



PSALM 56:3-4

When I am afraid, I put my trust in you. ⁴In God, whose word I praise, in God I trust; I shall not be afraid. What can flesh do to me?

When your body doesn't feel good, trusting God can be hard. If you are very sick, you may need to go to the hospital. You might feel afraid, but remember that God always knows where you are. He is right there with you. God is the one who made your body. He knows more about it than even the best doctor. He will allow only what is best for you. He can give the doctor wisdom to find out what is wrong and how to help.

When you must go to the hospital, give that trouble to Jesus. Pray for your doctor—that God will help him or her know what to do for you. Ask God to help you be brave. You can say along with one of the Bible writers, “When I am afraid, I put my trust in you” (Psalm 56:3).

Maybe you'll get to share with your doctor or nurse how God is helping you to be brave. You may even be able to encourage someone else who is scared. Whether you're in the hospital just a few days or for a long time, God will be there. You can trust Him to help and care for you!



THINK ABOUT IT!

Why can you trust God, even if you are very sick or in the hospital?



TALK TO GOD

Thank God that He knows all about your body. Ask Him to help you to be brave even if you have to go into the hospital.