



# Gospel Light®

HOME DISCUSSION GUIDE  
for Elementary

WINTER C  
Lesson 6

## Always There

*“God is our refuge and strength, an  
ever-present help in trouble.”*

Psalm 46:1

I try to help my kids feel confident in becoming independent from me while they also grow in their dependence on God. At a restaurant, I encourage my kids to order for themselves. When adults at church ask my kids questions, I make myself be quiet so they can answer and hold a conversation on their own. When my kids are hesitant or fearful of stepping out, I pray for them right then, as well as reminding them that they can call to God for help any time. A prayer can be as simple as a word: “Jesus” or “Help me.” And He always hears. They may not be with me, but they are never alone! I love it when they come home and tell me how they asked for God’s help and He helped them to complete a task.

### Try This:

Use Legos® or building blocks for this activity. Lay one piece down as a foundation, and then each family member adds another piece while telling of a way God has shown His care or protection to your family. Keep going until you have built a structure! Tell your kids: **God cares for us. He is our refuge and our strength.** Pray together, thanking God that we can trust Him to be there and to care for us.