



A FAMILY GUIDE TO PSALM 91

Creative lessons for teaching your children the Bible at Home.

How To Use

Amid crisis, it is important that we always Trust in God.

Since parents are the primary educators of their kids, we wanted to give you tools to teach your kids the Truth of God's Word.

No matter what challenges you face, God is always good. We trust these lessons and activities will help to reinforce that in your children.

Sharing Content

We want these lessons to be accessible to everyone. Whether you are a parent, pastor, teacher or friend, you are free to share them.

But please do not make a profit from them.

Created by Kids' Pastors:

Janelle Archibald

New Life Community Church, Brampton ON

Sarah Campbell

New Hope Community Church, London ON



A FAMILY GUIDE TO PSALM 91

A creative lesson for teaching your children the Bible at Home.

Day 1

Psalm 91 verses 1-2

Those who live in the shelter of the Most High
will find rest in the shadow of the Almighty.
This I declare about the Lord:
He alone is my refuge, my place of safety;
he is my God, and I trust him.

FAMILY DEVOTIONAL ::. My Refuge

These verses remind us that God offers protection and safety to all those who place their trust in Jesus. He alone saves us from Satan, gives us refuge from danger, and offers us the promise of eternal life. Salvation from sin, sickness and death is found by trusting in Jesus.

Look out the window at a bird. Just like a mother bird wraps her wings around her babies, God covers His people with safety. He offers shelter from danger and hope that bad situations will not last forever.

You may feel scared of the world right now, but God is always in control. Never let your fear stop you from believing that. Say this to the Lord: "You are my refuge and my fortress. My God, in whom I trust!"



[Click here for a teaching video](#)

WORSHIP ::. Sing & Dance

1. **My Lighthouse** - Rend Collective Kids

<https://youtu.be/JeJvKkBV6rY>

2. **This Is Living** - Hillsong Kids

<https://youtu.be/oiWwh12Fnos>

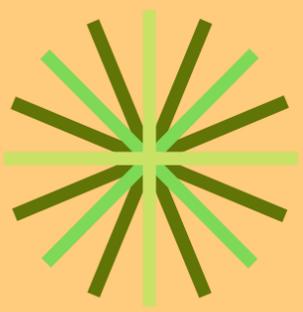
3. **Good In Every Way** - Lifetree Kids

https://youtu.be/_tLcv3jjjA



OBJECT LESSON ::. Fort Building

- Build a fort that your whole family can fit in.
- Get inside the tent and read verses 1-2.
- Take a moment to rest & breathe in deeply.
- Reflect on how God has kept you safe.
- Take turns sharing ways that God has kept you safe.
 - *How does it feel to know that God is our shelter?*
 - *How is this tent like the safety God gives us?*
 - *What can we do to offer people the hope of safety with God?*



GAME ::. Refuge of Safety

- Split the family into two teams.
- Have each team set up a refuge on one side of the room.
- Make little balls out of something soft. You could use soft balls, or make them out of paper, plastic wrap, or socks, for example.
- On GO, everyone will throw the soft balls at the other team.
- When teams need to leave their refuge to pick up more ammo, they must be careful not to be hit with the other team's balls.
 - *What are some things that come against us in life?*
 - *Talk about how the fortress protects like God does.*
 - *How does it feel to know that God is your place of safety?*



ART ::. Create a Fortress

- Create a fortress or shelter using items around your house (craft supplies, paper, tin foil, lego, etc.)
- Test out whose fortress is the strongest and best.
 - *How can we tell other people that God's safety & shelter is the very best they can find?*





A FAMILY GUIDE TO PSALM 91

A creative lesson for teaching your children the Bible at Home.

Day 2

Psalm 91 verse 3

For he will rescue you from every trap
and protect you from deadly disease.

also read Genesis 3:16-19

FAMILY DEVOTIONAL :::. Tainted By Sin

If you have ever put something red in the washing machine with a load of white things, I bet your white clothes weren't so white after that. The red clothing likely ruined the white clothes.

This is what sin does to us. When sin entered the world, it tainted all the beauty God had made. Now the earth faces the consequences of sin (see Gen. 3:16-19). Nothing is the way it was created by God to be.

Death and disease are things we face now because of sin. The world is broken. Yet Jesus promises to save us from the brokenness of the world and offer us life free from tears and pain for all of eternity (forever).

Romans 8:21 says, "...the creation looks forward to the day when it will join God's children in glorious freedom from death and decay." Even though we are surrounded by bad things in the world, we have the hope from God that it will not last forever.



[Click here for a teaching video](#)

WORSHIP :::. Sing & Dance

1. **I Will Fear No More** - The Afters

<https://youtu.be/wMmmbJlWhtk>

2. **Freedom** - Bethel Kids

<https://youtu.be/lrgViuuyYAO>

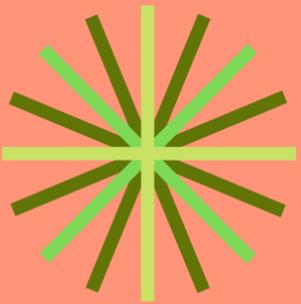
3. **Ask Seek Knock** - Hillsong Kids

<https://youtu.be/J3vXskhllig>



OBJECT LESSON :::. Safe From the World

- Give everyone pepper, dish soap, & a bowl of water
- Add pepper to the water. This represents the world and the yucky things in it, like sin and sickness.
- Dip a finger into it and watch what happens.
 - *Discuss how, without God, the world can affect us negatively.*
- Clean your finger. Dip it in dish soap, then carefully into the water.
 - *(Note: this effect will only work once, then you'd need new water)*
- The dish soap protects you from all the yuck - just like God does.
 - *What are some things in the world that can influence you badly?*
 - *Discuss how God protects us when we follow Him.*



GAME :::. The Floor is Lava

- Have everyone write down simple challenges on paper strips (like hop on one foot, run in place, crawl, walk on tippy toes, etc.)
- In this game... the floor is hot lava! Take turns picking a strip and doing the challenge. BUT you can't touch the lava, so use furniture or other items to avoid touching the floor while doing the challenge.
 - *Discuss how God is our firm foundation and protection from evil, like the furniture & items protected you from lava.*
 - *What can we do when we feel trapped or in danger?*
 - *How can we trust that God gives protection?*



ART :::. Fire & Rescue

- *Firefighters rescue people from danger and so does God.*
- Be creative as you make a Fire Truck with household items. You could draw a picture of a fire truck, cut one out of red paper, build one with blocks, or assemble one with couch cushions.
 - *How is a firefighter like or unlike God?*
- Think of ways to thank firefighters for rescuing people, then do those things as a family to show them you are grateful.
 - *How can you thank God for rescuing us from danger?*





A FAMILY GUIDE TO PSALM 91

A creative lesson for teaching your children the Bible at Home.

Day 3

Psalm 91 verse 4

He will cover you with his feathers.
He will shelter you with his wings.
His faithful promises are your armor and protection.

also read Exodus 12:6-7, 12-13

FAMILY DEVOTIONAL :: Umbrella Safe

When you open an umbrella and walk in the rain, the rain continues to fall but you are protected from it. There were many times in the Bible when God protected His people from evil and disaster.

In Exodus 12, God rescued the Israelites from Egypt in the Passover. He destroyed the firstborn Egyptian sons to send them a message that He is God. Then He "passed over" the homes of the Israelites who made it clear that they follow God by marking their homes with the blood of a lamb. The phrase *pass over* meant "to spread wings over".

God still provides His people with protection we need from eternal death. Jesus came to destroy the power of Satan and to show us that we can find salvation from death and sin in Him. Just like the rain, evil still exists in the world, but when we live for Jesus, we don't have to worry. He will always cover us with His salvation, just like an umbrella.



[Click here for a teaching video](#)

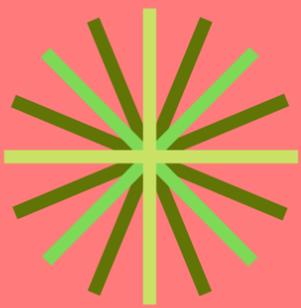
WORSHIP :: Sing & Dance

1. **Who You Say I Am** - Hillsong Kids
<https://youtu.be/Y0LHTDVy5C0>
2. **I Give You My Hallelujah** - Hillsong Kids
<https://youtu.be/-NbsCyNIMCE>
3. **Jesus You're My Superhero** - Hillsong Kids
<https://youtu.be/cVnHYmc744s>



OBJECT LESSON :: Protection of God

- Have kids draw a person or face onto 2 napkins. One napkin is a person who doesn't follow God & one is a person who does.
- Fill a bowl half full of water to represent the influence of the world.
- Take the "non-follower of God" napkin and dip it into the water. You'll see that it gets all wet and soggy.
- Now take the "Follower of God" napkin and push it into the bottom of a clear glass. This glass is the protection of God around those who follow Him. Push the glass straight into the water, then take it out and let kids feel the napkin. It should be dry.
 - *Talk about how God protects His followers from the world.*
 - *How can we help other people see that they will have God's protection and safety when they follow Him?*



GAME :: Warm and Protected

- *Talk about how important warm clothes are in the winter.*
- Gather some winter clothing that is big enough for everyone to fit.
- Have family get in a line with the clothing at the end of the hallway.
- The first player will run to the end, put the clothes on and run back to the start. Then they will undress and help the next person to get dressed. That person will run to the end and back before helping the next player get dressed. Game ends when everyone has had a turn.
 - *Discuss: Just like warm clothes protect us in the winter, God protects us from harm. We can also offer God's protection to others, just like we helped each others get dressed for winter.*



ART :: Umbrella of Safety

- Cut a circle out of paper, then cut a slit in it. Curve the paper into a cone, tucking one side of the slit under the other. Tape in place.
- Use a toothpick, straw or pipe cleaner to make the handle. Glue on.
- Display it to remind you of God's protection and shelter from harm.
- *Discuss whether you would share your umbrella with someone else.*
 - *How can you share with someone that God keeps them safe?*





A FAMILY GUIDE TO PSALM 91

A creative lesson for teaching your children the Bible at Home.

Day 4

Psalm 91 verses 5-6

Do not be afraid of the terrors of the night,
nor the arrow that flies in the day.
Do not dread the disease that stalks in darkness,
nor the disaster that strikes at midday.

*also read John 14:27
& Psalm 34:18*

FAMILY DEVOTIONAL ::. A Bad Day

It was a regular day when all of a sudden, my dad rushed out the door with my brother and told me & my sister to stay put. When our aunt came to watch us, she told us the worst thing ever: my little brother had cancer! It was a pretty bad day that left me feeling really broken.

It's hard to understand when bad things happen, especially to people we love. Why would God let that happen? And how can we keep having faith in Him when we feel so afraid and discouraged?

First, we have to remember that God does not cause sickness. Sin causes sickness. Sin makes the world a place of brokenness and hurt. Second, we need to hold onto the Truth that John 14:27 says. Jesus came to earth to defeat sin and death. When He returned to Heaven, He left us with a promise of peace. So even though some days can be really bad, we have the hope that they won't last & Jesus will rescue us.



[Click here for a teaching video](#)

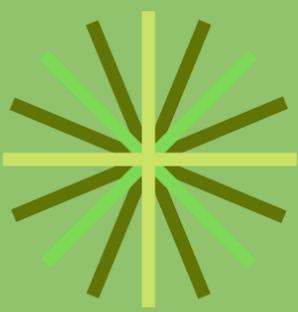
WORSHIP ::. Sing & Dance

1. **Not Afraid** - Rend Collective Kids
<https://youtu.be/z1d0zjlClw4>
2. **You Make Me Brave** - Bethel Kids
<https://youtu.be/H8F3I05ZXW0>
3. **Shine My Light** - Hillsong Kids
<https://youtu.be/YJ4X9H5PKBY>



OBJECT LESSON ::. Broken Cookies

- Take some time to bake cookies together.
- Don't let anyone try them right away. Once they cool, put 2 or 3 in a sandwich bag and crush them. Hide the rest of the cookies for later.
- Gather everyone together and show the crushed cookies.
 - *Talk about how tragedy & sad things in life can make us feel defeated & broken up inside. We can feel like broken cookies.*
- God is close to the brokenhearted and promises to save us. Hand out the whole cookies. *Talk about how God fixes our broken hearts.*
 - *How can you help other people who feel broken and afraid?*



GAME ::. One Peace At a Time

- Get 2 pieces of card stock or poster board, and some blocks.
- Write WORRY on the bottom of one and PEACE on the bottom of the other. Don't let kids see the words.
- Split the family into 2 teams. Have them each build a tower on one of the papers. As they build, shake the WORRY sheet now & again.
- The WORRY team will likely get very frustrated they can't build well.
- Call time and reveal the words on the bottom of each paper.
 - *Discuss how worrying makes it hard to accomplish things.*
 - *Discuss the importance of having peace as our foundation.*
 - *How can we show others that we trust in God's help right now?*



ART ::. Peace In a Storm

- Create a stormy sky using paper and markers or by dirtying up cotton balls and gluing them to paper as clouds.
- Over each cloud, write a type of storm you might face in life (bad grades, sickness, parent losing job, moving away, etc.).
- Now draw or create a sun that is coming out of the clouds.
- Write JESUS GIVES PEACE IN THE STORM across your paper.
 - *Discuss the fact that Jesus offers peace when things are scary.*





A FAMILY GUIDE TO PSALM 91

A creative lesson for teaching your children the Bible at Home.

Day 5

Psalm 91 verses 7-8

Though a thousand fall at your side,
though ten thousand are dying around you,
these evils will not touch you.

Just open your eyes,
and see how the wicked are punished.

also read Matthew 5:44

FAMILY DEVOTIONAL :::. Krazy Kindness

Have you ever heard the term "kill 'em with kindness"? Jesus actually taught us that the best way to handle our enemies is to be kind to them. You might say, "But it's so much easier to treat them badly back! How can I be kind to my enemies?"

Today's verses remind us that God will protect us from evil. Maybe there are people who treat you badly and seem evil. God calls you to be kind and show His love. He will deal with their wrong choices.

We need to be careful not to call people our enemies. Our real enemy is SIN because it separates us from God. We need to fight temptations to do wrong. We need to live as good examples so others will know that God loves them. God will deal with people who treat you badly. He won't let evil come near you. You just have to live as His example.



[Click here for a teaching video](#)

WORSHIP :::. Sing & Dance

1. **This Is Amazing Grace** - Bethel Kids

<https://youtu.be/ZxVadCcRfol>

2. **King Of Me** - Rend Collective Kids

<https://youtu.be/ks6zl2hL2Uk>

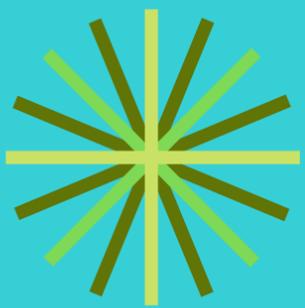
3. **My Best Friend** - Hillsong Kids

<https://youtu.be/7JFjruVrrag>



OBJECT LESSON :::. Free the Figure

- Take a child's action figure that you can get wet.
- Fill a large enough glass dish with water and place the figure in it. Place the dish in the freezer. Wait several hours.
- When the water is frozen, send your kids outside to free the action figure from the ice block.
 - Talk about how it can feel like you are trapped and afraid when there is disease and disaster all around.
 - Why can we trust that God will set us free from these things?
- REMEMBER: God is protecting us and promises nothing will harm us.



GAME :::. Balloon Tennis

- Take a paper plate and glue it onto a popsicle stick. If you don't have these, you can use a flyswatter or broom.
- Gather some balloons and blow them up. If you don't have balloons, you can blow into plastic bags and tie them full of air.
- On GO, you'll throw the balloons or paper in the air and everyone will work to keep them from falling on the ground. The idea is to protect the balloons from dangers below.
- The paddle represents God who protects us from danger.
 - Who was the best at keeping the balloons safe?
 - Even if you were awesome at it, you probably still dropped them sometimes. How is God better at protecting us from danger?



ART :::. Sword of Safety

- Make a sword out of 2 sticks, with one long & one short.
- Wrap the long stick in tin foil, leaving one inch unwrapped.
- Attach the small stick across the long stick where there is no tin foil. This will make your sword and handle. Decorate as you wish.
 - Discuss whether you'd feel safe if you had a real sword.
 - How does God protect us better than armour could?





A FAMILY GUIDE TO PSALM 91

A creative lesson for teaching your children the Bible at Home.

Day 6

Psalm 91 verses 9-10

If you make the Lord your refuge,
if you make the Most High your shelter,
no evil will conquer you;
no plague will come near your home.

also read Psalm 119:105

FAMILY DEVOTIONAL ::. What is Refuge?

Refuge is shelter from the storm, protection from danger, and safety from the enemy. To make The Lord our refuge, our shelter from the storm, our safe place, we need to place complete trust in Him. God gave us imaginations. Sometimes when we feel scared or worried, our imaginations can make it feel dark. When it feels like you are surrounded by darkness, just remember The Lord is your place of safety.

We can also think of this place of safety as a hiding place. It's where we can go and not be found by worry or fear! Let's use our imaginations to picture what God's hiding place looks like. In this place no evil (dark) will conquer you! In this place no plague (disease) will come near your home! What does this hiding place look like? Does it have a huge comfy couch, a bean bag chair? Say this to The Lord your refuge: "You are my hiding place! I trust in You!"



[Click here for a teaching video](#)

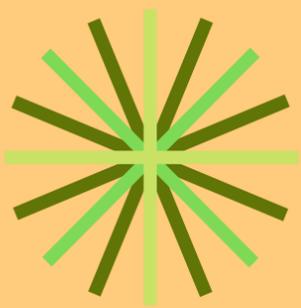
WORSHIP ::. Sing & Dance

1. **God Is For Us** - Amber Sky Records
<https://youtu.be/mXrr2KcRqdo>
2. **I'm Trusting You** - Lifetree Kids
<https://youtu.be/0VDpHibftHs>
3. **Fear Get Out of Here** - Amber Sky Records
<https://youtu.be/cMRsL-vJfsE>



OBJECT LESSON ::. Dark vs. Light

- Make a path from two rooms in your house using socks.
- Turn the lights off. One at a time, use the flashlight to find the end. When you all arrive, sit down.
- *Imagine this path wasn't in our house, but somewhere you've never been before. Imagine walking the unknown path in the dark with a dim flashlight. You want to know you're safe but you can't see!*
 - *What would make you feel safer: relying on your own dim flashlight or on what is revealed by the brightest light?*
- The world is dark with a curse because of sin, but Jesus is the brightest light that offers guidance & protection from dangers. The safest place to be is walking in the light of God's plan—a plan written in the Bible and confirmed in us through the Holy Spirit.



GAME ::. Get to Safety

- Draw pictures of a shelter & hang them on the wall/fridge.
- Choose someone to be blindfolded, then spin them in the centre of the room, & start a timer.
- Adults will give commands to direct the blindfolded person to touch the shelter of safety (like "take 3 steps forward").
- As the blindfolded child gets closer, the adults can be more specific like, "Lift your arms about eye-level."
- Once the blindfolded child touches the "shelter," make note of how long it took. Give them the opportunity to perform the same activity by giving adults the directions.
- *Talk about how it feels to reach your safe place.*



ART ::. Activity Sheets

- Work together to complete the maze activity found [HERE](#).





A FAMILY GUIDE TO PSALM 91

A creative lesson for teaching your children the Bible at Home.

Day 7

Psalm 91 verses 11-12

For he will order his angels
to protect you wherever you go.
They will hold you up with their hands
so you won't even hurt your foot on a stone.

FAMILY DEVOTIONAL ::. Water Shoes

Have you ever been to the beach and walked out into the water and before you reach the nice sand in your toes, you have to walk over all these really sharp rocks and stones? Oww!!! You try so hard to walk carefully and not hurt your feet, then you reach the sand and have a sigh of relief! Even the smallest stones can really hurt! God knows that!

When picturing these verses, I picture the angels acting as water shoes. If you wear water shoes when you go into the rocky water, your feet aren't hurt from the sharp stones and rocks! You can feel them, but your feet are protected. We are so special and loved that God tells his angels to protect us wherever we go! They hold us up and protect us, even from the smallest of things. Remember God cares about our safety and protection. He sends His angels to protect you!



[Click here for a teaching video](#)

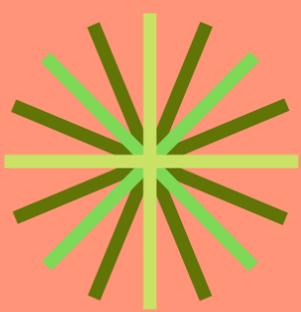
WORSHIP ::. Sing & Dance

1. **I Give You My Hallelujah** – Hillsong Kids
<https://youtu.be/-NbsCyNIMCE>
2. **Oceans (Where Feet May Fail)** – Hillsong Kids
<https://youtu.be/prnTvfN6RN8>
3. **My Strength** – Amber Sky Records
<https://youtu.be/4hEE8ylj18c>



OBJECT LESSON ::. Safe Path

- Make a 5 x 5 grid of paper on the floor. Parents will secretly mark the bottom of papers with an X. The X papers will be safe.
- Kids need to get from one side to the other by stepping on papers right next to the first one (forward, sides, diagonal). When they take a step, they flip the paper over to see if it is safe (with an X). If there is no X, they must go back to the beginning and try again. This game is complete when they find a safe path to the other side.
 - *Why was it difficult to reach the other side?*
 - *Would you prefer if all the spots were safe?*
 - *Can you think of an example of something an angel has protected you from?*



GAME ::. Chain Drawing

- Divide your family into teams if possible. If not, allow everyone to have a turn to guess and earn points. Have each team sit in a line.
- Using one finger, the person at the back of the line will attempt to draw an image on the back of the person sitting in front of them.
- The person that was "drawn" on will then draw what they think was drawn on them on the back of the person sitting in front of them.
- This will continue to the front of the line where the first person in line will attempt to draw the image on a piece of paper. The team that draws the closest to the original image wins. Continue the game after switching the order of the line and introducing a new image.



ART ::. Handprint Bookmarks

- Use construction paper to trace your hands and cut them out.
- Decorate the cut out hands, using stickers, markers, & crayons.
- Help your child write the verse on the hands.
- *Talk about how these bookmarks are reminders that the angels are holding us up with their hands! Use this bookmark to mark your place in your bible for tomorrow's devotion!*





A FAMILY GUIDE TO PSALM 91

A creative lesson for teaching your children the Bible at Home.

Day 8

Psalm 91 verse 13

You will trample upon lions and cobras;
you will crush fierce lions and serpents under your feet!

FAMILY DEVOTIONAL :: Lions & Cobras

Lions:

- The average male lion weighs around 400 lb
- Lions can reach speeds of up to 81 kph

Cobras:

- The King Cobra is the longest venomous snake in the world
- It is the fastest snake in the world - 5.4 m per second (19km/h)

No matter how many facts we read about lions or cobras, this verse shows us that God is stronger, faster, bigger, and will win against them. These facts that are threatening are not threatening to God, and with God on our side, they aren't threatening to us either!

If God is bigger than these threatening animals, He is bigger than any thing that comes against us. Remember, God is stronger than those facts. He is Almighty and He will crush those facts under your feet.



[Click here for a teaching video](#)

WORSHIP :: Sing & Dance

1. **Praise Goes On** - Elevation Church Kids

<https://youtu.be/ewo3pCrz4Vs>

2. **Brave** - Saddleback Kids

https://youtu.be/VLAVCv_onTw

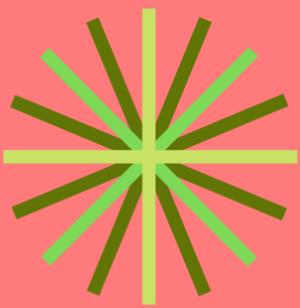
3. **For Your Glory** - CFC Kids

<https://youtu.be/wd4EJg03GNA>



OBJECT LESSON :: Thumb War

- 1...2...3...4... I declare a Thumb War! Play a few rounds of thumb wrestling. After everyone has had a turn to face each other, ask: *How can thumb wars relate to God?*
- *Talk about how God is the winner of every battle. Each round of thumb wars, you may not have known who the winner was going to be.*
- *Remember that God is the most powerful of all and He is the ultimate winner. He would win every thumb war!*



GAME :: What Time Is It Mr. Lion?

- Choose 1 person to be Mr. Lion and stand with their back to the rest of the family, who is lined up at the opposite end of the play area.
- The players call out, WHAT TIME IS IT, MR. LION?
- Mr. Lion shouts out a time between 1 & 12 o'clock.
- The number he shouts is the number of steps the players take toward him (for 9 o'clock take 9 steps).
- Once the players get close to Mr. Lion, he shouts LUNCH TIME! and chases them back to the start line.
- If a player is caught by Mr. Lion, that player becomes Mr. Lion. Play as many rounds as you would like.
- *Discuss how God is faster and stronger than a lion.*
 - *Can you think of an example from the Bible that talks about God's strength?*



ART :: Chalk of Fame

- Use sidewalk chalk on your driveway or street (if safe) to draw pictures that remind you of God's strength. Write today's verse to show the world how powerful God is.





A FAMILY GUIDE TO PSALM 91

A creative lesson for teaching your children the Bible at Home.

Day 9

Psalm 91 verse 14

The Lord says, "I will rescue those who love me.
I will protect those who trust in my name."

FAMILY DEVOTIONAL :: The Red Button

When I think of being rescued, I think of someone in a dangerous situation, where they feel scared and unsure of what to do! Have you ever felt this way?

I felt this way once when I was at a hotel with my family. I was taking the elevator by myself and I hit the button for another floor but the elevator didn't move. The doors had closed and would not open and the elevator wasn't moving! I was alone and did not know how to get out. I was very scared and panicked. I realized there is always a red button in an elevator to call for help! I hit the button and had to wait for help to come. I had to trust that the button would work and someone would come... and guess what? They did!

God wants to be the One to help and rescue us. Let's put our trust in Him to protect us. He is even more powerful than a Red Button. He is the One who always answers when we call on Him for help.



[Click here for a teaching video](#)

WORSHIP :: Sing & Dance

1. **Rising Up** - Amber Sky Records

<https://youtu.be/dKFz66lQhl8>

2. **Voices of Freedom** - Hillsong Kids

<https://youtu.be/XQsJ8uAT1gk>

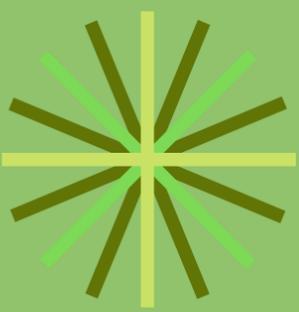
3. **Walk By Faith** - Amber Sky Records

<https://youtu.be/-CHgfIMXko0>



OBJECT LESSON :: Trust Fall

- One person will fall on purpose while the other has to catch them.
- Let your child stand with a partner in the opposite direction. One of the partners has to stand in front of the others and make their body stiff. As the child falls, the partner has to catch them gently and prevent them from hitting the ground. Begin with less distance between the partners. As the levels increase and the partners start trusting each other, the distance increases with each level:
 - *Did you find it scary to trust your partner? Why/Why not?*
 - *How do we know that we can always trust God will protect us?*



GAME :: Capture the Flag

- Determine what areas will be used to hide the "flags" for teams.
- Each team will hide the flag, leaving it somewhat visible.
- When the game begins, players try to cross to opposing teams' side to grab their flags. Teams should not guard their flags too closely.
- When a player is on an opposing team's side, they can be captured by that team's players. If they tag him, he must perform a task— five jumping jacks or three push-ups—before returning to his team's territory. Players are safe in their own territory & can't be captured.
- The game ends when one team has successfully grabbed the flag from the other team and returned to their own territory.
 - *Was it hard to protect your flag at all times?*
 - *How did you plan to protect your flag?*
 - *Discuss how God has a plan to protect us.*



ART :: TRUST Anagram

- On a large piece of paper write the word TRUST.
- Leave room beside each letter for drawing or words. Think of words that start with each letter and serve as a reminder to trust God.
- *For example: T-To answer prayers // R-Rescues us //*
- *U-Understands // S-Shelter // T-Timing (God's timing is perfect)*





A FAMILY GUIDE TO PSALM 91

A creative lesson for teaching your children the Bible at Home.

Day 10

Psalm 91 verses 15-16

When they call on me, I will answer;
I will be with them in trouble.
I will rescue and honor them.

I will reward them with a long life
and give them my salvation."

FAMILY DEVOTIONAL ::. God's Answers

Anytime you are fearful, anxious, or confused, go to God in prayer. *Talk to Him about what is on your mind. When you're done, close your eyes and listen.* We know that God hears us. The beginning of these verses remind us to call to Him and He answers us. *Listen to what God puts on your heart and mind—Bible verses, promises, and answered prayers.* When you read your Bible, pay special attention for His answers, and His encouragement. He will speak, He will guide, and He will protect.

All of the gifts in these verses are amazing. I am so thankful for them. The greatest gift of all is the one God gave us through sending His son Jesus to die on the cross for all of the wrong things we have done and will do. Even though Jesus didn't do anything wrong, Jesus gave HIS life so that we are able to have eternal life (life forever with God). *Pray together as a family, thank God for all the ways he cares for you and the gifts He has given you.*



[Click here for a teaching video](#)

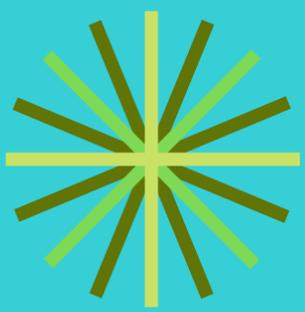
WORSHIP ::. Sing & Dance

1. **Who You Say I Am** - Hillsong Kids
<https://youtu.be/Y0LHTDVy5C0>
2. **Ask Seek Knock** - Hillsong Kids
<https://youtu.be/J3vXskh1lig>
3. **God Is For Us** - Amber Sky Records
<https://youtu.be/mXrr2KcRqdo>



OBJECT LESSON ::. Broken Telephone

- Players must sit in a circle or stand in a straight line. The first person in the line or circle whispers a word or phrase that they learned about God this week into the ear of the person sitting or standing to their right.
- Players whisper the phrase to their neighbour until it reaches the last player in line. The last player says the word or phrase out loud so everyone can hear how much it has changed from the first whisper at the beginning of the circle or line.



GAME ::. Call & Response

- Write Psalm 91:15-16 on a white board or piece of paper in sections. Turn on the music. As long as it is playing, the kids will move and dance around the room. To make it more fun, call out dance moves they have to do. When the music stops, the kids must freeze and recite part of the verse and answer your question with GOD:
 - "When they call on me, I will answer;" You say: Who will answer?
 - "I will be with them in trouble." You say: Who will be with you?
 - "I will rescue and honor them." You say: Who will rescue you?
 - "I will reward them with a long life." You say: Who will reward you?
 - "and give them my salvation." You say: What is the greatest gift? This time, they say JESUS!
- Then play the music again and repeat the activity. Anyone moving after the music stops playing must sit for the remainder of the game



ART ::. Word Search

- Work together to complete the Word Search found [HERE](#).

