



Prepare: paper and pen for everyone

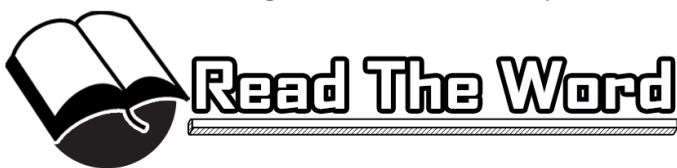
One parent will act as a gameshow host and everybody will play as game show participants. Give everyone a piece of paper and pen. The host will ask a question and you have to draw the answer.

Questions:

- What do you use to protect yourself from the rain?
- What do you use to protect yourself from the rays of the sun?
- What do you use to protect yourself from the cold?
- What do you use to protect yourself when riding a bicycle?
- What do you use to protect yourself when going on a boat trip or to protect yourself from drowning?

Player with the most correct answer wins!

All these things that you drew are used to protect us from something. In our lesson today, we will look at something that a warrior uses to protect himself.



2 Samuel 15:30-37

30 But David continued up the Mount of Olives, weeping as he went; his head was covered and he was barefoot. All the people with him covered their heads too and were weeping as they went up. 31 Now David had been told, "Ahithophel is among the conspirators with Absalom." So David prayed, "Lord, turn Ahithophel's counsel into foolishness."

32 When David arrived at the summit, where people used to worship God, Hushai the Arkite was there to meet him, his robe torn and dust on his head. 33 David said to him, "If you go with me, you will be a burden to me. 34 But if you return to the city and say to Absalom, 'Your Majesty, I

was your father's servant in the past, but now I will be your servant,' then you can help me by frustrating Ahithophel's advice. 35 Won't the priests Zadok and Abiathar be there with you? Tell them anything you hear in the king's palace. 36 Their two sons, Ahimaaz son of Zadok and Jonathan son of Abiathar, are there with them. Send them to me with anything you hear."

37 So Hushai, David's confidant, arrived at Jerusalem as Absalom was entering the city.

David was in danger. His son Absalom was leading an uprising against him. Even his trusted counselor, Ahithophel, deserted him. In his whole ordeal, David ran to God.

David called out to God through this song in Psalm 3:

*3 But you, Lord, are a shield around me,
my glory, the One who lifts my head high.
4 I call out to the Lord,
and he answers me from his holy mountain.
5 I lie down and sleep;
I wake again, because the Lord sustains me.
6 I will not fear though tens of thousands
assail me on every side.*

Being a warrior during David's time is no easy feat. You need to be alert at all times, in your surroundings, day and night. One of your most important weapons would be your shield. Without it, a warrior is left open to the spears and other attacks of his enemy.



Parent to Kid/s:

2-6 years old

- Who always helps you when you are in trouble or when you need help? How does this person help you?

7-12 years old

- Who would you always go to when you are in trouble? Why?

Kid/s to Parent:

- Who did you run to when you were in trouble? Tell us what happened.

It is always good to have someone we can run to whenever we are in trouble. It may be our parents, older siblings, teacher, grandparents or other relatives and even our friends. But there is Someone that all of us can run to anytime, anywhere - God! He is always around and He is a safe place that we can hide in when we need to. He will be like a shield, an umbrella, a life jacket, and all those protective gears we drew earlier because He will protect us from anything that harms us. God is our refuge and strength. Just like the Psalm says, He is our shield, He will answer us, He will sustain us and surround us.

Will you trust God to protect you always?



Dear God,

Thank You for the reminder that You are a shield around me and You help me in times of trouble. Thank You because I know that when I call out to You, You know my name and You will answer. Thank You for the grace that will sustain me and I will not be afraid because You are my God and I am Your son/daughter. In Jesus' Name,

Amen!



Did you know that trouble is one of the factors that affect our mental health? It could be trouble sleeping, breathing, relationship with family or friends, emotions and many more to mention. This factor may sound shallow but if not properly addressed, it could lead to something serious. It's a good thing that we can always cast our troubles to God and trust Him that whatever happens in our life, He is always in control and is willing to help in times of trouble.

There are more than 100 Bible verses about protection. Some of the words used to describe protection are:

- hiding place (Psalm 32:7);
- strong tower (Proverbs 18:10);
- refuge (Psalm 46:1);
- rock (2 Samuel 22:3-4);
- stronghold (Psalm 27:1)
- shield (Psalm 3:3), the Psalm we learned today.

Let us memorize Psalm 3:3 "But you, Lord, are a child around me, my glory, the One who lifts my head high."

