



## Trust is putting your confidence in someone you can depend on.

### DAY 1

#### Read Psalm 121:1-2

No matter what happens, no matter how hard life gets, you can trust God.

Here is a big challenge for you. Memorize Psalm 121. Today we'll start with verse 1 and 2.

#### Psalm 121:1-2

Write out each sentence below on a separate index card and number them from 1 to 4. Arrange the cards in order and read the phrases several times in order.

1. "I look up to the mountains."
2. "Where does my help come from?"
3. "My help comes from the Lord."
4. "He is the Maker of heaven and earth."

Next, flip each card over and write the first word of each sentence. Write: "I" on the first card; "Where" on the second; "My" on the third; and "He" on the fourth.

Challenge yourself to say the verse again looking at just the first word of each sentence. Can you do it?

Finally, remove the cards one at a time and repeat the verses again until you can say them from memory. *(Save these cards for tomorrow!)*

### DAY 2

#### Read Psalm 121:3-4

Have you ever watched the show "The Floor is Lava?" The contestants have to make it across a "lava" filled room (okay, it's really just colored water) without falling. You've probably played a version of this game with pillows and furniture at home.

When you trust God you'll have wisdom to make good choices. God is with you and ready to help you, always. God never runs out of strength or energy or patience.

Write out the three sentences from today's verses on separate cards. Place them on the floor and jump from one card to the next until you can confidently repeat them.

5. "He won't let your foot slip."
6. "He who watches over you won't get tired."
7. "In fact, he who watches over Israel won't get tired or go to sleep."

Now, add the cards from yesterday so that you have a path of 7 cards. Jump from one to the next and repeat the verse. Can you say all four verses from memory? *(Save these cards for tomorrow!)*

**Read Psalm 121:5-6**

When it's really hot outside, what do you look for? Shade! It can feel 10 to 15 degrees cooler in the shade. But the temperature outside is exactly the same, whether you're in the shade or the sun. God is like that shade tree. God watches over and protects us. God can be trusted to keep us from harm when we trust and follow.

Write out the four sentences below on separate index cards. Number each card.

8. "The Lord watches over you."
9. "The Lord is like a shade tree at your right hand."
- 10 "The sun won't harm you during the day."
11. "The moon won't harm you during the night."

Head outside with all eleven cards. If it's a sunny day, find some shade and lay out the cards on the ground. Repeat the four sentences above several times. Turn over one card at a time until you can say all four sentences from memory.

Now, lay out all eleven cards. Randomly flip over 4 cards and say it all again. Repeat in the same way until you can recite Psalm 121:1-6 from memory. *(Save these cards for tomorrow!)*

**Read Psalm 121:7-8**

If you traveled to the moon and back, took a trip around the world, stood on the top of Mount Everest or swam to the bottom of the ocean, you would find God there. God is with you no matter where you go. You can trust God now and always.

Let's learn the last part of Psalm 121. Write out the sentences below on separate index cards. Number each card.

12. "The Lord will keep you from every kind of harm."
13. "He will watch over your life."
14. "The Lord will watch over your life no matter where you go, both now and forever." Psalm 121:1-8

Repeat each sentence. Flip the cards over and write "The Lord" on cards 12 and 14 and "He" on card 13. See if you can repeat the verses using just those key words.

Now, lay out all the cards (1-14) in one long row. Repeat the entire Psalm. Then turn over the first and last card. Continue in the same way, turning over the first and last cards until can repeat all eight verses. Then, call on a family member to hold the cards and quiz you. Can you repeat the whole Psalm from memory?

**You can trust God even  
when you're worried.**