

# God Upholds Me

## Psalm 63:8 Guide



### Read the Verses Together

My soul clings to you;  
Your right hand upholds me.

Psalm 63:8 (NIV)

### Define Hard Words

- \* Cling - stick close like you are glued together
- \* Uphold - holds up, supports, sustains, carries

### Ask Your Kids

- \* What does it feel like to be held by God?
- \* How can you stick close to God this week?

### Engage Your Kids

- \* Practice clinging to each other by giving each other big bear hugs and pretending like you are glued to each other. Walk around and see how that feels.
- \* Talk about how clinging to God means that we stay super close to Him - like we are glued on to Him.
- \* Discuss simple ways that you and your family can cling to God (Bible study, prayer).

### Listen to the Podcast Together

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