

2nd week of September

Psalm 125

“Mountains”

Your Story

Talk about a time when you felt protected by God.

My Story and the Bible Story

Have you ever tried to move a mountain? That sounds silly, right? I love the mountains. There's something about them that just seems peaceful. I think part of it is that you know the mountains aren't going anywhere. They are constant and steady. I like to hike in the mountains when it's cool and the leaves are changing. It's a time of peace and quiet and just enjoying nature. But in order to hike a mountain, you have to trust that it's going to stay there. That mountain isn't going to move; if you thought it might move, you wouldn't walk up it. No matter what happens, we can trust that that mountain will be there forever.

Read Psalm 125. From *The Message*: “*Those who trust in God are like Zion Mountain: Nothing can move it, a rock-solid mountain you can always depend on. Mountains encircle Jerusalem, and God encircles his people—always has and always will. The fist of the wicked will never violate what is due the righteous, provoking wrongful violence. Be good to your good people, God, to those whose hearts are right! God will round up the backsliders, corral them with the incorrigibles. Peace over Israel!*”

Those who trust in God are like a mountain. Our world can seem very unsteady at times: storms come and knock down trees, hurricanes come and destroy homes, and other things happen that make us afraid. But if we trust in God, we are like a mountain, constant and steady. No matter what else happens we know that God is always there. And because we know that, we can deal with everything that happens. We can cling to God through the bad, scary things, and we can trust that God will help us through.

Psalm 125 takes it a step further, though. Not only are we like a mountain when we trust in God, but God is also like a ring of mountains circling around us. When mountains surround a city, they protect it from storms and from other people. Those mountains keep the city safe. God is like that with us. God protects us and He keeps us safe. Things may still happen in our lives, but God always surrounds us, walking with us through hard things and eventually brings us home to always be with Him.

Discussion

- As a family, talk about ways that God has protected your family.
- Ask your children how they know that God is always with them.

Prayer

Ask God for help in always trusting Him. Pray for God's protection around your family.