



CHILDREN'S CHURCH WORKBOOK

*lesson 2*

# PSALMS 91

## HOME SCHOOL SERIES

A FREE CHURCH ONLINE RESOURCE  
TO HELP TEACH CHILDREN

COMMONWEALTH  
CHURCH

## WE LOVE TEACHING OUR CHILDREN THE WORD OF GOD

Jesus himself said, "Let the little children come to me and do not hinder them, for to such belongs the kingdom of heaven" (Matt. 19:14). We don't have to hold back. But our kids do need guidance and direction. This is why God instructs parents to teach God's law "When you are sitting in your house, and when you are walking by the way, and when you lie down, and when you rise" (Deut. 11:19).

### LESSON 2:

### PSALMS 91:1

#### 1. Open in prayer

2. **Ice Breaker:** SIT DOWN, REMAIN, TO DWELL, How you play this ice breaker is you write out the 1st letter of the word on a piece of paper, How it would look like is S\_ \_ D\_ \_ \_ , then you would ask your child/children to give you a letter which will help you spell the word. If they did not give you the next letter then you would add the next letter, Si\_ D\_ \_ \_ , then you would ask if they know what the next letter is, if they did not know you would add the next letter, as you keep asking they would either spell the word or you would spell it by adding each letter. **The point of the ice breaker is get our children to think about what their lesson is going to be about.**

3. **Game:** Hiding Seek - If you have not played this game it is all about hiding and being found. You may live in a flat or a small house but to a young child/children the opportunity for somewhere to hide is fun. If your child/children does not want to play the game or they feel they are to big than what you can do is choose an item or object and say I am going to you give your clues on what the item is and ask you to find it. You may want to write out each clue and use it like a treasure hunt or you may give them verbal instructions depending on their age. **The point of the game is to show we all can have a secret place where we hide or hide things. We want to start posing the thought in this lesson that God almighty has a secret place for us which is safe, a place where we can dwell or remain.**

4. **Memory Verse:** As this verse is about the secret place why don't you hide the verse around your property and ask your child/children to go and search for it. Once they have found it go through the verse with them He who dwells in the secret place of the Most High Shall abide under the shadow of the Almighty **PSALMS 91:1**

5. **Practical application: Secret place has a promise-** To you're your child/children understand the secret/hiding place has a promise we want to get their attention. To help teach the lesson find an object which has an alarm, hide it and then activate the alarm to the period of time your going to teach your child/children, therefore ensuring it will go off within the lesson time. When it does ask the children to find what is making the noise and to bring it to you. Then explain in the same way the alarm helped you find the secret place where it was hidden the Lord has promised when we wait and remain in his presence we shall find a place of shelter where they feel safe. **The point of the lesson is to teach our children from an early age they can go to the Lord in prayer for themselves knowing they won't be rejected but instead be received by our heavenly Father in a place where they will feel safe.**

6. **Object lesson: Covering place-** Begin this lesson by asking your child/children if they would help you either make their bed or yours, ask them what you need to make sure you bed is made. Once the bed is made ask them to get under the sheets, blanket or duvet, now say how do you feel, more than likely they will say I/we feel warm and comfortable, once they are relaxed you can explain that their sheet, blanket or duvet purpose is to cover them and keep them warm therefore protecting them from getting cold when they are asleep. In the same way your blanket is a covering to keep you warm choosing to be in the secret place will protect you like a covering from the distractions which would draw you away from the Lord. **The point is we all need the covering of the Lord, a place of protection and safety just like the blanket is to our body. But something to think about the word Covering in the Hebrew is also a description of the secret place. Just remember the secret place gives us stability because it brings our focus back on the Lord.**

7. **Hanging out Activity:** As a family decide to do something together where you can all have fun, it may be a game, bake a cake, or a activity where all are involved. The purpose of the activity and hanging out is to spend time together. When you finish the activity you can ask your child/children what they liked and if they had fun. **The point of the activity is to stop what you are doing and spend quality time together as a family. The reason is we can become so busy in life that we miss out on what is important and before we know it the opportunity has gone. In the same way we can have fun as a family and enjoy the benefits of time together. Also dwelling in the secret place is a time to stop from being busy and just hanging out with the Lord. A place where we can rest and have fun and receive the benefits of stopping and receiving the promises found in Psalms 91:1**

8. Find a Picture your child/children can colour which shows shelter or safety, it can be a umbrella, a building, a safety hat or some one who protects or saves lives. **The point of the coloring is to cause our children to think about the Lords protection which is promised in Psalms 91:1.**

9. **Object lesson: Most High** - Begin by showing a picture of the Queen of England and ask who is the person in the picture. If your child does not know then reveal who she is. Then explain the purpose of the Queen is to help rule our nation as she is supposed to be in charge. To help them understand ask them who is in charge of them and who helps them stay safe. Hopefully they will say you as parent/parents. In the same way the Lord is called the Most High which is a term or name regarding him being the highest ruler of all. When they know he is in charge it will help them to trust in him and be reassured of being safe. **The point of the lesson is to show there is a ruler ship that goes way beyond any earthly ruler ship which is God Almighty and that his ruler ship stands even his protection and safety.**

10. **Practical activity: Ruler ship** - Begin by showing pictures of different types of people in charge such as a police man, the prime minister, Doctor, a dog walker, our pastor, pictures of you as parents. Then explain to your child/children you are going to ask them who each picture is and why they are in charge. For example can you pick out the police man and tell me what he/she does. The purpose of the activity is to cause our children to think about who is in charge and why. They each have different roles and responsibilities. Then explain just like they each are in charge with different responsibilities the Lord has over all charge and is your protector who will always watch out for you. **The point is as we move into the next part of the lesson I want your child/children to know there is safety in the promise of them being under the almighty shadow.**

11. **Game: Fixed/abide** - Begin by asking your child to perform some type of balancing act where they can not move from. The chances are at some point they are going to move or get tied. If you want you can time them therefore giving the opportunity for another go. When they are ready to stop say well done. The purpose of the game is to explain and demonstrate the word **abide** from the memory verse which means to lodge, to remain or stay over night. I want your child/children to understand when you hang out with the Lord in the secret place the promise is you will be know the nearness of the Lord in your lives. **The point is helping your children build up the discipline and delight of knowing the presence of the Lord. Just like the exercise the more they practice the longer they will be able to balance and stay still. In the same way the more they go to the secret place the more they will desire and find it easier to stay there. Something which you can develop on a day to day basis.**

12. **Out door activity - Under his shadow** :Begin by explaining to your child/children we are going out for a walk, explain the purpose of the walk is to find their or your shadow. Depending on the weather will help on how this works. When you find the shadow stop and explain to your child/children you are going to walk away from them until the shadow disappears. If they are young reassure them that you will not be out of sight. Now ask your child/children to count how many steps you made until your shadow disappears. At the end of the experiment walk back to your child/children and say to your child can you see my shadow again. The chances is they will say yes. Then explain **The shadow of the Almighty: This is an expression which implies great nearness. We must walk very close to a companion, if we would have his shadow fall on us.” (Duncan, cited in Spurgeon)** Then explain only by being close to some one can we be under their shadow. In the same way by drawing close to the Lord in the secret will we experience what it means to be under his shadow. **The point of the outdoor activity/ experiment is to teach the importance of drawing close to the Lord**

13. **Bible passage: Mark1:35 & Matthew 6:6** - Before you pray you can show even Jesus the Son of God would find a place of solitary to pray. I just believe your child/children see biblically that Jesus is our example.

14. **Prayer-** As we close in prayer ask the Lord to help you as a family to stop go into the secret place where you will experience the safety, love, assurance and closeness of his presence amen. Please feel free to pray your own family prayers.