



"The Lord is my strength and my shield; my heart trusts in Him, and He helps me."

Psalm 28:7

Make this poster to help you learn God's word, like **Jesus did**. Then you can pray the verse by speaking it out (like **Jesus did**) whenever you are tempted to do the wrong thing, or even when you're tempted to keep worrying rather than pray about something. Can you cover up one part at a time and practise saying the whole verse until you've learnt it off by heart? This could be a rescue for you sometime!



Make this wristband and see if you can remember the verse to pray throughout the day.



Credits - Hands: VectorStock.com/28271934 /Arm: webstock review/Shield: TopPNG/Heart: freepik.com/Large shield: clipart library