

# Psalm 28:7

THE LORD IS MY STRENGTH  
AND MY SHIELD;  
MY HEART TRUSTS IN HIM,  
AND HE HELPS ME.  
MY HEART LEAPS FOR JOY,  
AND WITH MY SONG I PRAISE HIM.

## THINK

List two ways God can help you be strong today.

List three things you are thankful for today.

## PRAY

God, thank you for \_\_\_\_\_.

Help me to trust you during this time at home.

Today, help me to \_\_\_\_\_.

## DO

Make a poster. In big letters, write "**We can trust God with...**" at the top of your poster.

On your own or as a family, write or draw some things you might be worried or wondering about right now.

# trust