



# A MIGHTY FORTRESS IS OUR GOD

PSALM 91

## GOAL

- ▶ **To help children to understand and own the words, “You are my refuge and my fortress, my God in whom I trust.”** The hiding place of protection and safety is shown to those who place complete trust in God—those who are confident that He is their only salvation, those who adore Him and desire Him above all things, and those who acknowledge His truth as the only truth. God promises to reveal treasure beyond imagination to those who commit themselves to seeking Him—to those who love Him with their whole hearts.
- 

## WORDS TO KNOW

- ▶ **Refuge:** Shelter from the storm, protection from danger, and safety from the enemy. Jesus is a refuge of protection to all those who trust Him.

**Fortress:** A safe place of protection away from danger. Jesus is the mighty fortress who is a shield and a guard against the enemy.

**Trust:** Completely relying on what has been proven true. Everything that Jesus says and everything He promises is true and dependable—trust in Him.

---

## MEMORY VERSES

- ▶ **Psalm 91:2:** I will say to the Lord, “My refuge and my fortress, my God, in whom I trust.”

**Romans 8:31:** What then shall we say to these things? If God is for us, who can be against us?



## OVERVIEW

▶ **Read Psalm 91:** Psalm 91 is a song of God's deliverance, protection, and security to those who place their trust in the Messiah, Jesus Christ. He alone is the one who delivers from Satan's traps, is the place of refuge from all danger, and is the promise of eternal life. Salvation from the curse of sin and death is found in Him alone. Say to the Lord, "He is MY refuge and MY fortress, MY God, in whom I trust."

---

## SUGGESTIONS

▶ **Compare the dangers of self-reliance with the protection and guidance of God.**

**1. Vulnerability vs. Protection:** Imagine a dark and raging storm. Where would you rather be: in a flimsy tent or in a strong building? We live in a world troubled by the curse of sin. Storms will rage, and evil will seek to destroy, but Jesus is the strong tower and the mighty fortress where eternal peace and protection are found.

**2. Dark vs. Light:** Now imagine you are walking down a dark and unfamiliar path. What would make you feel safer: relying on your own limited eyesight to guide you, or on what is revealed by the brightest light? The world is dark with a curse because of sin, but Jesus is the light that offers guidance and protection from dangers both seen and unseen.

The safest place to be is walking in the light of God's plan—a plan that is written in the Bible and confirmed in our hearts and minds through the Holy Spirit.

---

## MEMORY

## VERSE

## MEANING

▶ **Psalm 91:2:** Some trust in weapons, warriors, and powerful rulers, but the child of God trusts in Him alone.

**Romans 8:31:** There is nothing more powerful than God. Even our greatest enemy, Satan, is under God's control. Do not fear the enemy or the destruction he causes because if God is on your side, how can there be anyone or anything big enough to come against you?

---



## PRE-LESSON ACTIVITY

### **Ages 5-7** Under His Wings | *Supplies: a large play parachute*

Spread the parachute out in a large open area, and place the students at even intervals around the parachute's edge. Instruct them on how to grab the edge of their section, then instruct them that when you count down to three they should raise up the parachute, take two steps forward, pull down the parachute behind them, and sit on it. As you all sit under the dome, you will have a few minutes to talk about how this is like being under God's wings: a safe place, secure, and protected from harm.

### **Ages 5-7** The Eye-Spy Game with Clues

Choose one child to start the game. The child will silently pick something in the room and whisper the name of the object to you. The game begins when the child offers a simple description, such as, "I spy something green." The other children try to guess the mystery item. If no one guesses, the child will continue to offer clues. The game will continue to volley from clue to guess, until one person finally guesses the object. The student who guesses correctly then gets to choose the next item.

The more clues that describe the object, the easier it is to guess. There is safety in the truth of God's word: the more you know, the clearer things become.

### **Ages 8-10** Guided by the Truth | *Supplies: a simple cutout of a fortress*

Pin the fortress of safety at about eye level somewhere in the room. Divide the class into equal teams. The first team chooses one member to be blindfolded. Spin the blindfolded person in the center of the room, and start the timer. Each member in the team will take turns giving verbal commands that direct the blindfolded member to the fortress of safety. The team members can say things like, "Make a quarter-turn right," or "Take three steps forward." As the blindfolded student gets closer, they could say things like, "Lift your arms about eye-level," then, "Move forward to contact the fortress." Once the blindfolded student touches the "fortress," make note of how long it took. Give each team the opportunity to perform the same activity. The team with the best time wins.

The truth of God's Word and the direction of His Holy Spirit are what guides us away from dangerous lies of the enemy and into the shelter of a close relationship with God.



## POST-LESSON ACTIVITY

**Ages 5-7 Musical Freeze Memory Game | Supplies:** chalkboard or whiteboard, chalk or dry-erase markers, and music

Write Psalm 91:2 on the board, and turn on the music. As long as the music is playing, the students will move about the room. As soon as the music stops, the students must freeze and recite the verse: "I will say to the Lord, 'My refuge and my fortress, my God, in whom I trust.'" Then play the music again and repeat the activity. Anyone moving after the music stops playing must sit for the remainder of the game.

**Ages 8-10 Distorted Messages | Supplies:** Simple drawings, such as a happy face, star, flower, heart, or a letter of the alphabet; paper, and pencils or pens.

Divide the class into teams of about five. Have each team sit in a line. The students at the end of each team's line is shown the image. Using on a finger, this student will attempt to draw that image on the back of the person in sitting front of him or her. The students who were "drawn" on will then draw what they think was drawn on them on the back of the person sitting in front of them. This will continue to the front of the line where the first person in line will attempt to draw the image on a piece of paper. The team that draws the closest to the original image wins. Continue the game after switching the order of the line and introducing a new image.

The person who gets to see the actual image is the best informed to draw it for the rest of the group. Its shape gets hazy and less defined as it is passed down. The Word of God is the source of truth, and those closest to it are the most spiritually informed.



TAKE  
HOME

**Ages 8-10** **Fortress of Protection** | **Supplies:** large cardboard box with cutouts for door and windows, or chairs, blankets, and pillows arranged in a large fort.

Have the students play tag with the inside of the fort as home base. Make sure there is plenty of room for them to run around. They can play regular tag, or a team version to emphasize the idea of multiple "enemies." Reiterate the main idea of the lesson as they play.

- ▶ When you are fearful, anxious, or confused, go to God in prayer. Begin by saying, "You are my refuge and my fortress, my God, in whom I trust." Then talk to Him about what is burdening you. When you are done, close your eyes and listen. Listen to what God puts on your heart and mind—Bible verses, promises, past victories, and answered prayers. And when you read your Bible, pay special attention for His answers, His encouragement, and His clarity and guidance. He will speak, He will guide, and He will protect.



## QUESTION & ANSWER

### SLIDE 1



**Q1a:** How is the mighty fortress found?

**A1:** The mighty fortress is found by trusting God and drawing near to Him.

**Q1b:** When playing Hide and Seek, can you hide by standing in the middle of the room where everyone can see you?

**TN:** Standing in the middle of the room isn't a very good hiding place. Just as we don't need something as powerful as a fortress to win Hide and Seek, and don't need a physical fortress for protection when we are scared or worried. God's love surrounds us and protects like a fortress, making us able to hide in plain sight. The protection we have through God's love is as strong as and powerful as a fortress.

---

### SLIDE 2



**Q2a:** What is the enemy like?

**A2:** The enemy is like a cruel bird catcher.

**Q2b:** If the enemy is always making plans to harm us, should we always be afraid?

**TN:** No! While we should always be aware that the enemy does not want good things for our lives, we do not have to live in fear. God created us with a plan for our lives. Sometimes bad things happen to us, but that will never stop God from doing good for us and through us. God loves us very much and promises to bless and protect us. If we love God and follow His will for our lives, we need not fear any of the enemy's plans to harm us.

---



## QUESTION & ANSWER

### SLIDE 3



**Q3a:** The enemy tries to fill the darkness with what?

**A3:** The enemy tries to fill the darkness with terrors.

**Q3b:** Which is better for seeing in the dark: nothing but your own eyes or using a flashlight?

**TN:** After spending some time in the dark, our eyes will adjust a bit so we can see some of our surroundings, but even this isn't as good as a flashlight. Most people are afraid of the dark because they can't see what is around them. Fear of the unknown isn't something that happens only in the darkness. Not knowing what will happen to us in our daily lives can be just as scary as being in a dark, unfamiliar place. This is where God's light helps us. God's light isn't an actual light; God's light is the truth. When faced with an uncertain or unfamiliar situation, we can always count on God's Word to provide us with assistance on how to overcome any obstacle. In God's Word, we can find all His promises for our lives, including the promise to protect those who love Him.

### SLIDE 4



**Q4a:** When does the enemy attack?

**A4:** The enemy attacks in the darkness and when the sun shines its brightest.

**Q4b:** You broke a lamp at home. You can confess and get in trouble, or you can blame it on the dog. Which do you choose?

**TN:** Deciding whether or not to confess to things that may get us into trouble is hard. Facing consequences for our actions isn't fun, and the enemy knows this. The traps that the enemy sets for us aren't traps that put us in a cage; his traps try to get us to sin. Blaming the broken lamp on the dog is the easy way out, but it is a lie, and lying is a sin. We fall into the enemy's traps when we sin. Following God isn't always easy, but it is always right. God will always give us the courage to do the right thing.



## QUESTION & ANSWER

### SLIDE 5



**Q5a:** What kind of army is at God's command?

**A5:** An army of angels is at God's command.

**Q5b:** What kind of tough situations do you face alone?

**TN:** Let the students come up with answers, then remind them that they are never alone. God is always with us, and when we need support, God will give us strength and courage. There is nothing we cannot overcome with God.

---

### SLIDE 6



**Q6a:** God's power transforms His children into what?

**A6:** God's power transforms His children into mighty warriors.

**Q6b:** Is there anything that can defeat God?

**TN:** No. There is nothing past, present, or future that can defeat God. God cannot fail. We will face many difficult and even scary things in our lives, but if we trust in God and love Him, we have nothing to fear. He will always be with us. God has a plan for our lives, and His plan is good. If God is for us, who can stand against us? The answer to that question is nothing and no one!





## QUESTION & ANSWER

### SLIDE 7



**Q7a:** What does God promise to those who love and trust Him?

**A7:** God promises those who love and trust Him that He will stand beside them during times of trouble.

**Q7b:** Can you think of a reward that is better than spending eternity with God in Heaven?

**TN:** Let students answer. It is likely that some of the students will provide answers of games or toys. Remind them that those games and toys are temporary; toys break and game pieces are lost. The reward God offers is forever, and it is the best reward we will ever be offered.



**MEMORY  
VERSES**

▶ **Psalm 91:2:** I will say to the Lord, "My refuge and my fortress, my God, in whom I trust." (ESV)

**Romans 8:31:** What then shall we say to these things? If God is for us, who can be against us? (ESV)

.....

**BIG IDEA**

▶ Because God protects those who love Him, and nothing can defeat God, we have nothing to fear.

.....

**CLOSING  
PRAYER**

▶ Dear Lord, thank You for being a refuge, fortress, Father, and trustworthy friend to all those who place their complete trust in You. Please draw us close to You and help us to find constant strength and comfort in You. We ask these things in Jesus' name, Amen.



## LESSON TRANSCRIPT

### SLIDE 1



In the Kingdom of the Living God, there is a mighty fortress—a secret hiding place—that is safe from danger. This mighty fortress is found by trusting God. Yes, all who draw near to God by faith find this place of protection and peace! It is a wonderful place where fear and worry are replaced with confidence and courage. Those who put their trust in God discover the safest shelter.

### SLIDE 2



Outside, the world is filled with dangers, including a wicked enemy. This enemy is like a cruel bird catcher who spends his days setting traps and his nights thinking of ways to capture and destroy. But, like a mother bird folding her wings around her babies to protect them, God wraps Himself around His children and saves them from every trap and hidden danger. God pulls His precious ones in close and guards them.

### SLIDE 3



The enemy tries to fill the darkness with terrors, but God's children need not fear the nighttime. Wild wolves, disease, even death itself—none of these things can overcome God's children. Even in the darkness, the light of God goes forth! The darkness can never put out this light, shining as a constant reminder that all who follow God are safe and will find victory over every danger.



## LESSON TRANSCRIPT

### SLIDE 4



The enemy not only attacks in the darkness, but in the daytime as well. Even when the sun shines its brightest, the enemy's evil plans fly at God's chosen ones like deadly arrows. But even the cleverest of his weapons will fail. Though disaster may be all around and many people may fall into the enemy's traps, those who trust in God can stand confidently. The Lord always pulls His children close in times of trouble. When danger strikes, God is their strength!

### SLIDE 5



At the Lord's command is a vast army of angels. As part of God's limitless protection, these heavenly forces stand ready to obey God's command to guard His children. Satan and his wicked army of demons cannot defeat the Lord's mighty angels. All who challenge them are sure to fail. Those under God's protection never need to fear!

### SLIDE 6



God's power is so great that it transforms His children into mighty warriors. They find victory no matter the dangers they face. If the enemy sends prowling lions, God will shut their mouths. If the enemy sends slithering cobras, God will give His servants the power to crush these snakes under their feet. At God's command, Satan and all his forces must run and hide. There is no enemy who can defeat God's children.



## LESSON TRANSCRIPT

### SLIDE 7



God makes this promise to all who love and trust Him: “Call on me and I will answer you, I will stand beside you in times of trouble.” God not only rescues His children, but He also rewards them beyond their wildest dreams. They will inherit God’s wonderful promise of eternal life. Yes, those who trust in the Lord will live with Him forever in Heaven! Make the Lord Jesus your fortress and hiding place, and receive His promise of salvation!