**Sunday 18th October – The Holy Spirit (week 2)**

Spend some time with your family talking about these questions.

How could the Holy Spirit give you refuge this week?

What does the psalm writer ask God to do?

What does the psalm writer mean when he says “in you I take refuge”?

**Challenge**

We know that the Holy Spirit can be a refuge in tough times. If you were able to design a place you could escape to what would it look like?

Have a go at designing your own den. Think about things that would help you feel safe. It may be comfortable furniture, a countryside view, calming music or favourite toys.