Encapsulation is like packing your stuff for a trip in a suitcase. You put your clothes, toiletries, and other items neatly inside, zipping it up so nothing falls out. In programming, it means putting together data and the actions you can do with it into a class, like a box. You seal it up tight so other parts of your program can't mess with what's inside directly. This helps keep things organized and prevents accidental mix-ups.

One cool thing about encapsulation is that it makes your code easier to work with. Just like how you can easily find your toothbrush in your suitcase, with encapsulation, you can modify or add new features to a class without messing up other parts of your program. It's like having separate compartments in your suitcase for different items, keeping everything tidy and easy to manage.

In the code example provided, encapsulation is used to manage a scripture text. The `Scripture` class keeps track of the words and how they're displayed, while the `Word` class handles each individual word. By encapsulating these tasks within their own classes, the code stays organized and less likely to break when changes are made. So, encapsulation is basically like keeping your code in a well-packed suitcase - neat, tidy, and easy to handle.