

## [Psalm 28:7](#)

### **Ready:**

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The Lord is my strength and my shield; my heart trusts in him, and I am helped. My heart leaps for joy and I will give thanks to him in song.

### **Set**

Hockey Chat: We wear all kinds of gear when we're on the ice. We put our trust into engineered plastic and padding to be our shield. Knowing that it's there, we feel stronger and braver. When we get hit with a puck or stick in that area, we are so thankful that we have that protection!

### **Go**

Life Lesson: This verse reminds us that our trust in God gives us the strength to face the everyday battles. He is our shield from the Evil One's attacks. We give thanks to the one who drives our spirit and defends our souls.

### **Bible Reference:**

Psalms 28



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8701 Leeds Road | Kansas City, MO 64129 | 800.289.0909  
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