



Family Time with God

Week 1—A Guard for Our Hearts

YOU WILL NEED: 1 flashlight and your Bible marked at Psalm 18:1-2 and Psalm 119:11.

GET STARTED

Have your family “ransack” the house to get pillows, blankets, chairs, and whatever else they can find to build a fort. Take your time making it and let your kids be creative with it. (For example, they might want to make a tunnel entrance.) Build it big enough for everyone to fit inside.

From inside the Fort use your flashlight to read Psalm 18:1-2.

ASK: How is God like a fort (fortress, stronghold) for you? (In old days people went inside a fortress to be safe. Its walls protected them from harm. God is a shield for those who follow Him and like a fort, you are safe in Him.)

ASK: What other kinds of protection does God give us?

SAY: God also gave us His Word, the Bible, as a guard for our hearts.

From inside the Fort use your flashlight to read Psalm 119:11.

ASK: What do you think this verse means by “I have hidden your word in my heart”? (It means I have done more than just heard God’s Word—I have given the things I have heard and learned and memorized a place in my heart and a place in my life to guide my actions.)

ASK: What’s the result of putting God’s Word in our hearts? (It guards us from sinning against Him.)

ASK: How do you think God’s Word helps us not to sin? (It tells us how God wants us to live, how to overcome temptation, what to do in different situations—It’s our Guide for living.)

SAY: God wants us to do more than just carry our Bibles to church on Sunday. He wants us to learn it and live it.

Hold up your Bible.

REPEAT after you: "Learn it and Live it!"

SAY IT in a whisper: "Learn it and Live it!"

SAY IT as loud as you can: "Learn it and Live it!"

SAY IT in a country voice: "Learn it and Live it!"

SAY IT in a weird voice: "Learn it and Live it!"

PRAY that your family will hide God's Word in their hearts and thank God that He has given us the Bible as a guard for our hearts.

After you're done playing in the fort, time your family to see how fast they can tear it down and put everything away. Have fun and enjoy!