

# GOD is our REFUGE

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“The Lord is good,  
a refuge in times of  
trouble.  
He cares for those  
who trust in Him.”

Nahum 1:7

## TRUTH SEEKER



## ACTIVITY

Written & Illustrated  
by Anita Brandon

## “Teachable Moments”

These learning activities are designed to provide you with opportunities to find out how your child is handling the difficult situations or changes in life. Herein you will discover a wealth of valuable truth from GOD’S Word that will help guide your discussions for learning to think accurately about our GOD and relationship to Him.

- ★ Personalize the discovery of *who GOD is* by doing the “MY” Game together. (see the activity sheets)
- ★ **Simple Truths** provides Biblical truth for questions children often think about or ask. Read the scriptures aloud so your child can begin to discover how valuable and practical the truth of God’s Word can be.
- ★ Enjoy singing together: *A Shelter in the Time of Storm*
- ★ **Build a Fort/Tent Activity:** Depending on the weather, this could be done outside. Help your child build a shelter (popular kid’s play). As you do, it provides an opportunity to talk about the *purpose* of a shelter like this. For fun, play a game of “Tag” and remind them that their shelter is a “safe place”. Observe carefully what your child does. If they run to the shelter, this might be a great opportunity for further discussion.
- ★ Memorize any of the selected verses that would serve as a great reminder of how to handle the storms of life.
- ★ Ask your child if there are any “storms” in their life at the present time; perhaps you could share from personal experience and apply Phil. 4:6 & 7 by praying together.

(Permission granted to make extra copies of coloring or game page for other children in the family as needed.)

# Simple Truths

1 There will be difficulties or storms in life.

## *Do bad things happen because I am sinful?*

No. The whole world was cursed because of Adam and Eve's disobedience. These difficult storms or troubles in our sinful world are the consequence of sin, but they also provide opportunities for God to be glorified by the way we respond. (Rom. 8:18-21)

2 Fear is not a sin.

## *Is fear a sin?*

- The result of false or incorrect thinking is FEAR.
- The TRUTH sets us free. Jesus said, "If you hold to my teaching . . . then you will know the truth, and the truth will set you free." (John 8: 31, 32)

3 GOD is my **ROCK** and **REFUGE**.

## *Is this the TRUTH?---YES*

"My salvation and my honor depend on God;  
**He is my mighty rock, my refuge.**

Trust in Him at all times. . . pour out your hearts to Him, for God is our refuge." (Psalm 62:7, 8)

4 I can choose to FEAR or to TRUST GOD.

## *What should I do when I am afraid?*

"When I am afraid, I will trust in You.  
In God, whose word I praise, in God I trust; I will not be afraid . . ." (Psalm 56:3, 4)

## A Shelter in the Time of Storm

(W) Vernon J. Charlesworth

(M) Ira D. Sankey (1885)

Arr. by Anita Brandon



### Chorus



## Other Verses

2) A shade by day, defense by night---  
A shelter in the time of storm.  
No fears alarm, no foes affright---  
A shelter in the time of storm.  
(chorus)

3) The ragging storms may round us beat---  
A shelter in the time of storm.  
We'll never leave our safe retreat---  
A shelter in the time of storm.  
(chorus)

4) O Rock divine, O Refuge dear---  
shelter in the time of storm.  
Be Thou our helper ever near---  
A shelter in the time of storm.  
(chorus)

# "MY" Game

Draw a circle around each "my" you see, and then draw a line under the word(s) that tell what is yours (See the example below).

Now read this scripture aloud, you or a parent, and say the circled and underlined words with a louder voice.

“. . .The LORD is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge, my shield and the horn of my salvation. He is my stronghold, my refuge and my Savior--from violent men you save me.” II Samuel 22:2 & 3

Why should I talk to God in prayer?

“I call to the LORD, who is worthy to be . . .” II Sam. 22:4



4    7    1    6    5    3    2

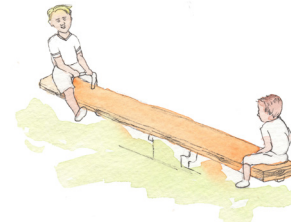
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# Word Pictures

God is my . . .

**Refuge** in a storm.

Draw an umbrella over the little girl to keep her dry.

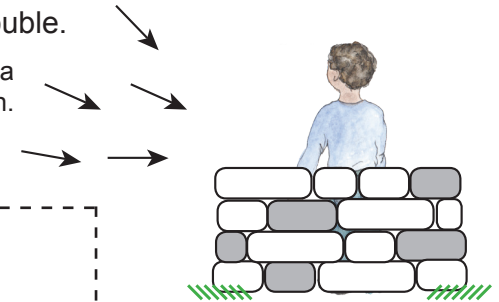


**Shade** from the heat.

Draw a tree to give shade for the children.

**Fortress** in time of trouble.

Add more stones to build a strong tower for protection.



**Hiding place and shield.**

Draw a cave in a big rock or a tent.

# WORD SEARCH

(Read & Discover the Word)

“Taste and see that the LORD is good; blessed is the man who takes \_\_\_\_\_ in Him.” Psalm 34:8

“God is our refuge and strength, an ever-present help in \_\_\_\_\_.” Psalm 46:1

“You are my refuge and my \_\_\_\_\_; I have put my \_\_\_\_\_ in your Word.” Psalm 119:114

“You have been a refuge for the needy. . . a \_\_\_\_\_ from the storm and a \_\_\_\_\_ from the heat. . . .” Isaiah 25:4

“The LORD is a refuge for the oppressed, a \_\_\_\_\_ in times of trouble. Those who know Your name will \_\_\_\_\_ in You, for You, LORD, have never forsaken those who seek You.” Psalm 9:9 & 10.

“Since You are my rock and my \_\_\_\_\_, for the sake Your name, lead and guide me.” Psalm 31:3

“But let all who take refuge in You be glad; let them ever sing for joy. Spread your \_\_\_\_\_ over them, that those who love your name may rejoice in You.” Psalm 5: 11

(Find and circle the Word)

H	I	P	F	A	U	S	M	S	E
S	T	R	O	N	G	H	O	L	D
H	R	O	R	M	U	A	T	G	U
R	U	T	T	A	F	D	H	D	S
E	S	E	R	S	T	E	S	B	H
F	T	C	E	O	R	S	H	H	E
U	D	T	S	H	U	G	I	D	L
G	A	I	S	P	S	B	E	O	T
E	H	O	P	E	T	R	L	R	E
S	U	N	N	T	A	P	D	E	R

## Words that Describe

Circle with **RED** pencil, all the words that describe the MIGHTY ROCK.

How is GOD like a MIGHTY ROCK?

Circle with **BLUE** pencil, all the words that describe the REFUGE.

How is GOD like a REFUGE?

GOD is . . .

Immovable  
Dependable  
my Safe Place  
Solid  
my Shield  
my Protector  
Strong  
my Resting Place  
my Hiding Place  
my Hope  
my Shelter

# Which will you choose?

- 1 Read these Bible verses.
- 2 Circle the KEY WORD in the equation below.



“ Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” (Phil. 4:6 & 7)

PRAYER - ~~FEAR~~ = PEACE

**Scripture to Read**--There are many scripture passages that describe the simple truth of God being our ROCK and REFUGE. Out of many, these selected verses from Psalm 62 have been chosen for this activity.

Read these verses together then be sure to pray, thanking God for . . .

Who He is.

What He give us.

### Psalm 62: 1 & 2

“My soul finds rest in God alone; my salvation comes from him.

He alone is my rock and my salvation; He is my fortress, I will never be shaken.”

### Psalm 62: 5 - 8

“Find rest, O my soul, in God alone; my hope comes from Him.

He is my fortress, I will not be shaken,

My salvation and my honor depend on God; He is my mighty rock, my refuge.

Trust in Him at all times. . . pour out your hearts to Him, for God is our refuge.”

Trusting God and talking to God in prayer are the two things you can do to protect your heart from Fear and guide you to God’s PEACE.



FEAR will stop you. Trust & Pray will show the way.