

**The Lord Is Our Strong Tower**

The Name of the LORD is a strong fortress, the godly run to Him and are safe.

Proverbs 18:10 (NLT)

When we are scared, we sometimes want to run. Well the place to run to is God! When we trust in God, he keeps us safe. The first part of this verse says, “The name of the LORD is a strong fortress.” When it says “The name of the LORD,” it doesn’t just mean what we call God. It means God’s reputation, his character, everything which is true about God.

What does it feel like to be safe? What do you do when you know you are safe? When you feel safe, you feel like you can do anything! You feel strong and confident and brave. This is exactly how everyone who believes in God should feel. Psalm 46:1 says, “God is our refuge and strength, always ready to help in times of trouble.”

So let’s stop to think for a minute. What is a strong fortress? When you think of a fortress, you probably think of a great big castle, with huge, thick stone walls surrounded by a moat, and a tall **TOWER** right in the center of the walls. That **TOWER** was the safest place to be if enemies attacked. That is the sort of thing you should picture when you think of God as a strong fortress. He is the absolute safest place to be in times of trouble. A refuge is the same sort of idea. A refuge is where you go to stay safe. God is our refuge and our strong fortress. He keeps us safe.

Shared from section of “Refuge/Fortress” Names of God Lesson for Kids by Tara Tegard of Ministry-To-Children

This is another translation of the same verse.

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| The Name of the LORD is a strong **TOWER**,  the righteous man runs into it and is safe.  Proverbs 18:10 |

**Take The Challenge:**

During the Marshmallow Challenge you will be building a **TOWER**. As you build your **TOWER** from the materials provided, think about how God is your strong **TOWER**. Remember, you may run to God anytime you want to be safe.

Directions for the Marshmallow Challenge:

1. Pick up your packet of materials as directed by your Sunday School Teacher.
2. Read the directions listed below.
3. On the day of the contest, find a safe, flat surface to build your Tower.
4. You will have 15 minutes to build your Tower. You will begin when your Sunday School Teacher gives you the signal.
5. When the time is up, use a cell phone to take a picture of the Tower. Send a picture of the tower to your Sunday School Teacher at [childrensministry@fcctillamook.org](mailto:childrensministry@fcctillamook.org) .
6. Use a yard stick or tape measure to measure the height of your Tower. Record the measurement and be prepared to share the measurement of the highest point of your Tower with the group.

