

Family Lesson

WEEK
3

Psalms 23: Dark Valleys

Lesson Materials: Bible, glue dots, gray paper, green grass from Week 1

Bible Story: Psalm 23:4; Exodus 13:17-22

Need to Know: *God is with us in hard times.*



Circle Up

Use this time to gather together and get everyone talking.

ASK

- Would you rather look at clouds or a fire? Why?

Encourage each family member to take turns answering.

SAY

Today we will find out how God is with us in hard times. Hold up a piece of gray paper. Doesn't it remind you of a shadow? Today, we will be reading a story about how God was with his friends in hard times. We will hear how he lead his friends using clouds and fire.

CREATE

Materials Needed: Bible, glue dots, gray paper and the grassy field from week 1
Create shadows in your field with the gray paper and glue dots.

Watch

Watch today's teaching video [here](#).

ASK

Your Elementary Schooler:

- * What do you think were the hardest things Bryan had to go through?
- * How did you see God at work even though Bryan had a hard time?

ASK

Your Preschooler:

- * What is something hard you have had to do?
- * Do you know God is with you when you have hard times?

Have Fun Together

READ

Use these activities to have fun together while learning about God.

Materials Needed: Bible, paper grocery bags, small stuffed animals, facial tissues, adhesive bandages

Easy Prep: Place a stuffed animal, a facial tissue, and an adhesive bandage in the paper bag.

Read Psalms 23:4; Exodus 13: 17-22 together.

Today we heard that God was with his friends in a hard time. They knew God was there because they saw the cloud in the daytime and a column of fire at night. Even in the dark, they knew they were never alone. God is right there with us in hard times, too. Use the paper bags containing the stuffed animals to think more about hard times.

Talk about storms

- When there's a really bad storm, we might feel scared. What is in the bad that can help us when we're scared in a storm? A stuffed animal can make us feel better when we hug it. Remember, God is with us when we're scared. He takes care of us and helps us feel better.

Talk about sad times

- People sometimes do things that are unkind. Talk about a time when someone wasn't kind to you.

When people are unkind to us, it is sad. You might even cry. Look in the bag and see what we can use when we cry. Show how a tissue can help us when we cry. What helps you when you're sad? We know God is with us when we're sad. His love can help us feel better.

Talk about getting hurt

- Sometimes we get hurt while we're playing. Share a story of a time you were hurt while playing. Look in the bag to find what you can use for a cut or a bruise.

God is with us when we're hurt. He helps us get better. The Bible promises that God is always with us. Read Isaiah 41:10 together. Knowing God is with us helps us in hard times.

Life Application

Materials Needed: Flashlight with streamers, paper cloud

Stand shoulder to shoulder in a circle. Remind your children that **God is with us in hard times.** We heard how **God led his friends using a cloud in the sky during the day and by a fire in the sky at night.** Hold the "fire" and the "cloud" over the kids' heads. Remind them **God is with us in hard times, too.** He led his friends in the Bible, and we can follow him now. Thank God for always being with us.

PRAY

Dear God, thank you for being with us during hard times. Thank you for being with us when we are happy, sad, mad and hurt. Please continue to remind us that you are always with us. In Jesus' name, Amen.