

2019 Lenten Family Prayer Activities



Week 1

Psalm 91

Focus verse – Psalm 91:2

**Say this: "GOD, you're my refuge.
I trust in you and I'm safe!"**

Supplies to gather – blindfolds

Instructions:

- Gather supplies and Bible
- Gather your family together
- Say: Our Psalm today is Psalm 91, let's listen together.
- Ask: Who do you trust completely? Why do you trust them?
- Ask: How do become a trustworthy person?
- Invite the oldest person in your family to put on a blindfold and pair them up with the youngest person in the family. Have the youngest person walk the blindfolded person around the room for a couple minutes. Then have them switch. Next, have other family members do this activity until everyone has had a turn to play both roles.
- Ask: How did it feel to be blindfolded? How did it feel to have to trust the person leading you? How did it feel to lead someone who couldn't see?
- Say: We are kind of like the blindfolded person putting our ultimate trust in God when we can't always see what is coming ahead in life. Our Psalm this week reminds us that God is our refuge, that God keeps us safe.
- Closing Prayer: Invite everyone to close their eyes. Take several deep breaths to calm your mind and bodies. Invite your family to think about the focus verse..."God, you're my refuge. I trust in you and I'm safe!" Repeat the focus verse a couple times with some silence in between.

Reminder for the Week: When you go to bed each night this week, close your eyes and repeat the focus verse.

Psalm 91

¹⁻¹³ You who sit down in the High God's presence,

spend the night in Shaddai's shadow,

Say this: "GOD, you're my refuge.

I trust in you and I'm safe!"

That's right—he rescues you from hidden traps,

shields you from deadly hazards.

His huge outstretched arms protect you—

under them you're perfectly safe;

his arms fend off all harm.

Fear nothing—not wild wolves in the night,

not flying arrows in the day,

Not disease that prowls through the darkness,

not disaster that erupts at high noon.

Even though others succumb all around,

drop like flies right and left,

no harm will even graze you.

You'll stand untouched, watch it all from a distance,

watch the wicked turn into corpses.

Yes, because GOD's your refuge,

the High God your very own home,

Evil can't get close to you,

harm can't get through the door.

He ordered his angels

to guard you wherever you go.

If you stumble, they'll catch you;

their job is to keep you from falling.

You'll walk unharmed among lions and snakes,

and kick young lions and serpents from the path.

¹⁴⁻¹⁶ "If you'll hold on to me for dear life," says GOD,

"I'll get you out of any trouble.

I'll give you the best of care

if you'll only get to know and trust me.

Call me and I'll answer, be at your side in bad times;

I'll rescue you, then throw you a party.

I'll give you a long life,

give you a long drink of salvation!"