

The Names and Characters of God

FORTRESS – secure and strong place

“Those who know your name trust in you, for you, O LORD, do not abandon those who search for you.” Psalm 9:10

Conversation Starters

- ⇒ Covid has been the conversation all around you these days. Sometimes it may sound confusing and scary to hear all the talk about it. Or maybe it's the dark that scares you. Everyone has fears, something that scares them, even adults. What scares you? What does it feel like when you are scared? What do you do when you're scared?
- ⇒ If there was a big storm outside, how would you feel if you were home alone? How would it be different knowing your parent(s) are home with you?
- ⇒ What do you think a Fortress is? (a building made of very strong walls that is made to keep people safe)
- ⇒ How do you think God can be a fortress?
- ⇒ What fears do you have that we can pray about right now?

Weekly Activities

- Build a fortress. Pop in at an appliance store and ask if they have any refrigerator or stove boxes they were going to throw out. (moms and dads, cut out the holes for the windows and doors) Kids, get your markers out and decorate your fortress. Or use blankets and the kitchen table and chairs to build a fort.
- Read "Alexander and the Terrible, Horrible, No Good, Very Bad Day". If you don't have it at home, make a trip out to the library and borrow it. It's a good segway into talking with your child(ren) about how to reach out to God, our fortress, when we are having a bad day. Talk about how He wants his children to come to Him with their problems. That He is their safe place, their fortress.
- Google pictures of fortresses and talk about how fortresses are designed to protect the people inside them. Talk about how God protects us and how we never face things on our own.
- Practice a home fire drill with your children. You can look up a fire drill checklist online. Ask your child to consider why it's important to know what to do when there is danger (so you can act quickly and be safe). Help him or her make the connection that we should also remember to turn to God when we face physical and spiritual danger. Explain that God is our Fortress, and He provides the best shelter when we are in need.

Every day we face problems in our life. Some of them are easy problems like "What shall I wear to school today?" or "Should I have Fruit Loops or Apple Jacks for breakfast?" But sooner or later, we will have a problem that we just don't know how to solve. We will need help. Isn't it good to know that God is always there to help us solve those problems. The Bible tells us that God is always there to help us in times of trouble. All we have to do is pray and He will give us the answer.

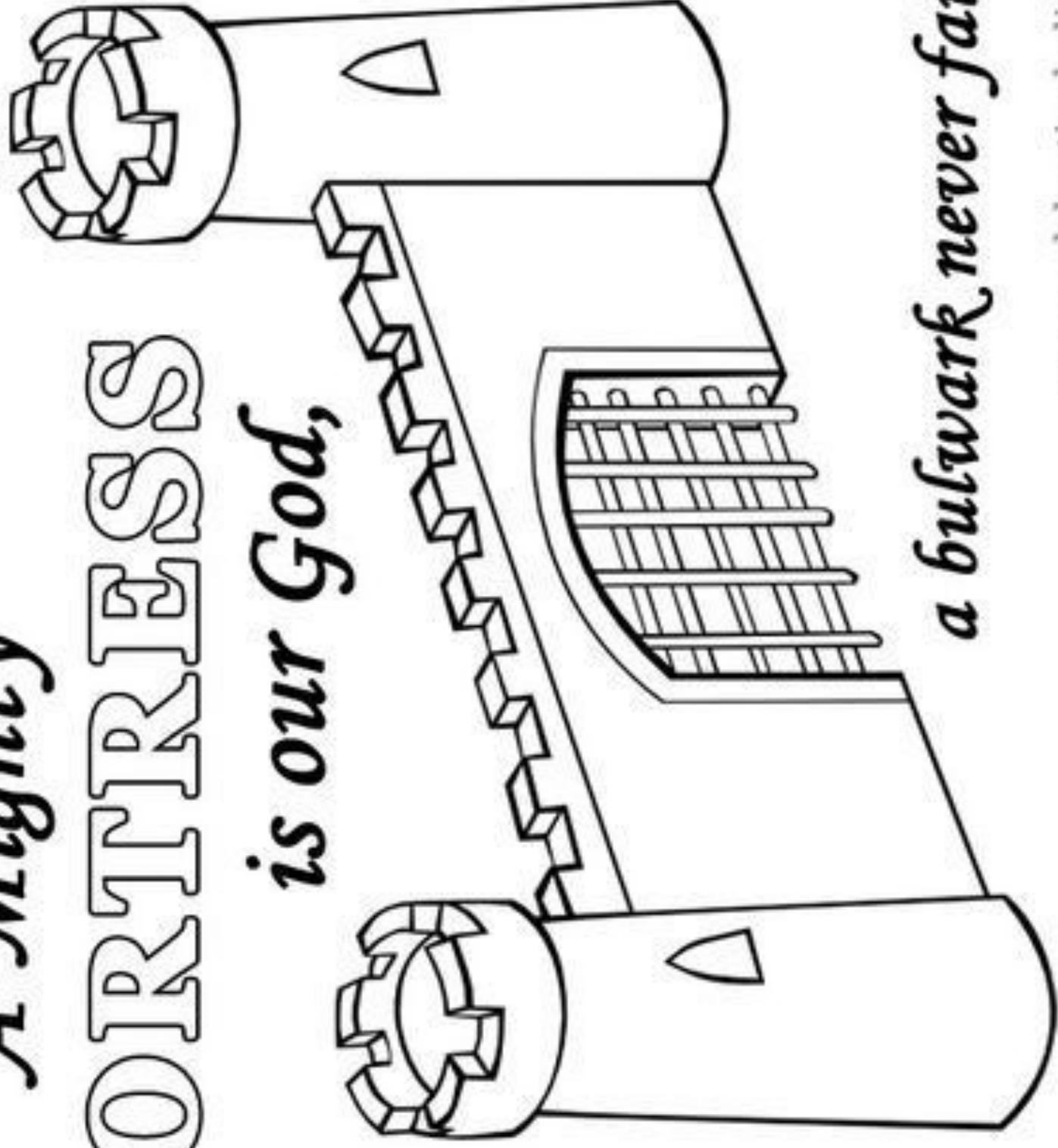
Nothing can ever separate you from God. God is your fortress and will protect you. So when you are afraid, pray and ask for God to calm your fears. When bad things happen, pray and ask for help. God will lead you in the way you should go and God will save you.

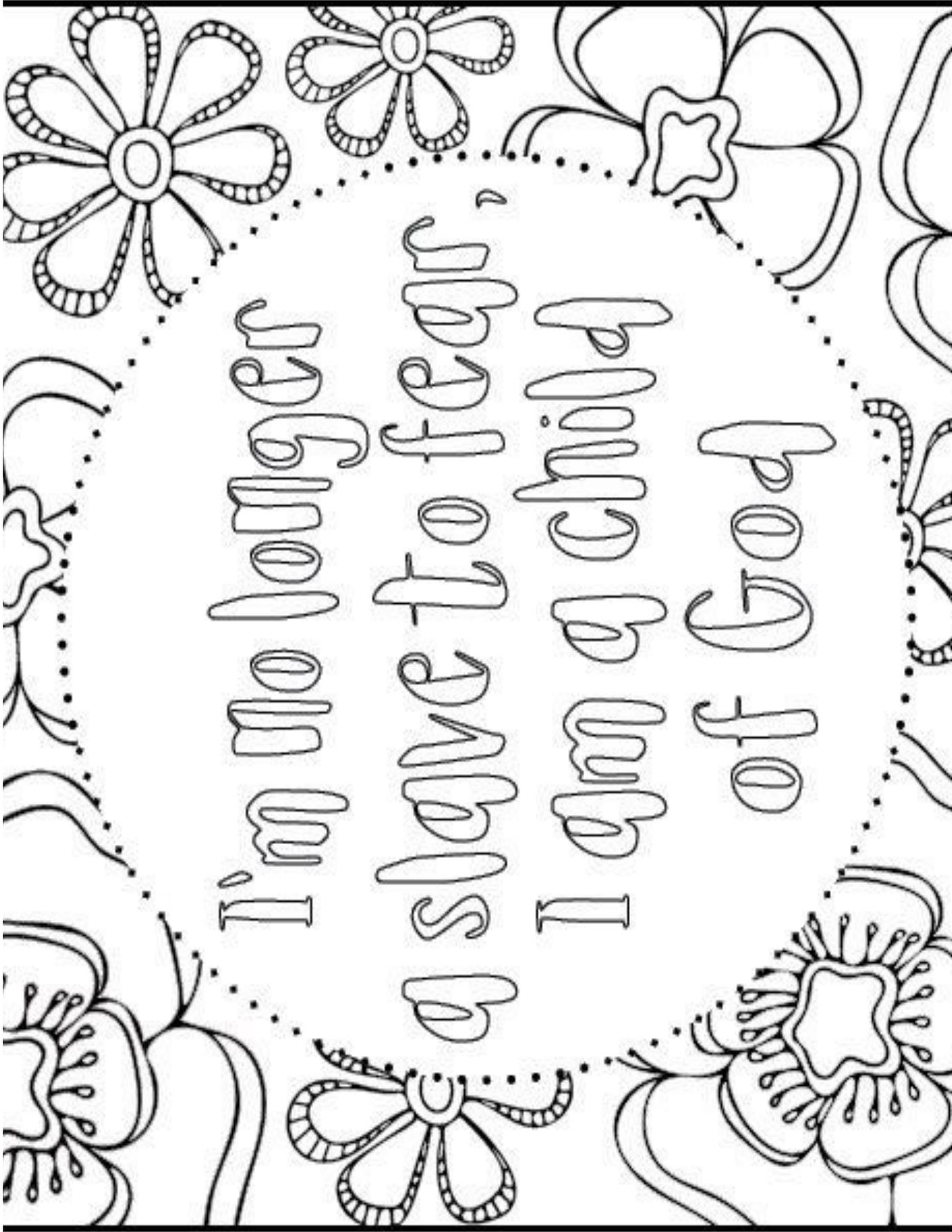
A Mighty

FORTRESSES

is our God,

a bulwark never failing!





I'm no longer
a slave to fear,
I am a child
of God



GOD



*is our refuge
and strength,
an ever present
help in trouble*

- PSALM 46:1

