

# Family Fridge Fun

## Bible Verse

"The Lord is my strength and my shield; my heart trusts in him, and I am helped."

Psalm 28:7

Make "strong" arms for the word "strength," shield yourselves for "shield," hug yourselves for "trust," and jump up for "helped." Repeat the verse and do the motions until you're tired!



## Get into the Bible

- Read Psalm 34:8-10. What does God promise? Thank Him together today!
- Read Psalm 73:25-26. The writer is talking to God. Who is the One we can count on when we become sad and discouraged? Talk about times God has helped you.
- Read 1 Peter 5:6-7. Brainstorm a list of things your family might consider anxieties or worries. Read the list aloud as a prayer—and then throw it away!

## Big Idea

I can have faith in God's care, even when I feel discouraged.



Check out 1 Kings 19:1-18. **Who do you like to talk to when you feel sad or discouraged?**

## Connecting to Jesus

The Bible says that Elijah traveled for 40 days and 40 nights, without eating, to reach the mountain of God. That's the same amount of time Jesus spent in the wilderness with no food to eat. In the Bible, these stories remind us that God will keep His promise to love and provide for us. The best way God showed His care for us was by sending Jesus to die and live again so that our sins can be forgiven.

## Just for Fun

Do a little strength testing! Use dumbbells or cans of food to see who can do the most repetitions of biceps curls with one hand.

Who did you think would be the strongest? Were you right? Why do you think that person is strong? I'm glad God's Word says that God is strong. Even when we feel weak, we can count on His strength!

