

[Never Be Shaken](#) (taught in April 2018 and also one of our 2019 VBS songs)

**Psalm 62:1-2** My soul finds rest in God alone; my salvation comes from Him. He alone is my rock and my salvation; He is my fortress; I will never be shaken.

*Optional discussion questions:*

- What is a psalm? Old Testament or New Testament? Who wrote this psalm? (David) Who is David? (It seems that David wrote this psalm while he was king, and that it was during a time when people were trying to dethrone him.)
- Take each of these statements one at a time and ask, “What does this mean?”
  - “My soul find rest in God alone.”  
(Is there a difference between “resting in God” and “resting in God *alone*”?)
  - “My salvation comes from Him.”
  - “He alone is my rock and my salvation.”
  - “He is my fortress.”
  - “I will never be shaken.”  
(What does it look like to be “shaken” in life?)
- *How* are we to find rest in God alone?
  - Note that the verses in Psalm 62:1-2 are repeated later in the psalm in verses 5-6. Read verses 7-8. Verse 8: “Trust in Him at all times, O people. Pour out your hearts to him, for God is our refuge.”
  - What does it mean to “pour out our hearts” to God?
    - Does this help us “rest in God”?
  - What does it mean that “God is our refuge”?
- Ask, “Is there anything that feels as though it’s ‘shaking’ right now?” Share your own as well. (Consider asking if the virus is “shaking” things right now.) Things can definitely shake around us and in our lives; the question is, “will we be *shaken*?”
- Play the video again and while singing boldly proclaim these truths for your life.
- Speak this verse throughout the week to help you rest in God and to boldly live life free of fear!

*Optional activity during the week: Earthquake Drill!*

Put a sign above a doorway (the one you to which you will run) that reads “God is My Fortress!”

On the count of three, tell everyone to start wiggling and shaking, shout “Earthquake!” and “Where do we go?!” and run to the doorway. Wiggle and shake and hold on to the doorframe. Count down from a 30-second earthquake. Ask which is better to hold on to: the door or the doorframe? Why? It’s big, strong, constant, protective, just like God! God is our fortress! Ask kids if they want to “rest” under the doorframe with a blanket or pillows or a sleeping bag...make it fun. 😊

**Previous Weeks’ Lessons:**

[April 12, 2020](#)

[April 5, 2020](#)

[March 29, 2020](#)

[March 22, 2020](#)