

# Psalm 18:30

**AS FOR GOD, HIS WAY IS PERFECT:  
THE LORD'S WORD IS FLAWLESS;  
HE SHIELDS ALL WHO TAKE REFUGE IN HIM.**

## **THINK**

How can you take refuge in God?

God's Word is full of verses that can help us when we're afraid. Can you think of any?

## **PRAY**

God I trust you. Help me remember to talk to You when I am worried or afraid. Help everyone who is sick to know that you love them.

## **DO**

**Make a shield.** Use a garbage can lid, cardboard and tin foil, a pie tin, an ice cream bucket lid, or anything you can find. Add a handle and decorate!