

After serving a small snack, ask your child if they would be willing to give their snack to you. After they answer, tell them that they will get to keep their snack, and remind them that Abraham was asked to give something much more important than a snack. Abraham trusted God, and God provided what Abraham needed.



CUDDLE CLOSE

Pull your child close beside you and say, "God is your Helper, do not be afraid." As you tuck them into bed, sing, "I Love You Lord" <https://tinyurl.com/loveulord>. Then pray together, pausing after each phrase, to let your child repeat after you:
Dear God, Thank you for all the good things you give me, you are my Provider. Help me ask you for help when I need it. In Jesus' name, Amen.

Materials Needed:
Bible or Bible App,
Paper, Markers, Rocks

GO DEEPER



MORNING MOMENTS

Read: Exodus 17:8-16

When you read that Moses' hands are down and the Amalekites are winning, put your hands down and call out, "We lose when we fight in our own strength." When you read that Moses' hands are up, raise your hands and call out, "We fight and win in the strength of the Lord." Remember: **I can know who God is**, and God wants to cover us with His protection



CREATIVE CONNECTION

After this battle, Moses called God his Banner, Jehovah Nissi. During war, soldiers looked for the banner that belonged to their army, and knew by where it was located, whether or not to go forward or retreat. God is our Banner, and He wants to be your protection. Give your child a large piece of paper or cloth and art supplies. Create a banner that represents how they feel about God. Remember: **I can know who God is**, and God wants to cover us with His protection.



TABLE TIDBITS

Before dinner head outside and find 12 rocks. Use these rocks to create an altar centerpiece on your table similar to what Moses built to honor God after He gave them victory over the Amalekites. Use this altar to remind your family that God is our Banner. Talk about ways your family has seen God's protection.



CUDDLE CLOSE

Pull your child close beside you and say, "God is your Helper, do not be afraid." As you tuck them into bed, sing, "I Love You Lord" <https://tinyurl.com/loveulord>. Then pray together, pausing after each phrase, to let your child repeat after you:
Dear God, You are my help. Thank you for being with me. Watch over me while I sleep. In Jesus' name, Amen.