

# Psalm 27:1

THE LORD IS MY LIGHT AND MY SALVATION—  
WHOM SHALL I FEAR?  
THE LORD IS THE STRONGHOLD OF MY LIFE—  
OF WHOM SHALL I BE AFRAID?

## THINK

How is the Lord our light?

How does the Lord help us when we are afraid?

## PRAY

Lord thank you that even when its dark, Your light still shows us what is true and good. Help the people who take care of me.

## DO

Set up an obstacle course. Make your way through the course while closing your eyes or wearing a blindfold (a bandana works great). Now try it in the light (with your eyes wide open).

TRUST