

# Trusting In God's Strength

Psalm 20

## **MEMORY VERSE**

PSALM 20:7

“Some trust in chariots, and some in horses; but we will remember the name of the LORD our God.”

## **WHAT YOU WILL NEED:**

Felt precut into 12”x 24” rectangles, glitter or fabric paint, glue, 1/2” doweling cut into 14” lengths, string or yarn, and scissors.

Four different colors of ribbon or yarn, scissors, and tape.

## **ATTENTION GETTER!**

### **Chain Gang**

Here’s a fun game to demonstrate working together when facing a challenge. The group project is to make a long chain. Tell them that they can use any item they brought to class or items in the classroom to make the chain. For example, children could unlace their shoes and tie the laces to the chain, tie their jackets to the chain, use key chains, or even use their socks! From the classroom, kids might use rubber bands, paper clips, tape, yarn, hangers, or any other safe supply item you have available.

Encourage all of the children to participate by adding whatever items they can find. The key is for them all to contribute something to the “chain.” When the chain is finished, applaud the children’s creativity and cooperation. Take note of creative additions or unusual items. You might want to measure the chain to see how long they made it. Remember to allow some time for “creative cleanup” as they take apart the chain and put the items away.

When we face difficult times and situations, how good it is to be linked together with others, praying for each other. In Psalm 20, David blesses the people of Israel, praying for them in the time of their need.

## LESSON TIME!

Have you ever been faced with a difficult situation that left you feeling hopeless and really sad? When things in our life are going well, we feel well and secure. Perhaps, we become confident in our own abilities, feeling we can control things in our lives through our own strength and resources. Simply stated, we may feel we have everything we need and need no one's help. But, life has a way of bringing us trials that assail our self-confidence. Can we control people who want to harm us? Can we face a financial crisis, a fatal illness, or death itself?

When we stop to think about how vulnerable we really are, fear might grip our heart. We cannot handle every situation. We need the Lord! How thankful we can be that God is with us and for us. He will help get us through the difficult times in our lives. In Psalm 20, King David prays a blessing upon the children of Israel in their time of need and expresses faith in God's saving strength. **Let us trust in God.**

### PSALM 20:1-5

May the LORD answer you in the day of trouble; may the name of the God of Jacob defend you;

May He send you help from the sanctuary, and strengthen you out of Zion;

May He remember all your offerings, and accept your burnt sacrifice. Selah

May He grant you according to your heart's desire,  
and fulfill all your purpose.

We will rejoice in your salvation, and in the name  
of our God we will set up our banners! May the LORD  
fulfill all your petitions.

King David realizes both he and his people are dependent upon the Lord in the “day of trouble.” This Psalm of David may have been written at the time when the Ammonites and Syrians joined together for a battle against King David and his people (2 Samuel 10). If so, David and his people faced a very difficult situation beyond their control, and they needed help!

We, too, can call upon the Lord in the “day of trouble.” All of us will face a day of trouble, sooner or later. We, who are God’s children through faith in Jesus Christ, can come boldly in prayer to the very throne of God to receive mercy and find grace to help us in our time of need (Hebrews 4:16). God is our friend and counselor; He desires to comfort and guide us.

Just as David prayed a blessing upon the children of Israel in time of need, we too, can bless those around us with our prayers. Prayer is a tremendous gift and the Bible encourages us to give this gift to others often. In James 5:16 we exhorted: “Confess your trespasses to one another, and pray for one another, that you may be healed. The effective, fervent prayer of a righteous man avails much.” The apostle Paul sets an example of consistent prayer for the church throughout the New Testament letters. In 2 Thessalonians 1:11 we read, “Therefore we also pray always for you that our God would count you worthy of this calling, and fulfill all the good pleasure of His goodness and the work of faith with power...” And, Paul urges that consistent prayer be offered up for him and the ministry God gave him: “Now I beg you, brethren, through the Lord Jesus Christ, and through the love of the Spirit, that you strive together with me in your prayers to God for me” (Romans 15:30).

In fact, *not* to pray for each other is a sin, a failure to respond to God's purpose for our lives. Samuel understood his responsibility to pray for others. In 1 Samuel 12:23 we read: "Moreover, as for me, far be it from me that I should sin against the LORD in ceasing to pray for you..."

We can do more for each other by praying than by any other means. Through our prayers, we strengthen each other in the battles we face.

## **Hold Up Your Banner to the Lord!**

You will need felt precut into 12" x 24" rectangles, glitter or fabric paint, glue, 1/2" doweling cut into 14" lengths, string or yarn, and scissors.

Give each child a precut felt rectangle to make a banner to hang in their rooms. The banner should be 12" across and 24" from top to bottom. Allow them to alter the shape by cutting it on the bottom to make it look more like a banner (small points, etc., at the bottom). Across the top, place the 14" doweling. Take a small portion of the felt (from the front) and bring it over the doweling, leaving 1" out on each side. Glue this strip to the back of the banner. Next, tie the ends of a 24" piece of string or yarn to each end of the doweling to allow the banner to be hung up.

Now, the children are ready to decorate their banner using the glitter glue or fabric paints. They may write the verse or just write "I Will Trust In God's Strength" on the banner. Allow them to dry; then hang them up.

### **PSALM 20:6-8**

**Now I know that the LORD saves His anointed; He will answer him from His holy heaven with the saving strength of His right hand.**

Some trust in chariots, and some in horses; but we will remember the name of the LORD our God.

They have bowed down and fallen; but we have risen and stand upright.

King David's prayer now becomes one of commitment of himself and the people to the Lord. David had learned from experience he could trust the Lord. God had been faithful to him in the past, and he was convinced that God would be faithful in the future. **Let us trust in God.**

God would answer and save with the saving strength of his right hand. The "right hand" was a symbol of power in Bible times; the left hand was considered weak. David, in the psalms, often expresses his confidence in God's right hand to uphold, strengthen, save, and deliver (see Psalm 16:8; Psalm 17:7; Psalm 18:35; Psalm 37:24).

King David and his people knew where their help came from. How foolish it would have been for them to rely on their military strength and weaponry—to trust in their firepower, rather than God's power. Just as it would have been a big mistake for Israel to rely on their own military might, it is a big mistake for us to rely on our own strengths and abilities. How foolish it is to be looking at what we can do to solve a problem rather than looking at what God can do and committing our circumstances to the Lord.

We will remember the "name of the Lord," David asserted. How beautiful is the name of the Lord. God's name expresses His nature and character. As we ponder God's nature and character—His love, His faithfulness, His ability and willingness to help—our confidence in Him flourishes. Proverbs 18:10 states, "The name of the LORD is a strong tower; the righteous run to it and are safe."

## PSALM 20:9

Save, LORD! May the King answer us when we call.

The Psalm concludes with the short, heartfelt cry of David and his people. Though proud, self-confident people are characterized by prayerlessness, desperate people—people who find themselves challenged, afraid, confused—pray fervently and often.

It is not through “coasting,” but hitting the speed bumps of tragedy and situations that overwhelm us that we learn we must depend upon the Lord. In our desperate situations, we call upon the Lord and He answers. We grow in our awareness of our dependency and God’s faithfulness, and we learn to stay in close touch with Him.

Next time you are faced with difficult challenges or circumstances that overwhelm you, will you trust in God to help you? God is indeed faithful and trustworthy. **Let us trust in God.** He will never leave us or forsake us!

## Safe Zone

The only safe place is with the Lord! Here’s a fun game. Split the children into four different teams. You will need four different colors of ribbon or yarn, scissors, and tape.

Before you begin the game, clear the floor of the classroom. Place one chair in each corner of the classroom. Tape a piece of a different color ribbon or yarn on the wall of each corner. Next, place one group in each corner. Then, cut long enough strips of yarn or ribbon of that color to make armbands for each child. Split the children into four teams represented by four different colors. Each team should start in their color’s corner with the same color armband.

Have each team shift clockwise to the next corner. Let them know that the object of the game will be for all of the team members to get around the room, touching the chair in each color's corner and returning to their own. They need to do this without being tagged. One child will need to be chosen as "it" (teacher or an aide may want to be "it"). They will stand in the middle. When you say "go," the children in the teams will try to get around and touch the next chair without getting tagged by "it." The children are only safe if they are touching a chair. If anyone is not touching a chair, they can be tagged. If a child is tagged, they have to go back to their beginning place and start over. The first team that gets all of their members around the room to their color corner wins.

## **PRAYER**

Lead the children in a prayer of commitment to trust in the Lord when they face difficult challenges. Encourage the children to lift up prayer requests together to the Lord, praying for one another. If there are any children who have not yet responded to the Gospel, give them opportunity.