

Date:

God is
OUR REFUGE

and



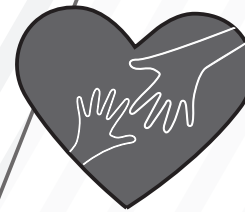
strength,

an ever-present
HELP IN TROUBLE.

Psalm 46:1

**Decorate this page with your favorite colors.*

Write down one trouble
you're facing now.



GOD IS AN EVER-PRESENT HELP.

That means He's always with us
and able to help us.

Commit your trouble to Him now.
Be confident that you will overcome it,
with God's help.

PRAY:

Lord, I am confident I will overcome
this trouble with Your ever-present help.



Date:

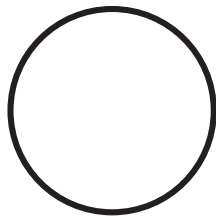
**Cast your cares on the Lord
and he will sustain you.**

Psalm 55:22

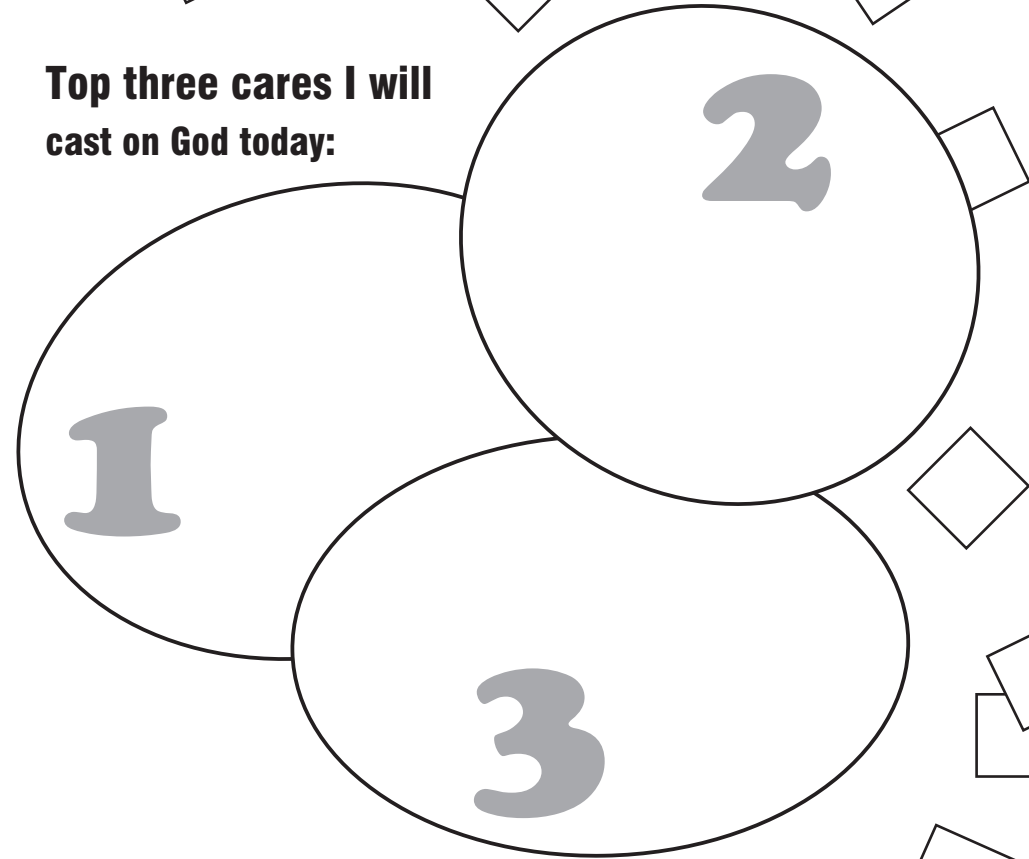
How are you feeling?



**Draw in
your own emotion**

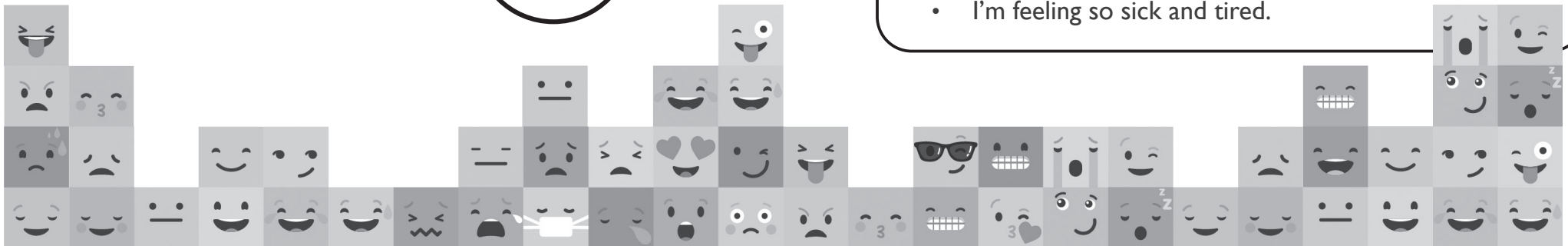


**Top three cares I will
cast on God today:**



You may want to choose from the list below:

- I don't know how I will survive cooped up in a room.
- I'm worried about spreading the disease to others.
- I'm upset that I can't do the things that I enjoy.
- I'm feeling so sick and tired.



Date:

Unscramble the words

TTSUR

in the Lord with all your

TRAHE

and lean not on your own

NNNDDUGERATSI

Proverbs 3:5



Fill in the blanks in this prayer,
and then pray it:

Lord, I need Your help with _____.

I can't seem to _____.

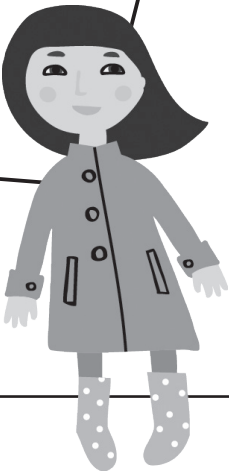
Please help me to _____

_____. Thank You

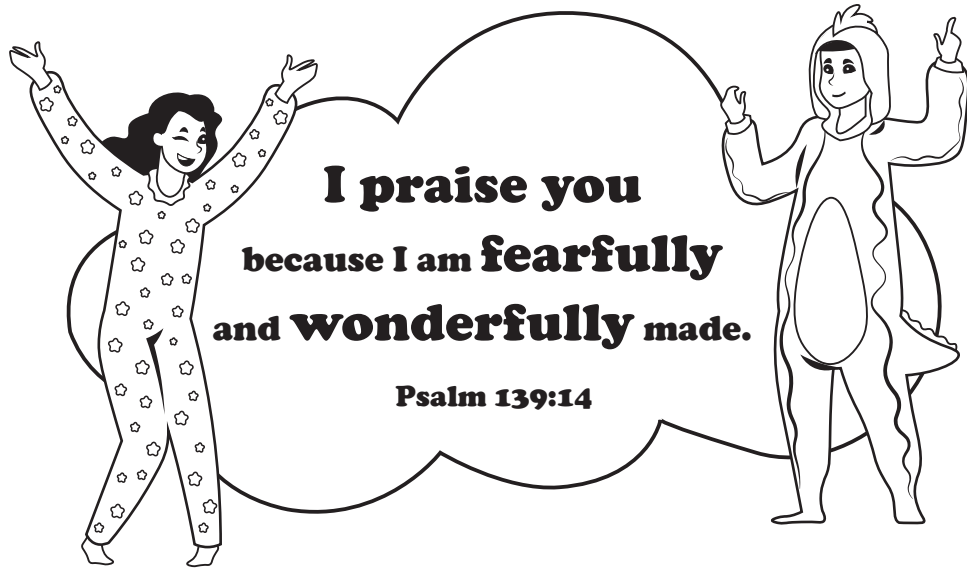
for hearing my prayers. I know You are with me

and I can trust in You with all my heart.

In Jesus' name, I pray. Amen.



Date: _____



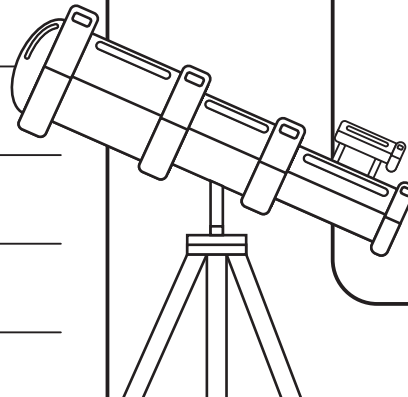
I praise you
because I am **fearfully**
and **wonderfully** made.

Psalm 139:14

How many new words can you make from the letters in
"FEARFULLY"? The first one is done for you!

Ear

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____



**Top three things I will
praise God for today:**

1

2

3

**You may want to choose
from the list below:**

- I feel better today.
- I can still breathe.
- I can taste my food.
- The fever has subsided.
- God has created us with antibodies to help us recover.



Date: _____

**I lift up
my eyes
to the mountains—
where does my help
come from?**

**My help comes
from the Lord,
the Maker of heaven
and earth.**

Psalm 121:1–2

**Fill in the blanks in this prayer,
and then pray it:**

Lord, as I look at _____,
it reminds me that You are _____.
You are the one who made the _____
_____ and it shows Your _____.

I've nothing to fear, for You are my helper.

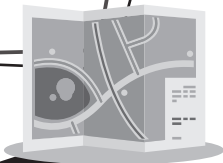
In Jesus' name, I pray. Amen.



Date:

**When I am afraid,
I put my trust in you.**

Psalm 56:3



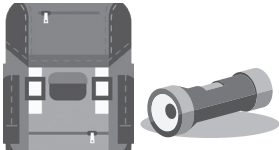
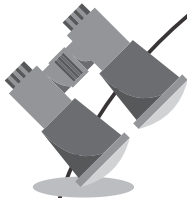
**Which way should we go
when we are afraid?**



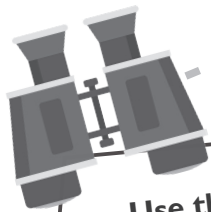
Finish this sentence:



When I'm afraid, I will



Date:

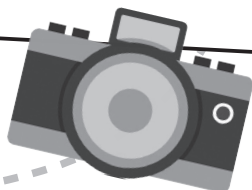


Use the code to see what the Bible says about what God will do for us as we put our trust in Him.



May the God of _____ fill you
 with all _____ and _____
 as you _____ in him, so that
 you may overflow with _____
 by the _____ of the Holy Spirit.

Romans 15:13



Place a tick in the relevant boxes.



Today I'm thankful for ...

[] Good recovery in health.

[] Encouragement from friends/
family.

[] The good environment to rest and
recover

[] _____

[] _____



CODE:

A = ✕	B = ⚡	C = ⌘	D = ℳ	E = ✂	F = √	G = ∞
H = ☉	I = Ⓞ	J = &	K = ⌘	L = ⌘	M = ∞	N = ∞
O = ∞	P = ∞	Q = +	R = ☉	S = ☉	T = ⓘ	U = ◀
V = ▶	W = ▲	X = ▼	Y = ◀	Z = ▶		

