

FAMILY PRAYER ACTIVITY



BIBLE READING

psalm 55:22 (NIV)

Cast your cares on the Lord and he will sustain you; he will never let the righteous be shaken.

PRAYER

Dear Lord,

You are strong and loving God. When we feel weak or find things hard, please help us always to remember we can rely on your strength. Thank you for our church family who are also there to support us.

Amen.

ACTIVITY

A Balancing Act.

Ask everyone to find a space, ask them to lift one leg to balance on the other leg. See how long they can balance on one leg. Now change over legs and balance on the other one. Who found it easy and who found it hard? Was it easier on the right or left leg?

No matter what you do or what you are feeling or thinking the Lord will keep you up, giving you strength and supporting you. You can be strong through him. Nothing can shake you when you trust in him.