



PRAYING PSALM 91 WITH CHILDREN

A 5-DAY LESSON PLAN



DEAR PARENTS,

Psalm 91 is a beautiful Psalm to read and memorize with your children. In this packet, you'll find five takeaways to share with your kids as you read this passage together.

These are each designed to be 5-10 minute lessons.

As you make peace in your home a priority, we pray you are encouraged by the truth found in this Scripture.

As you parent - don't forget - you parent with Jesus as your helper... and He will give you everything you need!

PSALM 91

FOR KIDS

Those who go to God Most High for safety
will be protected by God All-Powerful.

²I will say to the Lord, "You are my place of safety
and protection.

You are my God, and I trust you."

³God will save you from hidden traps
and from deadly diseases.

⁴He will protect you like a bird
spreading its wings over its young.

His truth will be like your armor and shield.

⁵You will not fear any danger by night
or an arrow during the day.

⁶You will not be afraid of diseases that come in the dark
or sickness that strikes at noon.

⁷At your side 1,000 people may die,
or even 10,000 right beside you.

But you will not be hurt.

⁸You will only watch what happens.

You will see the wicked punished.

⁹The Lord is your protection.

You have made God Most High your place of safety.

¹⁰Nothing bad will happen to you.

No disaster will come to your home.

¹¹He has put his angels in charge of you.

They will watch over you wherever you go.

¹²They will catch you with their hands.

And you will not hit your foot on a rock.

¹³You will walk on lions and cobras.

You will step on strong lions and snakes.

¹⁴The Lord says, "If someone loves me, I will save him.

I will protect those who know me.

¹⁵They will call to me, and I will answer them.

I will be with them in trouble.

I will rescue them and honor them.

¹⁶I will give them a long, full life.

They will see how I can save."



MAIN POINT OVERVIEW

LESSON 1:
WITH JESUS, I AM SAFE

LESSON 2:
WITH JESUS, I AM STRONG

LESSON 3:
WITH JESUS, I AM KNOWN

LESSON 4:
WITH JESUS, I HAVE NOTHING TO FEAR

LESSON 5:
JESUS IS MY HERO



LESSON 1

MAIN POINT:

With Jesus, I am safe!

SCRIPTURE:

Read Psalm 91, emphasis on verse 4: 'He will protect you like a bird spreading its wings over its young. His truth will be like your armor and shield.'

LESSON:

What do you picture in your mind when you read this verse? 'He, meaning Jesus, will protect you like a bird spreading its wings over its young.'

Have you ever been making the bed and when you throw the sheet up in the air, ducked under it and let the sheet fall around you? Or maybe when you are playing hide and seek, have you ever tucked yourself away under a big blanket to hide? That's what I imagine when I read this text, I imagine all the goodness that God has to offer - His love, his grace, his joy, his peace, his kindness - I picture myself wrapped up in them, hidden in their covering, safe from what is happening around me.

With Jesus, I am safe. Verse 2 we are told that He is our hope and he is a stronghold to shelter me. What's a stronghold? A stronghold is like a fort that people would go to in a battle, a safe place where the enemy can't get them. Jesus is our stronghold and we are safe with Him.

We may still face challenging times in our life: we might get sick or someone we love may die. Friends might hurt our feelings. But because we are safe with Jesus, we can do the hard things in our life and ask Him for help. Our heart is safe with Him. He won't ever hurt your feelings or let you down. Jesus is our Forever Friend.

ACTIVITY:

Think about this truth, 'With Jesus, I am safe' and verse 4. Now, go on a scavenger hunt in your yard or park and look for birds. You may even find some feathers. If you find one, hang on to it as a reminder that 'With Jesus, you are safe!'

LESSON 2

MAIN POINT:

With Jesus, I am strong!

SCRIPTURE:

Read Psalm 91

LESSON:

Yesterday, we learned that 'With Jesus, I am safe.' Isn't that awesome?! As you've thought about that, do you have any stories to share? Or maybe God spoke something to your heart that you want to tell the family about?

Because I am safe with Jesus, I am also strong. Jesus' strength becomes my strength. Philippians 4:13 tells you and me that we can do ALL things through Christ who strengthens us. 'With Jesus I am strong.'

Have you participated in an arm wrestling match? Ok, let's do one right now! Me against you.

Sometimes life is like you're in an arm wrestling match - instead of you vs. me (adult vs. kid) it's you against your sin, or your bad day, or the hard things happening in your life.

On your own, you just can't win because sin is too strong, or the temptation to have a bad attitude is too big. But what would happen if it was you + Jesus vs. the world in a wrestling match? Would you win? Of course you would, because 'With Jesus, you are strong!'

Look at verses 11-13 in Psalm 91 - God sends angels with special orders to protect, keeping your feet from stumbling. We're reminded again here that with Jesus, we're not guaranteed that hard times won't come, but we ARE guaranteed that when we face the hard times with Him - nothing can separate us from His strength and love.

ACTIVITY:

Think about this truth, 'With Jesus, I am strong'. Today you are going to do a little exercise. Can you do 10 jumping jacks, 10 squats, 10 pushups, and 10 sit ups - all while saying the phrase - 'With Jesus, I am strong?' - let's go!



LESSON 3

MAIN POINT:

With Jesus, I am known!

SCRIPTURE:

Read Psalm 91, emphasis on verses 14-16

LESSON:

Isn't God awesome?! So far, we have learned that 'With Jesus, I am safe and I am strong.' How does it make you feel to know that you are safe and strong with Jesus?

Today's main point is so powerful, 'With Jesus, I am known.' Have you ever walked into a room and no one knew your name? Or maybe you've been in a room where people knew your name, but they just didn't talk to you or acknowledge that you were there? It can feel pretty crummy and sad to not feel known.

I love what the Bible says in verse 15, when we call to Jesus - he answers us! He rescues us! He knows who you are! My daughter, who is ten, read this verse and she said this: 'God knows every time you cry for help. He always knows what you need. He is never surprised. God never has to wonder what to do next.'

Woah. Think about that for a minute. You are known by God. And everything you need will be given to you by Him. You might be facing some tough things today. Maybe you are being bullied. Whatever you are facing, please, please, please remember today that GOD knows you and he will answer your cry for help every time you call him.

ACTIVITY:

Think about this truth, 'With Jesus, I am known'. Get a pencil or pen and a piece of paper. Write God a letter telling him what you need help with. Share your letter with a trusted adult.

Dear adult: This is an exciting opportunity to see inside your child's heart. Please handle these conversations with tenderness. Ask God for help and use this opportunity to speak life into your child's life. Take time to pray with your child after sharing their letter with you.



LESSON 4

MAIN POINT:

With Jesus, I have nothing to fear!

SCRIPTURE:

Read Psalm 91, emphasis on verses 5-6, 9.

LESSON:

Day 4 and we are learning so much! With Jesus, you are safe - you are strong - you are known! In today's lesson we are going to learn that 'With Jesus, I have nothing to fear!'

Tell me about a time you have been afraid? Now let's read verses 5-6 and 9 together. The Psalmists is reminding us that we do not have to fear anything! I love 2 Timothy 2:17 where we are promised that 'God did not give us a spirit of fear but of power, love and a sound mind'. This is a great verse to memorize!

Have you ever seen the movie 'The Incredibles'? Let's think about Violet from that movie. Her superpowers are that she can become invisible AND she can create a forcefield around her. A forcefield is a barrier made of energy to protect someone or something. When we have Jesus in our heart and we are living for him, it's like we have a built in forcefield all around us. How cool is that? We don't have to be afraid of a single thing because Jesus is our protection. Our barrier of protection isn't made up of energy, our barrier of protection is JESUS HIMSELF.

There is a lot in our life and in the world that can be scary and make you afraid. Jesus doesn't want you to live in fear. It's one of the reasons God sent his son, Jesus, to the world. So that we could live free of sin, free of shame and free of fear. If God is for you, who can be against you?

If you've never asked Jesus into your heart - today would be a great day. It's pretty simple too. If you know that you need Jesus, let's pray together.



LESSON 4 (continued):

'Jesus, thank you so much for dying on the cross for me. I know that I am a sinner and I want to live for you. Please come into my heart, wash my sins away and make me a new person. I love you so much.'

I am so proud of you! Jesus is your protection and you have nothing to fear.

ACTIVITY:

Think about this truth, 'With Jesus, I have nothing to fear'. Time to build a forcefield! Get some paper/crayons or use blocks or Playdough - this is your chance to get creative. Draw or build yourself surrounded by a forcefield.

LESSON 5

MAIN POINT:

Jesus is my superhero!

SCRIPTURE:

Read Psalm 91, emphasis on verse 14.

LESSON:

It's our final day to read Psalm 91 together, friends! But, let us remind you that you can keep reading it as a family on your own for as long as you'd like. This week we've learned that 'With Jesus: I am safe, I am strong, I am known, and I have nothing to fear.' Our final main point is this: **JESUS IS our SUPERHERO.**

Do you have a favorite superhero? Tell me about them. What makes a superhero super?

I love all those descriptions. Now, tell me, what makes Jesus super?

He saves us, He is strong, he forgives our sins, he is always with us, he is our friend, he loves us, he never lets me down...

Wow - we really could go on and on about the goodness of God. When I read this whole chapter in the Bible, I think 'he is our hero!' Jesus saves and rescues us. Jesus delivers and heals us. Jesus is more than enough for me. We are safe and secure in the arms of Jesus.

As we close out these lessons, read Psalm 91 one more time. But this time, insert your name (or your kids name or family name)...

Paisley, those who go to God Most High for safety will be protected by God All-Powerful.

² *I will say to the Lord, "You are my place of safety and protection.*

You are my God, and I trust you."

³ *God will save Paisley from hidden traps and from deadly diseases.*

⁴ *He will protect Paisley like a bird spreading its wings over its young.*



LESSON 5 (continued):

- His truth will be like your armor and shield.*
- ⁵ *Paisley, you will not fear any danger by night
or an arrow during the day.*
- ⁶ *You will not be afraid of diseases that come in
the dark
or sickness that strikes at noon.*
- ⁷ *At your side 1,000 people may dies,
or even 10,000 right beside you.
But you will not be hurt.*
- ⁸ *You will only watch what happens.
You will see the wicked punished.*
- ⁹ *The Lord is your protection, Paisley.
You have made God Most High your place of safety.*
- ¹⁰ *Nothing bad will happen to you.
No disaster will come to your home.*
- ¹¹ *Paisley, he has put his angels in charge of you.
They will watch over you wherever you go.*
- ¹² *They will catch you with their hands.
And you will not hit your foot on a rock.*
- ¹³ *Paisley will walk on lions and cobras.
You will step on strong lions and snakes.*
- ¹⁴ *The Lord says, "If Paisley loves me, I will save her.
I will protect those who know me.*
- ¹⁵ *Paisley will call to me, and I will answer her.
I will be with Paisley in trouble.
I will rescue her and honor her.*
- ¹⁶ *I will give Paisley a long, full life,
She will see how I can save."*

ACTIVITY:

Think about this truth, 'Jesus is my SUPERHERO!' Final activity - make a list of 5 friends who need to know that Jesus is your hero. Put your list in a place where you will see it often and pray for your friends every day. Pray that God will give you an opportunity to talk about how much Jesus means to you.