

Thoughts on Shells



"Squishy on the inside with a thick, hard shell." Some animals are very soft and squidgy so have a shell to protect them from being attacked by other animals or natural events. Have you ever felt like you need a shell around you?

The Bible says

'God is our protection and our strength. He always helps in times of trouble.' *Psalm 46:1*

'My God is my rock. I can run to him for safety. He is my shield and my saving strength. The Lord is my high tower and my place of safety.' *2 Samuel 22:3*
'You are my hiding place. You protect me from my troubles.' *Psalm 32:7*

What do you think about these verses?

Do

Write or draw all the people and things that protect you.



Fact

Every empty seashell on the beach once contained an animal known as a mollusc. Clams, oysters, scallops, conchs, mussels, and snails are all types of mollusks. Their shells are hard, outside skeletons that protect their soft bodies.



Idea

It's good to share our feelings, our soft and squidgy insides, but sometimes we face difficult things in our lives and we need to be able to deal with them. We need to build a shell of resilience around us, to protect us and hold us together. Our shells are made up of people who care for us and can help us, and of ways to deal with difficult times. Sometimes we need to show our squidgy insides but sometimes we need our shell to protect those special squidgy insides.



Pray

Thank you for the people and things in our lives which protect us. Help us to be resilient in tougher times.

