

Staying Under God's Shadow

Psalm 91

MEMORY VERSE

PSALM 91:1

“He who dwells in the secret place of the Most High shall abide under the shadow of the Almighty.”

WHAT YOU WILL NEED:

A flashlight.

One black and one white piece of construction paper per child, a flashlight, pencils, masking tape, scissors and white crayons.

Three to four large potatoes.

ATTENTION GETTER!

Stay in the Shadow

To introduce our memory verse and our lesson today have the children play this fun game. You will need a strong flashlight. Have the children pair up with a partner. Explain that you will turn the lights out. Each pair will take turns. One child from the pair will stand in front of a wall. The lights will be out and the flashlight will be shining on them. This will produce a shadow on the wall. The first child can do various movements (for example, jumping jacks, dance steps, shadow animals, etc.). The partner's job will be to mimic as best as possible what the first child is doing. Give each pair about a minute. As the children are doing this let them know that they will vote which pair is the best “shadow follower.” After everyone has gone take the vote. The only rule is that they can't vote for their own pair. Declare a winner.

Introduce today's lesson. Explain that **God is our protector**. We need to stay in His shadow all of the time and imitate Him. That's the safest place we can be in life.

LESSON TIME!

It is not clear whether the author of this Psalm was Moses or David, however we do find that he was a man who understood the blessings and promises given to those who live their lives in close fellowship with Almighty God. We will learn from this Psalm about the power and strength given to every believer. All we need to do is place our trust in God and live continually in the presence of the Lord.

Living the Christian life is more than just saying that we believe in Jesus. It means that we put our complete trust in Him in every area of life. It also means that when we become afraid in this world, and there will certainly be times that we are afraid, we rest in His protection. When we place our trust in God, we will find that **God is our protector.**

PSALM 91:1-2

He who dwells in the secret place of the Most High shall abide under the shadow of the Almighty.

I will say of the LORD, “He is my refuge and my fortress; my God, in Him I will trust.”

Psalm 91 begins by showing us four places that we can hide out in when we are frightened. These are all used to describe the security we find in the Lord. These are places we can go when we are frightened in this world. We learn that we can go to the “secret place,” and the “shadow of the Almighty.” We also see that the Lord is our “refuge” and “fortress.”

This secret place is a place where no one except you knows. Why is that so important? When we put our trust in God, He will protect us and make a safe place for us to hide when we are afraid or facing problems from others.

The “shadow of the Almighty” shows us that the Lord, who is larger than anything we can imagine, will hide us in His shadow (that is too big to imagine). Again it is a place that we can hide out in. We don’t have to worry about our problems or enemies. The Lord will be our protector.

This refuge is a place we can run to. It is a safe place that protects us from harm. The Lord is a fortress, and He is very strong. He has the ability to protect us from anything that comes our way.

The blessings of this wondrous protection are only for those who seek close fellowship with the Lord and desire to abide in Him. God desires to bless us, but we must be willing to follow the Lord and live according to His Word. Then we will possess every promise that He gives us. Just as the Lord told Joshua in Joshua 1:11, “Possess the land which the Lord your God is giving you to possess!” We need to be doers of the Word, and not hearers only, deceiving ourselves (James 1:22). Those who call themselves Christians yet continue to live for themselves (grieving the Holy Spirit of God by their sinful ways) are not possessors of these special blessings of security. **God is our protector.**

Where do you turn when you need protection? We learn from this Psalm that God is our protector and we should always run to Him for our shelter and help. When we make the Most High our home (dwelling place) we can proclaim like the Psalmist that “He is my refuge and my fortress; My God, in Him I will trust.” Not only can we say that God is our protector, we can trust in Him completely. When we desire to get to know God through a personal relationship with His Son, Jesus Christ, we can say with the Psalmist “My God.”

Shadow Silhouettes

For this craft you will need one black and one white piece of construction paper per child, a flashlight, pencils, masking tape, scissors and white crayons. Draw a silhouette of each child. Have

each child sit with their side to a smooth surface/wall. Have your assistant hold and shine a flashlight onto the child. Hold up the piece of white construction paper on the smooth surface. Have the child sit close enough to the wall to make a shadow. Trace the side view of their face with a pencil.

Give each child a piece of tape with a number on it. Write that same number on their picture, but not their name. Keep their paper. When everyone's silhouette is drawn mix them all up and pass them out. See if each person can guess whose shadow silhouette they received.

After guessing have everyone claim their own shadow silhouette. Cut the silhouette out on the pencil lines. Glue onto black paper. With a white crayon write the theme and/or verse on the back of the black paper.

PSALM 91:3-6

Surely He shall deliver you from the snare of the fowler and from the perilous pestilence.

He shall cover you with His feathers, and under His wings you shall take refuge; His truth shall be your shield and buckler.

You shall not be afraid of the terror by night, nor of the arrow that flies by day,

nor of the pestilence that walks in darkness, nor of the destruction that lays waste at noonday.

Not only does God promise to be our hiding place and refuge but He will protect us from the enemy, Satan. In verse 3, evil is described as a "snare" which is like a trap. In the presence of the shelter of God, we find protection and are given wisdom that makes us aware of such traps of wickedness.

In the New Testament we find that the Lord provides us with the armor of God to protect us from the enemy. The devil is going through this world seeking whom he may devour. He wants to devour us! God is our protection and help when we are tempted or going through spiritual warfare. We have to remember to turn to the Lord when the enemy attacks us.

Verse 4 tells us that we will be protected by God's truth. In the book of Hebrews 4:12-13 we are told, "For the word of God is living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow and is a discerner of the thoughts and intents of the heart. And there is no creature hidden from His sight, but all things are naked and open to the eyes of Him to whom we must give account." It is by studying God's Word and applying it to our lives that we will find protection from the enemy. **God is our protector.**

Have you ever been afraid at night? Sometimes it can be kind of scary. Did you know that when we are afraid, we can go to the Lord? He will always help us. These verses tell us that we can go to the Lord and be protected from fear, from sickness, and from our enemies. What a great promise to know that the Lord is our protector and Helper.

PSALM 91:7-8

A thousand may fall at your side, and ten thousand
at your right hand;
but it shall not come near you.

Only with your eyes shall you look, and see the
reward of the wicked.

The Psalmist goes on to tell of the protection that a seeker of God has even in the midst of the most terrible of times. Even though there may be plagues or war going on right around us, we are protected from harm.

The wicked will one day be judged, but the child of God never has to worry about this judgment. They will always remain standing in that judgment because their hope and trust is in God.

Even though the Psalmist was watching evil take place all around, he could say with confidence "but it shall not come near you." The Lord wants us to be assured that evil will not prevail or win out. Believers in Christ will suffer, but we will not be judged like the wicked. Suffering in Christ is only in this lifetime, but those who continue to turn their hearts away from the true and living God will suffer in hell for all eternity. In 1 Peter 5:10 we are told "...may the God of all grace, who called us to His eternal glory by Christ Jesus, after you have suffered a while, perfect, establish, strengthen, and settle you." **God is our protector.**

PSALM 91:9-10

Because you have made the LORD, who is my refuge,
even the Most High, your dwelling place,

No evil shall befall you, nor shall any plague come
near your dwelling;

The Psalmist knew that God desired to reward those who place their faith and trust in Him. In this verse, the original meaning of "dwelling" referred to tent. Even though a tent has a frail covering, it would prove to be a sufficient shelter from harm of all sorts. It does not matter where we live, if our soul has made its home with God Almighty, no evil will come near us.

This is not to mean that we will not suffer as Christians, but we will know that no matter what our circumstances may be "...that all things work together for good to those who love God, to those who are the called according to His purpose" Romans 8:28. When we trust in God, even things that seem to be hard and bad have a good purpose. God is in control and knows what is best for us. God is our protector

PSALM 91:11-13

For He shall give His angels charge over you, to keep you in all your ways.

In their hands they shall bear you up, lest you dash your foot against a stone.

You shall tread upon the lion and the cobra, the young lion and the serpent you shall trample underfoot.

God is not speaking of one angel here, but is referring to all His angels to have charge over us. When we are seeking to truly follow the Lord and continually make Him our home, He will command His angels to watch over us in all our ways. These heavenly warriors will guard a child of God from tripping over stones that could lead to larger dangers and keep us safe from the fiercest and most cunning attacks of the enemy. The child of God who keeps his heart right with God is promised this sweet yet strong security. **God is our protector.**

PSALM 91:14-16

“Because he has set his love upon Me, therefore I will deliver him; I will set him on high, because he has known My name.

He shall call upon Me, and I will answer him; I will be with him in trouble; I will deliver him and honor him.

With long life I will satisfy him, and show him My salvation.”

The Psalmist ends with the Lord speaking directly to His child. God is telling us that He will be present at all times for the child who makes Him their abiding place. It is not because we deserve for

God to save us. We do not. It is because He loves us and knows our heart that He chooses to bless us and deliver us from difficult situations. **God is our protector.**

Not only does God deliver us because we love Him, He will place us upon a high place, far above any danger or fear. It is when we love Him that we trust Him and He honors that love by taking us to His higher place. It is one thing to try to climb to be closer to God, it is quite another for Him to take us and place us there. God's salvation and protection is completely from Him (GRACE) and not something we can earn by being good.

The Lord first calls us and then we respond to Him (verse 15). It is through prayer that we learn to listen to God and to pray according to His perfect will. Through prayer God promises to show His favor upon us in being with us in times of trouble. And, as we honor Him, He will honor us.

The last verse of this psalm brings a double blessing to all that call upon the name of the Lord and make Him their dwelling place. First He will bless with a long life that is satisfying. The world's delights will not be able to turn the true believer of God away from making Him their home. And lastly, the person who lives in the Lord will know the glory and grace of the salvation of His precious Son, Jesus Christ. **God is our protector.**

The Great Potato Race

Play this fun relay race if you have finished your lesson and still have time. Sometimes it isn't easy to run this race that we have been called to run. But when we rely on the Lord and our brothers and sisters in Christ we can win! You will need at least three big potatoes.

Divide the class into two or three teams depending on the size of the class. Have everyone stand at one end of the room. Have the

first person on each team place a potato between their legs, just above the knees. When you say go they have to get across the room without dropping the potato. You can decide whether or not they have to start over if the potato falls. When they get to the other side and back have them give the potato to the next person and finish the relay race. Keep playing until everyone is done.

PRAYER

Lead the children in a prayer of thanksgiving that **God is our protector**. If any of the children are struggling with fear about an issue spend time together in prayer for one another that the Lord would help them not to fear. If there are any children who have not yet responded to the gospel, give them opportunity to do so.