

# Psalm 16:9

**THEREFORE MY HEART IS GLAD  
AND MY TONGUE REJOICES;  
MY BODY ALSO WILL REST SECURE**

## **THINK**

God has promised to bless us. A blessing is a good gift God gives. We can count on seeing those good gifts no matter what the circumstances.

List or draw some of the blessings God is giving you right now.

## **PRAY**

Thank you for \_\_\_\_\_.  
Please give all our doctors and nurses glad hearts today.

## **DO**

### **DANCE PARTY!**

Celebrate God's blessings and make your heart glad. Rejoice by playing music and dancing or singing along.