# MY ROCK AND MY STRENGTH

### BASED ON PSALM 18

Lord, you are my rock when life feels unsure. You are my shield when people are unkind. You are my strength when I feel weak and small. I call to you because I know you hear me.

Sometimes life feels like a storm. School, friends, and worries feel too big. But you are stronger than all of it. You never leave me, even when I feel alone.

You see what is right and what is wrong. You guide me to choose what is good. You give me courage to stand for what is true. Help me stay close to you every day.

Thank you for being my safe place. Thank you for listening when I pray. I will praise you in good times and bad. You are my rock forever.

young-catholics.com

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