

# Protect



## Challenge

See how many items of clothing you can put on that offer you protection in some way. I managed 5, see if you can get more than that.

Why not send a picture to your school of you in all your protective gear. Remember to ask whoever looks after you for permission first.



There are many different things that we wear to help protect us and keep us safe. One item that I'm sure none of you wear or use is a shield! Today, in some cultures, people use shields but in the time of the Bible it was a vital piece of equipment, giving protection if you were attacked by an enemy.

There aren't many fortresses in use in Britain today either! In Bible times, a fortress was an area of the city walled off from the rest, supplied with food, water, and ammunition. The people of the city would go there to find protection and be safe when they were being attacked.

## Challenge

Build your own fort. I used old cardboard boxes but you could use your sofa or bed or anything else. Make sure you ask an adult what you can use.



Go to <https://www.checkpoint.org.uk/fort> to see my fort in action.



In the Bible we read a lot about a man called David. He had an amazing life; he defeated a huge giant in battle and later became king of the country he lived in. However, life wasn't always easy for David. On several occasions he lived on the run, moving from place to place because his enemies were trying to kill him. Even in these tough times David trusted God and described God as being like a shield and a fortress to him. The Psalms are songs, some of which were written by David. (like last weeks) In Psalm 18 verses 1-3 David said "I love you, Lord; you are my strength. The Lord is my rock, my fortress, and my saviour; my God is my rock, in whom I find protection. He is my shield, the power that saves me, and my place of safety. I called on the Lord, who is worthy of praise, and he saved me from my enemies."

Christians believe that if we put our trust in God he is like a shield and a fortress for us, offering us protection and safety . We can trust God to be with us and help us through tough times in our lives, just as he did for David.

**Find the following words:**

shield

fortress

goggles

helmet

knee pads

oven gloves

face mask

boots

apron

overalls

s	s	e	l	g	g	o	g	z	o
a	k	s	a	m	e	c	a	f	v
a	f	d	h	r	m	g	s	f	e
h	r	a	s	i	c	n	s	o	n
e	a	p	j	t	e	k	n	r	g
l	p	e	h	e	o	l	e	t	l
m	r	e	s	b	c	o	d	r	o
e	o	n	o	a	t	p	b	e	v
t	n	k	v	i	i	o	t	s	e
s	o	v	e	r	a	l	l	s	s