

**...The Lord is
my rock and my
fortress and my
deliverer;**

2 Samuel 22:2



Understand it:

It can be really disappointing if you have a problem and it seems no-one is able to help you with it. It's great to remember you can always come to God with your problems. He always knows how to help and He is always able to help you. This verse describes God in 3 ways:

- “my rock” — A rock is very strong and can't be moved. You can be sure when you trust God you can depend on Him. He will never disappoint you.
- “my fortress” — A fortress has solid, secure walls. It is a place of safety. If you are a Christian, you can trust God will look after you.
- “my deliverer” — Jesus, whom God sent, is the only one who can save you from your sin, so that you can be close to God.

If you haven't trusted Jesus yet for the forgiveness of your sins, you need to be delivered (set free) from them first before you can be close to God.

If you have trusted in the Lord Jesus as your Saviour, you can always come to God with your problems and rely on Him to help you.

Learn it:

‘Vowel Stand-Up’ — There are 5 vowels – a, e, i, o & u. Choose which vowel you want to start with. As you say the verse, stand up every time you come to a word with that vowel in it. Now change to a different vowel and try it again. Keep going until you have tried it for all the vowels.

‘Bunny Hops’ — Stand right back at the wall and make sure there's lots of space in front of you. Crouch down like a bunny and bounce forward on every word.

‘Wipe Out’ — Write the verse on a white board or chalk board if you have one at home. If not, just use a pencil and paper. Rub out some letters from each word every time you repeat the verse. Repeat until all the words have disappeared.