

**God is our refuge
and strength,
a very present
help in
trouble.**

Psalms 46:1



Understand it:

We all like to feel safe and protected from any type of danger. This verse is a wonderful promise reminding us just how great God is!

We can learn three things about God in this verse. He is a refuge which means a shelter or place of safety. He is also our strength and that reminds us of God's great and mighty power. Thirdly, He is always available to help in times of trouble.

For those who are God's children, who have trusted in the Lord Jesus as their Saviour, this promise should take care of all your fears and problems; remembering that God is able to help no matter what the situation is.

Learn it:

Dice Game – Find a dice in one of your games. Get permission to print the six cards below. Then write the numbers from 1-6 on the back of them. Throw the dice, find the card with that number on it and that will tell you what to do as you say the verse. Keep going until you have used all the cards!



**Balance on
your left leg**

**Pat your head &
rub your tummy**

**Turn around
slowly in a circle**

**March on
the spot**

Whisper

**Balance on
your right leg**

Stand Up! – Stand up while you say the reference of where the verse is found. Stay standing while saying the 1st word, sit on the 2nd, stand on the 3rd etc. Now try it again but start by sitting for the 1st etc.

At the Opticians – Cover your left eye while you say the verse. Try it now with your right eye covered. Can you say the verse with both eyes covered?