



RLA Kids Weekly Devotional Guide

September 13, 2020

Remember: this guide is meant to help facilitate conversations and engagement with Jesus throughout the week, so don't feel like you need to do this all in one day!

What We're Learning This Week

"GOD IS OUR REFUGE" PSALM 46

Our lesson this week comes from Psalm 46, where we are learning about how God is safe, stable, and sovereign. We talk about how God is with & how He calls us to put our trust in Him.

Before we meet together on Sunday

- Initiate and/or continue conversations as a family regarding everything going on in our world today, how your kids are feeling and processing it all, and how they can still trust in the promises of God through it all. Read through the [Family Resources for Current Events](#) page for equipping and resources for all of that.

After the kids watch the video on Sunday

Discipleship Through Scripture and Conversation

- Talk to your kids about the Bible lesson they watched on video. Ask them to explain what they learned/what stuck out to them in the video, and expand upon the truths of the Bible that they are bringing up. Some helpful conversations this week could be:
 1. Verses 1-3 highlight how God is safe.
 - How is God a place of safety? Does that mean other things in the world aren't scary? How can we engage with things that we are fearful about while also knowing that God is our protector and our refuge?
 2. Verses 4-7 highlight how God is stable.
 - What does it mean that God is stable? What ways does the world seem unstable around us? What are things that make you anxious? How does the stability and peace of God speak into that?
 3. The final verse highlight how God is sovereign.
 - What does it mean that God is sovereign? How does God's incredible power make you feel protected and rested? What does this scripture mean when it says to "be still and know that He is God"?
 4. Additional resources for Preteen students:

- Watch [this video](#) from the Bible Project on the book of Psalms.

Discipleship through prayer

- Spend time this week praising God for His Word and specifically for the truths of Psalms! Pray for a deeper trust in the safety, stability, and sovereignty of God. Confess the ways you have not or are not able to trust these promises, and ask God to help you grow in a deeper trust of God. Continue to pray for everything surrounding the coronavirus and racial equality in our country - for safety, for healing, for unity, and for specific people you can serve as a family.
- Ask each member of your family - adults included - to share one thing they would like prayer over. Have someone to pray for that person's request. Encourage your family to pray for that person for the entire week.

What's Coming Up?

- Follow us on Instagram for daily story time! Our handle is [@RealityLAKids](#)
- Stay connected by joining the [RLA Kids page on RLA Connect](#)
- Continue to be informed through the [Family Resources for Current Events](#) page for equipping and resources for all of that.

Do Your Kids Have Questions About the Video? Want to See Something on the Videos?

We love hearing from you! You can email kids@realityla.com at any time with any feedback or questions that your kids have about the video lesson (or any of your thoughts)...we would love to read some on our next video and answer them! We also them want to see us be silly, so send suggestions in and we will see what we can do. We also love to be praying with and alongside your family, so please send over prayer requests as well (those will be kept off screen, we just want to pray with and for you.)