



# Psalm 56: 3-4 – God has my back!

Watch this video from Crossroads Kids' Club about trusting God  
[https://youtu.be/NUrnkA0DF2g?si=wKLxU4Gm7v6U4Xz\\_](https://youtu.be/NUrnkA0DF2g?si=wKLxU4Gm7v6U4Xz_)



We can't see God but we can trust God always to be with us, to comfort us when we are sad, to guide us when we are not sure of what we should do, and to give us courage when we are afraid or anxious.

For fun, let's play with a different unseen strength, the strength of a magnet. You need some bits of metal (iron or steel such as a nail or screw, safety pins or paper clips), some paint, a thin paper plate and a magnet. You could put the paint in a saucer or a cupcake case and add some water to make it a bit thinner.

Roll the piece of metal in the paint then sit it on the surface of the plate. Put the magnet underneath the plate and move it around. Watch the metal item move around on the surface, leaving a trail of paint behind it. Swap for a different shape piece of metal and a different colour paint. Use your magnet to create a piece of art without touching the object you're painting with. We trust the magnet will attract iron and steel even though we can't see magnetism. We can trust God is always there for us too.



**A prayer for when you are feeling anxious:**

God, help me be brave. Amen

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**A prayer for when you are feeling anxious:**

God, help me be brave. Amen

## Bible Reading

### Psalm 56: 3-4, 10-11 – God has my back!



When I am afraid,  
 I will trust in you.  
 By God's help, I will praise his word.  
 By God's help, I will trust in him.  
 I will not be afraid.  
 People can do nothing to hurt me.

By God's help, I will praise his promise.  
 Yes, by the Lord's help,  
 I will praise his word.  
 I am not afraid,  
 because I trust in God.  
 People can do nothing to hurt me.

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**I wonder what or who helps you to feel brave? I wonder who you trust?**

## Bible Reading

### Psalm 56: 3-4, 10-11 – God has my back!



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**I wonder what or who helps you to feel brave? I wonder who you trust?**