

2nd week of March
God Is Your Strength and Help

- **Text:** Psalm 46:1~3 (March 6)
- **Bottom line:** God is our refuge, strength, and help in times of trouble.

≡ **1. Praise**

(Hymn 70)

≡ **2. Prayer**

God, I want you to worship with joy. As we worship with all our heart and soul, may we enjoy Your grace abundantly .

≡ **3. The Word**

Read Psalm 46:1~3 together (read the verse 3 times).

* Reading the Word over and over again in different translations will help you to deepen your understanding of the material.

<ESV>

- 1 God is our refuge and strength,
a very present help in trouble.
- 2 Therefore we will not fear though the earth gives way,
though the mountains be moved into the heart of the sea,
- 3 though its waters roar and foam,
though the mountains tremble at its swelling.

<NASB>

- 1 God is our refuge and strength,
A very ready help in trouble.
- 2 Therefore we will not fear, though the earth shakes
And the mountains slip into the heart of the sea;
- 3 Though its waters roar and foam,
Though the mountains quake at its swelling pride.

<Word Explanation>

* Refuge: A place where you can stay away from danger.

Understanding Text

The psalmist confesses that God is the safest refuge. In the lives of God's people, there are severe hardships, such as the earth being turned upside down, storms raging, and the sea water being poured out. But we can not be afraid in such situations because the living God gives strength and help to His people.

Understanding the text for leaders

There were many powerful nations around Israel, and the weak Israelites were always invaded by enemies and had to pay tribute. The psalmist figuratively describes the situation as a mountain shaking and falling into the sea, and an overflowing sea that causes the mountain to shake. The situation and environment were very serious. But the psalmist says he will not be afraid of death, even in times of crisis because God is Israel's refuge, strength, and great help. Persevering in the face of great hardship that threatens to destroy your life, and overcoming it in the end is only possible when we rely on God.

4. Sharing

1) What does the psalmist confess to be God? (verse 1).

Upper Grades

What does the psalmist confess to be God? (verse 1).

Lower Grades

What does the psalmist sing about God? (verse 1).

Question Guide

How we understand God and believe in Him is very important in our life of faith. See how the psalmist confesses God in a difficult, distressing, and frustrating situation and see what God is like.

Comments for Leaders

The psalmist could feel discouraged and frustrated in the face of great afflictions of unfathomable depth and unpredictable duration. But he miraculously goes through a tunnel of suffering with no solution in sight. It was because God gave him shelter, strength, and great help. When we encounter problems in life that seem to have no answers and hardships that seem to have no end in sight, we must turn our hearts and eyes to God. God resolves all the fears of His people and gives them strength and help to overcome their problems and afflictions.

2) The psalmist confesses that God is a refuge, a strength, and a help. Share with one another how you confess about God.

Upper Grades

What kind of person do I confess to be God?

Lower Grades

What kind of God do I know?

Question Guide

Notice what the psalmist confesses about God. Think about what kind of God you believe in, and share it with your family .

Comments for Leaders

The psalmist confesses God as a refuge, a strength, and a great help. The Bible refers to God as Jehovah shalom (God who gives peace), Jehovah Rapha (God who heals), Jehovah Shammah (God who is there), Jehovah Nissi (God who gives victory), Jehovah Yireh (God who prepares), and so on. Also, God the Creator, God of salvation, God of goodness, God of love, and so on.

5. Gratitude

Proclaim what you have come to know about God through family worship, and give thanks that God for being our God.

6. Prayer

Thank you, God, for allowing us to know and believe in You, who is our strength and help. May we rely on God as our refuge in times of hardship and difficulty, and let us find peace and rest under your wings, not worry and fear.

- End the family worship service with the "The Lord's Prayer"

7. Family Mission

<Make a flag of God> *What to bring: colored clay, letter size colored paper, scissors, thick straws or chopsticks, adhesive tape, writing utensils

1. Cut the paper horizontally and cut out one end in the shape of a flag. Make as many flags as there are in your family.
2. On a piece of paper, write down one of God's attributes that each family member confesses and relies on.
3. Place a straw or wooden chopsticks on one side of the paper and secure it with adhesive tape to form a handle.
4. Make the desired shape out of clay, and stick the flag handle on top of it.
5. Place the flag in your living room or in your room.

Let them count the grace God has given them and express their gratitude. You may want to give an offering with gratitude and talk specifically about how God will work through it.
