

Memory Verse

Psalm 28:7

"The Lord is my strength and my shield: my heart trusts in Him and I am helped."

STICKY WORDS

Strength



Capacity for endurance, the power of resisting an attack, the ability to resist being moved or broken by a force. The quality that allows someone to deal with problems in a determined and effective way.

Shield



To cover and protect (someone or something), something that defends someone or something. Used in defensive warfare.

Heart



The central or innermost part, the essential or most vital part of something, the place where emotions are felt.

Trust



Assured reliance on the character, ability, strength, or truth of someone or something. Confident hope.

Helped



To give assistance or support to; change for the better.

LET'S TALK ABOUT IT

You can expect to face trials in life, but you can always rely on the Lord to cover you with His protection! Think of God as a shield that you can always carry around that covers and defends you. When you are weak the Lord is your strength, giving you the power to endure your troubles and resist the attacks we sometimes come under. In your heart, the most innermost part of who you are, you can have confident hope that the Lord is always actively supporting and helping you. If you fully depend on the Lord, your trials cannot move or break you, instead they will strengthen your faith and bring you closer to God.