

# 1

Lord Jesus, the First and the Last,  
in the beginning  
you laid the foundations  
of the earth,  
and the heavens  
are the work of your hands.  
They will perish,  
but you will remain.

Acts 7:59; Revelation 1:17; Psalm 102:25;  
Hebrews 1:10-11

Some day God will destroy the whole world. Nothing will be left. Even Mount Everest will melt away like wax on a candle. But the Lord Jesus will never go away. He was here before Mount Everest. He made everything. And when everything has gone, he will still be here. You can only be safe with him.



## 2

Everlasting God,  
my life is like a mist  
that appears for a little while  
and then it is gone;  
teach me to count my days  
so that I will gain a wise heart.

James 4:14; Psalm 90:2, 12

Go outside on a frosty morning and you will see your breath. But pay attention! As soon as it leaves your mouth, it will disappear. You cannot get it back. Your life is like that. Is it hard to understand that your life is so short? Then ask God to teach you and make you wise.



# 3

God of Jacob, my refuge,  
be with me and keep me  
in the way that I go.  
Give me bread to eat  
and clothes to wear.

Psalm 46:7; Genesis 28:20

One night God spoke to Jacob. "I am with you", he said. "I will watch over you wherever you go." Jacob believed God. God took care of him. Do you ask God to look after you? If you believe his promises, he will always provide for you.



# 4

Behold, I was born in iniquity,  
and in sin  
my mother conceived me.

Psalm 51:5

Do you ever wonder, "Why do I keep doing bad things?" Perhaps you think, "The problem is, I am bad." Yes, you are. But, you need to tell God all about it. Admit that you were never good. Not even when you were tiny. He knows when we only pretend to be good.



# 5

O God, you will not despise  
a broken and a contrite heart.  
Be merciful to me a sinner.

Psalm 51:17; Luke 18:13

You know that God hates you doing wrong. But do you hate it? Do you feel sad to have offended God? Then you should tell him. God will always love you if you cry in your heart about your sin. And when you ask him to forgive you, he will be very kind.

