

# “God is My Fortress” Lesson for Toddlers

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Kara Jenkins

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This is the second lesson plan in our series titled, “Toddlers Knowing God.” Each of these studies help children age 18-24 months better understand the character & nature of God. [Click here](#) to see the main index for these Bible lessons.

This particular lesson is based on Psalm 18:1-2; 2 Samuel 22:33. In very simple language, it shows how God is our defenders and place of safety.

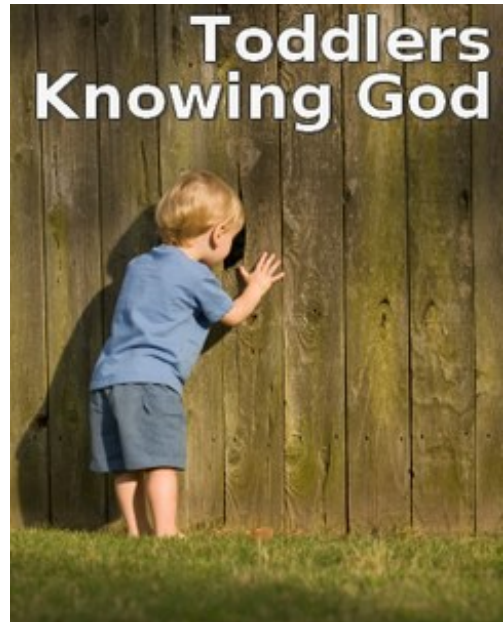
**Bible Passage:** Psalm 18:1-2; 2 Samuel 22:33

**Bible Lesson Title:** God is My Fortress

**Target Age Group:** Toddlers, age 18-24 months

**Original Teaching Context:** Toddler Sunday School

**Main Idea:** God is our fortress. We run to Him, and He protects us.



**Supplies:** Bible, picture of fortress. See additional activities for other supplies and preparation.

With toddlers, you want to keep your lesson simple. If your class is able, get them to sit together on floor in front of you. Hold up your Bible. **SAY:** The Bible is God’s Word. The Bible tells us God is our fortress. (Show them the picture of a fortress.) **SAY:** God is our fortress. We run to Him, and He protects us. (Repeat three times.)

The following activities are designed to reinforce the simple Scripture truth, encourage their development, and engage their imaginations and creativity. Choose the ones that will work best for your classroom.

## Learning Activities:

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### Fort

**SUPPLIES:** Large cardboard box with cutout for door and windows. OR chairs, blankets, and pillows.

**SAY:** I have made you a fortress. God is our fortress. We run to Him, and He protects us.

**DO:** Have the children stand on one side of the room and instruct them to run to the fort. (If you have a large class and are using the box, you may need more than one so no one gets pushed out of the way. There needs to be plenty of space where they can run safely. If using the blankets and chairs, make it big enough to easily fit all of your toddlers.) Let them play in the fort , and repeat the main idea while they are playing.

### **Umbrella Fun**

**SUPPLIES:** Several small umbrellas, spray bottle of water

**DO:** Open the umbrellas for your toddlers. Demonstrate how umbrellas can protect you from rain by having one teacher squirt the other with the spray bottle. The teacher can protect themselves by using the umbrella. Let the children have a turn using the umbrellas while you squirt them with small amounts of water.

**SAY:** Umbrellas protect us from rain, just like a fortress can protect us. God is our fortress. We run to Him, and He keeps protects us.

### **Blocks**

**SUPPLIES:** Blocks, baby dolls.

**DO:** Build a fortress out of blocks.

**SAY:** We need to keep the baby safe. Our fortress will keep the baby safe. Can you put the baby in the fortress? God is our fortress. We run to Him, and He keeps us safe. (Since the toddlers will probably love knocking down what you are building, repeat this as many times as you would like to help them learn the word fortress and that a fortress is used to protect.)

### **Touch and Feel**

**SUPPLIES:** A very large rock, one that is too large for them to lift.

**DO:** Let them touch the rock. Discuss how it feels.

**SAY:** This rock is hard. It is strong. God is our rock and our fortress. He is stronger than this rock. We run to Him, and He protects us. (Repeat while they are feeling the rock. Make sure you put it out of their reach afterwards, and do not leave them unsupervised around the rock to prevent injuries.)

### **Read Together**

**SUPPLIES:** Make a picture book with the words from Psalm 18:2 or 2 Samuel 22:33. Use the main idea for the last pages.

**DO:** Read it to the children.

### **Pillow Course**

**SUPPLIES:** Lots of pillows, enough to design a fun course (maze) for the children to follow through the room.

**DO:** Show the toddlers how to walk through the course. Discuss how pillows feel.

**SAY:** If we fall, these pillows keep us from getting hurt. God is our fortress. When we fall, He catches us. He keeps us safe. (Repeat as they play.)

### **Pray**

Hold hands or bow your heads together (just demonstrate and ask them to do the same. Some may, most may just watch.) Say a short prayer like the following: Dear God, you are our fortress. You protect us. Help us to run to you. We love you. Thank you for loving us. Amen.

[Total: 2 Average: 5/5]