

MONDAY



ALL TOGETHER: Make a 'fortress' together as a family! Talk about what makes it strong and secure.

READ: Psalm 46

SUMMARY: God is with his people and he is described as a 'fortress'. This doesn't mean he is old, crumbly and owned by the National Trust! It means he is the safest place his people could be and so they don't need to fear! Can you think of times you have been aware of God being your 'fortress'?

PRAY: Talk about how God is like a fortress and praise him for those things.

TUESDAY

ALL TOGETHER: If safety and common-sense permit play a game of 'it' where the fortress you made is considered 'safe' or 'home' – anywhere else you are in trouble but touching the fortress you can't be caught!

READ: Psalm 46:1-3

SUMMARY: God is the fortress of his people even if total chaos is unleashed in the world around us! No matter what is going on in Christ we have a security that means we do not need to be afraid. What might make you afraid today? How will knowing God is your fortress help?

PRAY: Tell God about the things that make you afraid and thank him that he is your secure fortress.

WEDNESDAY

ALL TOGETHER: Get your fort and lay siege to it with 'baddies' (you could use Lego, Playmobil, teddies, dinosaurs, Daddy's Warhammer... whatever!) What does your fortress need to survive?



READ: Psalm 46:4-7

SUMMARY: This fortress city is supplied by a river which makes it glad! God provides all it needs, just like Eden. Whatever happens 'outside' God will keep his people secure. Do you feel secure and provided for because of Jesus or because of your own efforts? Why or why not?

PRAY: Pray for your needs (your 'daily bread' in the language of the Lord's prayer), and for those you know whose needs are more serious.

THURSDAY

ALL TOGETHER: Make a banner or flag for your fortress with the words of v7 on it. Alternatively you could use the words of v11.

READ: Psalm 46:7 & 11

SUMMARY: Just like a parent talking to their child, the Psalmist repeats the important parts to make sure we heard them right... God is with us! He is our fortress! Why not try and learn this verse as a memory verse this week?

PRAY: Praise God that he is with us now by his Spirit and we will be with him in the new creation after Jesus' return. Tell him how wonderful it is that he is with us.

FRIDAY

ALL TOGETHER: remove any trace of weapons or the paraphernalia or war from your fortress!

READ: Psalm 46:8-11

SUMMARY: It is not spears and swords that keep the Christian fortress safe. It is not our salary, hard work or charming good looks that bring our life security. It is God himself who secures our safety and we are to worship him.

PRAY: Ask God to forgive you for the times you have trusted and worshipped other things, looking to them to keep you safe. Tell God that you choose today to worship and trust Him alone.

SATURDAY

Use whatever you have to hand to make a fort you can all sit in... depending on the size of your family this may be more difficult for some? Together, in the fortress, talk about what we have learned this week from Psalm 46. Maybe the grown-ups could then see if they are able to defend the fort you all made from the children?!

