**Verse**

**Bible Drill Devotions**

***Green Cycle***

**9. Nahum 1:7**

**KJV** The Lord is good, a strong hold in the day of trouble; and he knoweth them that trust in him.

**CSB** **The Lord is good, a stronghold in a day of distress; he cares for those who take refuge in him.**

**ESV** The Lord is good, a stronghold in the day of trouble; he knows those who take refuge in him.

**Family Preparation:** Gather a variety of building materials such as blocks, paper cups, Popsicle sticks, tissue boxes, paper towel tubes, etc.

**Family Activity:** Let children choose their building materials. Give them five minutes to construct their best structure. Let each child tell about his/her building. Together, evaluate each structure. Which one is the tallest? Which one is the longest? Which one would stand up in a rain storm? Which one would stand up in a big gust of wind? Which one would still be here in 100 years? Probably none of the structures would stand in rain or wind or after a century!

Read Nahum 1:7. Ask the children how Nahum describes God in this passage (a stronghold). Describe a stronghold as a safe place or a place that stays strong even in a storm or over the passage of time. People go to strongholds for protection in times of trouble. God is good and wants to provide a safe place for His people. He cares for His people. Ask the children to name some times when they have seen God care for them in times of trouble (i.e., when they are sick, when a family member dies, when they had to move).

Ask the children to create motions to help memorize the verse. Here are a few suggestions to get you started: The Lord is good (hands waving in the air in praise); a stronghold in a day of distress (arms flexed showing strong muscles); he cares for those who take refuge in him (wrapping arms around self as in a hug).

Pray thanking God that he is our stronghold in times of trouble.

This week, use the motions to say the verse each evening before bed.