



TNCC  
CHILDREN'S  
CHURCH

# PSALM 18

## (Pt 1: God is our Strength)

### HOOK

#### WHO IS THE STRONGEST?

Do you know you can do exercises to make you stronger? Today, we will just do some simple exercises.

[Ask the children do these exercises with you: body weight squats, push-ups, jumping jacks, 15-second plank. Challenge the children to see who can plank the longest etc]

While people may do these exercises to make them stronger, today we are going to go through **Psalm 18** and see how **God is our strength**.

## STORY

Do you remember the shepherd boy named David who became king of Israel?

Even though David was chosen and anointed by God, his life was not a bed of roses. Before David became King, though, many people tried to kill him.

Through it all, David experienced God's supernatural strength. It was not his own strength. It was God's strength.

David wrote many psalms (songs) about His experiences and relationship with God.

Today we will look at Psalm 18, which he wrote when the Lord delivered him from the hand of all his enemies and from the hand of Saul.

Let's read the first 3 verses together:

*[We will look at each of the 3 verses over 3 weeks. Target is to memorise Psalm 18:1-3 by the end of this month]*

**PSALM 18 (NLT)**

<sup>1</sup> I love you, Lord;

you are my **strength**.

<sup>2</sup> The Lord is my rock, my fortress, and my savior;

my God is my rock, in whom I find protection.

He is my shield, the power that saves me,

and my place of safety.

<sup>3</sup> I called on the Lord, who is worthy of praise,

and he saved me from my enemies.

## LESSON: THE LORD IS MY STRENGTH

**FIND STRENGTH IN THE LORD**

When David had bad problems and was tired and sad, he chose to focus on God.

Let's have a look at some of David's problems in **1 Sam 30**:

David was on the run from King Saul who wanted to kill him.

Then the Amalekites attacked the town they were living in (Ziklag) and burned it, taking the wives and children of David and his men captive

David's men were angry with him and even spoke of stoning him.

This was a terrible tragedy. And greatly distressing.

David and his men *wept until they had **no strength** to weep* (1 Sam 30:4).

But David **found strength** in the Lord his God. (1 Sam 30:6)

With God's strength, David and his men were able to pursue their enemies and fight them from dusk(sunset) to the evening of the next day!

With God's strength, David and his men were able to rescue their families and take back all they lost.

This was just one of the many experiences David had of God's strength.

In **Psalm 18**, David writes a lot about God's strength.

(v. 1) I love you, Lord;

**you are my strength.**

(v. 29) **In your strength** I can crush an army;

with my God I can scale any wall.

(v. 32) **In your strength** I can crush an army;

with my God I can scale any wall.

(v.34) *He trains my hands for battle;*

*he **strengthens my arm** to draw a bronze bow.*

(v.39) *You have **armed me with strength** for the battle;*

*you have subdued my enemies under my feet.*

Just as God was David's strength, He is ours too. He is your strength. He is my strength.

Our strength will weaken with time. But God's strength is bigger than all our problems and challenges and will never grow weak!



TNCC  
CHILDREN'S  
CHURCH

# PSALM 18

## (Pt 1: God is our Strength)

### ACTIVITY SUGGESTIONS

#### PSALM 18 THEME SONG

<https://www.youtube.com/watch?v=Qu3-zSRxOQw&feature=youtu.be>

<https://www.youtube.com/watch?v=SL00FOS9H0A&feature=youtu.be&fref=gc&dti=105013486251506> (simplified)

#### RELATED CRAFT/GAME

#### SHARE & PRAY

Kids to break up in small groups to share and pray for one another. Let's take some time to thank God for being our strength.



TNCC  
CHILDREN'S  
CHURCH

# PSALM 18

## (Pt 2: God is our Protection)

### HOOK

#### **PROTECTIVE GEAR**

Prepare some of these items: umbrella, sunscreen, cap, insect repellent, sunglasses, helmet, elbow/knee pads etc

Bring them out and ask the children, "Who know what these items are used for?" Invite volunteers up front to hold the item, identify it and demonstrate/explain what it is used for.

Eg:

Umbrella: Protection from getting wet when it rains

Sunscreen, cap: Protection from getting sunburnt

Insect repellent: Protection from being bitten from mosquitoes

Sun glasses: Protect eyes from harmful effects of sun

The idea is to get the children to think about protection.

## STORY

Last week, we learnt from the lesson that God is our **strength**.

Revise: **Psalm 18:1** *I love you, Lord; you are my **strength**.*

Today we are going to talk about God being our **protection**.

David wrote about the Lord's **protection** in Psalm 18.

**PSALM 18 (NLT)**

<sup>2</sup> *The Lord is my rock, my fortress, and my savior;  
my God is my rock, in whom I find protection.  
He is my shield, the power that saves me,  
and my place of safety.*

Before David became King, God saved him from people who tried to kill him.

King Saul wanted to kill David more than 10 times because he knew he would take over his place as king. Imagine, the most powerful man in the country wanting to kill you! King Saul not only had an army of soldiers, but he could ask all the people in the land to find David. As David had become famous after killing Goliath, people could have easily recognised him and reported to Saul. David had to run from one place to another so that Saul would not find him.

Some of the instances when Saul tried to kill David were:

- Saul throws his spear at David twice (1 Sam 18:11)
- Saul orders Jonathan and his servants to kill David (1 Sam 19:1)
- Saul sends messengers to David's house to kill him and Michal, David's wife helps him to escape (1 Sam 19:11-12)

Saul even attacked and killed those who defended or sided with David

- Saul throws his spear at Jonathan, his son, for defending David, but the spear thankfully did not hit Jonathan (1 Sam 20:33)
- Saul kills Ahimelech, his family (except his son, Abiathar who escaped to join David), and the people living in Nob because Ahimelech defended David (1 Sam 22)

David managed to escape because the Lord protected him. When Saul died, David became the king.

## LESSON: THE LORD IS MY PROTECTION

**ROCK, FORTRESS, SHIELD**

In **Psalm 18**, David gave us these 3 pictures of God as his protection: a rock, a fortress and a shield.

<sup>2</sup> *The Lord is my **rock**, my **fortress**, and my savior;  
my God is my rock, in whom I find protection.*

*He is my **shield**, the power that saves me,  
and my place of safety.*

[Show the children pictures of a rock, fortress and shield.]

**The Lord is my Rock:** During those times, a rock provided shade and protection from the sun. It was hot in the Judean desert.

**The Lord is my Fortress:** Kings built fortresses to protect their cities from invasion and attacks by large armies.

**The Lord is my Shield:** In battles, soldiers protected themselves from being injured or killed by swords, arrows, spears.

Get the children to say out loud:

*The Lord is my Rock*

*The Lord is my Fortress*

*The Lord is my Shield*

You can divide the children into 3 groups and get each group to say one line and swap. As they mention each item, flash the picture so that the children will have the mental picture of each item.





TNCC  
CHILDREN'S  
CHURCH

# PSALM 18

## (Pt 2: God is our Protection)

### THE LORD OUR PROTECTION

What do we need God to protect us from?

- Accidents, injury
- People seeking to harm us, e.g. people who try to be nice to children so that they can kidnap them and get money from their parents
- Diseases
- Natural disasters, e.g. flood (in some countries, you have typhoons, hurricanes, earthquakes)
- Others: *get kids to contribute answers*

When Jesus died on the cross and shed His blood for us, He had already paid the price for our protection.

When you are feeling afraid, say this out loud to **remind yourself**:

*"The Lord is my rock, my fortress and my deliverer"*





TNCC  
CHILDREN'S  
CHURCH

# PSALM 18

## (Pt 2: God is our Protection)

### ACTIVITY SUGGESTIONS

#### PSALM 18 THEME SONG

<https://www.youtube.com/watch?v=Qu3-zSRxOQw&feature=youtu.be>

<https://www.youtube.com/watch?v=SL00FOS9H0A&feature=youtu.be&fref=gc&dti=105013486251506> (simplified)

#### MEMORY VERSE

**Psalm 18:1-2**

*I love you, Lord; you are my **strength**.*

*The Lord is my **rock**, my **fortress** and my saviour."*

[simplified version for younger kids; try using full version for older kids]

#### RELATED CRAFT/GAME

#### SONG

Refuge <https://www.youtube.com/watch?v=l9BbT90NrXg>

#### SHARE & PRAY

Kids to break up in small groups to share and pray for one another. Let's take some time to thank God for being our protection and pray for yourself/ someone else for protection.



TNCC  
CHILDREN'S  
CHURCH

# PSALM 18

## (Pt 3: God is our Saviour)

### HOOK

#### THEME SONG

Revise Psalm 18 theme song.

<https://www.youtube.com/watch?v=Qu3-zSRxOQw&feature=youtu.be>

<https://www.youtube.com/watch?v=SL00FOS9H0A&feature=youtu.be&fref=gc&dti=105013486251506> (simplified)

#### HOOK

Close your eyes. Imagine you are walking in the shopping centre with your parents. You were looking at an interesting toy and didn't realise your parents had walked on. Then you see a strange man looking at you and walking towards you. You think he is up to no good. You quickly try to walk away, but he keeps following you. You start running, and suddenly, you bump into your father. The man sees your father and immediately disappears. What a relief! You were saved by your father!

## STORY

## REVIEW

For the past 2 weeks, we learnt that:

- **God is my strength:** God gives us strength and victory over our problems and enemies  
**Psalm 18:1** *I love you, Lord; you are my **strength**.*
- **God is my protection:** He protects us. When you are feeling afraid, remind yourself by saying that, *"The Lord is my **rock**, my **fortress** and my **saviour**."* (Psalm 18:2)

Today we will see what David said about God being his **savior** (another word is **deliver** — to deliver/save us from harm and danger).

## PSALM 18 (NLT)

<sup>2</sup> *The Lord is my rock, my fortress, and **my savior**;  
my God is my rock, in whom I find protection.*

*He is my shield, the power that **saves** me,  
and my place of **safety**.*

<sup>3</sup> *I called on the Lord, who is worthy of praise,  
and he **saved** me from my enemies.*

<sup>4</sup> *Death had its ropes wrapped around me.  
A deadly flood was carrying me away.*

<sup>5</sup> *The ropes of the grave wrapped around me.  
Death set its trap right there in front of me.*

<sup>6</sup> *In my trouble I called to the LORD.  
Yes, I cried out to my God for help.  
There in his temple he heard my voice.  
He heard my cry for help...*

<sup>9</sup> *He tore open the sky and came down!  
He stood on a thick, dark cloud.*

<sup>10</sup> *He flew across the sky, riding on a Cherub angel  
racing on the wings of the wind ...*

PSALM 18  
(Pt 3: God is our Saviour)

- <sup>12</sup> *Out of the brightness before him,  
hail broke through the clouds with flashes of lightning.*
- <sup>13</sup> *The LORD thundered from the sky;  
God Most High let his voice be heard.*
- <sup>14</sup> *He scattered his enemies with his arrows —  
the lightning bolts that threw them into confusion.*
- <sup>16</sup> *He reached down from above and grabbed me.  
He pulled me from the deep water.*
- <sup>17</sup> *He saved me from my powerful enemies, who hated me.  
They were too strong for me, so he **saved** me.*
- <sup>18</sup> *They attacked me in my time of trouble,  
but the LORD was there to support me.*
- <sup>19</sup> *He was pleased with me, so he rescued me.  
He took me to a safe place.*

What are some of the ways the Lord saved David, based on these verses? *Get kids to share*

Psalm 18 shows how us that however bad our situation is or difficult our problems are, it is not too difficult for God, who is so great and powerful. He is always attentive to our needs and rushes to save us.



### LESSON: THE LORD IS MY SAVIOUR

#### GOD RUSHES TO RESCUE US WHEN WE NEED HELP

God was able to save David although he had so many enemies who wanted to kill him. David saw how much God cared for him, so he wrote about how God rushed to save him (like how your daddy and mummy would rush to save you, too).

Likewise, Jesus' disciples were in a boat when they were caught in a bad storm. Although Jesus was not in the boat, he saw them in trouble and quickly rushed to their rescue by walking on the water. In the end, he calmed the storm. In the same way, Jesus also knows our needs, and He sees us when we are in trouble. He rushes to rescue us when we need help.

#### THE LORD IS MY SAVIOUR

Let us remind ourselves that:

Jesus is not just God and Lord. He is **my** Lord.

He is not just our Saviour. He is **my** Saviour.

He is also **my** Strength, my Rock, my Fortress, my Shield.

When you say the word "my", you are making all these promises yours.

When you are feeling weak, and hopeless, say "Jesus is my Saviour!".

We can only say "Jesus is my Saviour" when we have accepted him as our Savior.

Ask the class if there are any who have not received Him, and pray with them.

## ACTIVITY SUGGESTIONS

## PSALM 18 THEME SONG

<https://www.youtube.com/watch?v=Qu3-zSRxOQw&feature=youtu.be>

<https://www.youtube.com/watch?v=SL00FOS9H0A&feature=youtu.be&fref=gc&dti=105013486251506> (simplified)

## MEMORY VERSE

## Psalm 18:1-3

*I love you, Lord; you are my **strength**.*

*The Lord is my **rock**, my **fortress** and my **saviour**.*

*my God is my rock, in whom I find protection.*

*He is my shield, the power that **saves** me,  
and my place of **safety**.*

*I called on the Lord, who is worthy of praise,  
and he **saved** me from my enemies.*

## RELATED CRAFT/GAME

## SONG

Refuge <https://www.youtube.com/watch?v=l9BbT90NrXg>

## SHARE &amp; PRAY

Kids to break up in small groups to share and pray for one another. Let's take some time to thank God for being our saviour.

## REVIEW

## THEME SONG

Revise Psalm 18 theme song.

<https://www.youtube.com/watch?v=Qu3-zSRxOQw&feature=youtu.be>

<https://www.youtube.com/watch?v=SL00FOS9H0A&feature=youtu.be&fref=gc&dti=105013486251506> (simplified)

## READ

Let's read through Psalm 18:1-3 together again.

## PSALM 18 (NLT)

<sup>2</sup> *The Lord is my rock, my fortress, and **my savior**;  
my God is my rock, in whom I find protection.*

*He is my shield, the power that **saves** me,  
and my place of **safety**.*

<sup>3</sup> *I called on the Lord, who is worthy of praise,  
and he **saved** me from my enemies.*

## REVIEW

For the past 3 weeks, we learnt that:

- **God is my Strength:** God gives us strength and victory over our problems and enemies  
**Psalm 18:1** *I love you, Lord; you are my **strength**.*
- **God is my Protection:** He protects us.  
**Psalm 18:2** *"The Lord is my **rock**, my **fortress** and my **saviour**."*
- **God is my Saviour:** God rushes to save us when we need help.  
**Psalm 18:3** *I called on the Lord, who is worthy of praise,  
and he **saved** me from my enemies.*

**DAVID'S RESPONSE**

After all that God has done for David, how did he respond?

**Psalm 18:46, 49-50**

<sup>46</sup> *The Lord lives! Praise to my Rock!*

*May the God of my salvation be exalted!*

<sup>49</sup> *For this, O Lord, I will praise you among the nations;*  
*I will sing praises to your name.*

<sup>50</sup> *You give great victories to your king;*  
*you show unfailing love to your anointed,*  
*to David and all his descendants forever.*

Yes, that's right.

David could not help but sing of God's praises to all around him, even to the nations!

When we know all that God has done for us, especially in Christ, we can exalt Him and sing praises to His name!

**SHARE & PRAY**

Let's take time to think and share about how God has been your Strength, your Protection, and your Saviour, and give thanks and praise to Him.

**SONG**

Refuge <https://www.youtube.com/watch?v=l9BbT90NrXg>