

# K@Ch

## at HOME

1. Kids Spot (Within Livestream Church Service at 9:30)
2. Colouring in Competition (During Adult Talk – see separate pdf)
3. Lesson Time (Psalm 46. Be still and know God – He’s our ever-present Help in trouble)
  - Bible Story (Psalm 46. Video for [Younger children](#). Video for [Older children](#) )
  - Understanding the Psalm / Family Discussion / Prayer (on next page)
4. Quiz Tune in for the weekly [K@Ch QUIZ](#) - 11:30 Sundays!



Xtras - for now, or for when you have more time... eg: later in the week



- Family Game: Musical Statues. “Be still” Use [Spotify Songs](#)
- Song: *Jesus rocks the World!* - Colin  
Song with lyrics → <https://www.youtube.com/watch?v=KifSCdl14LU> / [K@Ch Songs on Spotify Playlist](#)
- Family Prayer  
- Pray for yourself and for your family to be still and know God. [Here's a resource](#) to help pray and commit to being still each day, and knowing God.  
- Quizworx also have a kids talk about praying to God you might find useful/helpful to watch. It's a video about prayer for kids! - [Click here](#)
- Activity Ideas...  
- Construct a **fortress** out of boxes, bedsheets, couches, picnic rugs, and wear some fancy clothes (Maybe Mum or Dad's!). Take a photo where you're safe and secure inside your fort – and we'll post them on the /kidswall for all to enjoy! ☺ Have a go at “being still and knowing God” in your Fortress. Have a quiet time with God. ☺

All resources available from the [K@Ch at HOME Community](#) - [stmattswanniassa.org.au/kidswall](http://stmattswanniassa.org.au/kidswall)

*The Lord is my rock, my fortress and my deliverer – Psalm 18:2*

# PSALM 46.

Make sure you've watched one of the two videos before working through the below...

## Understanding the Psalm 😊

### Fill in the blanks...

Because God is our “refuge and s\_\_\_\_\_”, we do not have to “f\_\_\_\_\_”, even when creation gets rocked around, and even when people rock us around, because we have a solid r\_\_\_\_\_ to be safe and secure in. His name is J\_\_\_\_\_. He is like a “f\_\_\_\_\_” - a strong tower. That’s where we live! In him. 😊

Even when there’s crazy stuff going on in the world, God wants us to “be s\_\_\_\_\_” and get to know him some more. Having a q\_\_\_\_\_ time like this each day can help us not to fear even when the “e\_\_\_\_\_ melts”!!

### True or False

\_\_\_\_\_ Psalm 46 is 11 Verses long

\_\_\_\_\_ Psalm 46 says “God is our refugee and our soldiers”

\_\_\_\_\_ Psalm 46 is in the New Testament

\_\_\_\_\_ Psalm 46 says “God is our rock”

\_\_\_\_\_ Psalm 46 is a song

\_\_\_\_\_ In Psalm 46, God says “Be still and know that I am God”

## A) Family Discussion Questions 😊

1. What do you think makes up a “Quiet Time” with God? What might it look like? What does it involve?
2. About how often do you have a quiet time with God?
3. What time each day might be best for you to have your quiet time with God?
4. Have you used the Bible App for Kids? What does your Mum or Dad use? What do teenagers use? What does Grandma or Grandpa do for a quiet time with God?
5. Read another similar Psalm together – Psalm 18. Pray when you’re done.
6. For those who like making plans & charts – make one up for your own daily quiet time with God chart. 😊

## B) Family Prayer 😊

- Pray as a family for people who are so busy they are missing getting to know God. Pray that they be still and know God.
- Pray that you also get stuck into God’s Word, being still from all the noise around you, and get to know God some more!

Want more Prayer? [Here’s a great resource](#) to help pray and commit to being still each day, and knowing God.