

Trust is putting your confidence in someone you can depend on.

Read: Psalm 56:3

DAY

1

Draw Out the Worries

You can trust God even when you are worried. What are some things that worry you? On a different piece of paper, draw a picture of something that worries you and when you are done drawing, ask God to take your worries away.

KNOW that God can help you with your worries if you ask.

DAY

3

Worries Disappear

Using a white board, chalkboard, or paper and a pencil write out this week's verse. Say the verse aloud until you get the hang of it. Then erase one word and say the verse again. Do this until all the words are gone and you can say the verse without any help.

ASK God to take away your worries when you have them.



DAY

2

Worried or Wowed

With a friend, stand back -to-back, count to three, and turn around facing each other. While turning around toward each other, make a face that looks worried or a face that looks wowed! If you both make the same face give each other a high five! Do this as many times as you would like!

LOOK for ways that God can turn your worry into wow!



DAY

4

No Worries

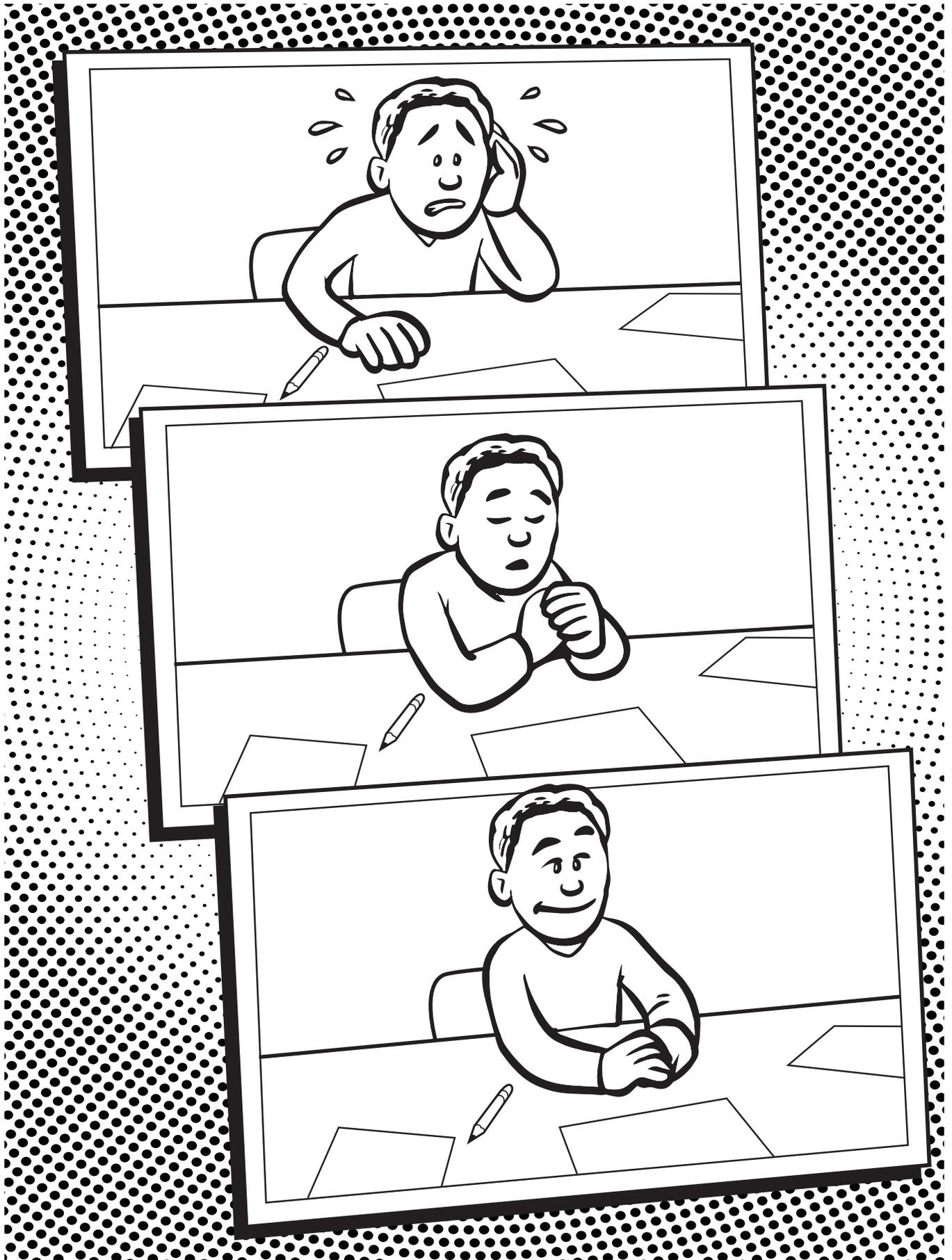
Pray and ask God to help you when you are worried.

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Dear God, help me when I am worried. Help me through the times that I need you most. I love you and trust you. Amen.

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THANK God for being with you when you're worried.



You can trust God even when you're worried.





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DAY 1

Read Psalm 121:1-2

No matter what happens, no matter how hard life gets, you can trust God.

Here is a big challenge for you. Memorize Psalm 121. Today we'll start with verse 1 and 2.

Psalm 121:1-2

Write out each sentence below on a separate index card and number them from 1 to 4. Arrange the cards in order and read the phrases several times in order.

1. "I look up to the mountains."
2. "Where does my help come from?"
3. "My help comes from the Lord."
4. "He is the Maker of heaven and earth."

Next, flip each card over and write the first word of each sentence. Write: "I" on the first card; "Where" on the second; "My" on the third; and "He" on the fourth.

Challenge yourself to say the verse again looking at just the first word of each sentence. Can you do it?

Finally, remove the cards one at a time and repeat the verses again until you can say them from memory. *(Save these cards for tomorrow!)*

DAY 2

Read Psalm 121:3-4

Have you ever watched the show "The Floor is Lava?" The contestants have to make it across a "lava" filled room (okay, it's really just colored water) without falling. You've probably played a version of this game with pillows and furniture at home.

When you trust God you'll have wisdom to make good choices. God is with you and ready to help you, always. God never runs out of strength or energy or patience.

Write out the three sentences from today's verses on separate cards. Place them on the floor and jump from one card to the next until you can confidently repeat them.

5. "He won't let your foot slip."
6. "He who watches over you won't get tired."
7. "In fact, he who watches over Israel won't get tired or go to sleep."

Now, add the cards from yesterday so that you have a path of 7 cards. Jump from one to the next and repeat the verse. Can you say all four verses from memory? *(Save these cards for tomorrow!)*

DAY 3

Read Psalm 121:5-6

When it's really hot outside, what do you look for? Shade! It can feel 10 to 15 degrees cooler in the shade. But the temperature outside is exactly the same, whether you're in the shade or the sun.

God is like that shade tree. God watches over and protects us. God can be trusted to keep us from harm when we trust and follow.

Write out the four sentences below on separate index cards. Number each card.

8. "The Lord watches over you."
9. "The Lord is like a shade tree at your right hand."
10. "The sun won't harm you during the day."
11. "The moon won't harm you during the night."

Head outside with all eleven cards. If it's a sunny day, find some shade and lay out the cards on the ground. Repeat the four sentences above several times. Turn over one card at a time until you can say all four sentences from memory.

Now, lay out all eleven cards. Randomly flip over 4 cards and say it all again. Repeat in the same way until you can recite Psalm 121:1-6 from memory. *(Save these cards for tomorrow!)*

DAY 4

Read Psalm 121:7-8

If you traveled to the moon and back, took a trip around the world, stood on the top of Mount Everest or swam to the bottom of the ocean, you would find God there. God is with you no matter where you go. You can trust God now and always.

Let's learn the last part of Psalm 121. Write out the sentences below on separate index cards. Number each card.

12. "The Lord will keep you from every kind of harm."
13. "He will watch over your life."
14. "The Lord will watch over your life no matter where you go, both now and forever." Psalm 121:1-8

Repeat each sentence. Flip the cards over and write "The Lord" on cards 12 and 14 and "He" on card 13. See if you can repeat the verses using just those key words.

Now, lay out all the cards (1-14) in one long row. Repeat the entire Psalm. Then turn over the first and last card. Continue in the same way, turning over the first and last cards until you can repeat all eight verses. Then, call on a family member to hold the cards and quiz you. Can you repeat the whole Psalm from memory?



You can trust God even when you're worried.

Day 2

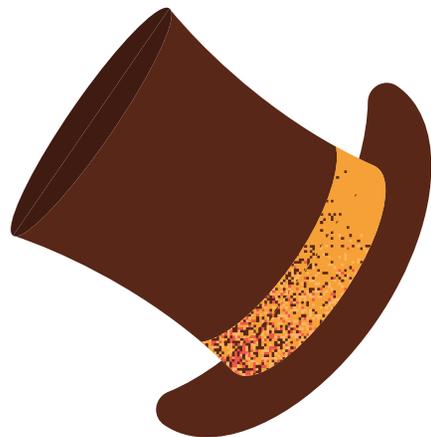
Read Genesis 31:3, 32:3-21

Jacob was about to meet his brother Esau again for the first time in long time. And he was quite a bit nervous—you might say, downright terrified—to see his brother after the things he had done to Esau in their younger years.

As you read through the verses in Genesis 31 and 32, circle everything you see that Jacob seems to be doing out of worry.

You probably circled just about everything, didn't you?

Jacob was very worried. Suddenly that trust in God that we read about last week—when God showed up in Jacob's dream—seems to have disappeared. It's hard to keep trusting God when we're worried about what will happen. But the truth is, that's exactly when we should be trusting God!



Day 3

Have you ever heard of breath prayers?

The idea behind a breath prayer is that it's something you can do throughout the day, where you can breathe in and out a prayer to God. These prayers are an awesome way to stay connected to God throughout the day, and also to help you remember to trust God even when you're worried!

Try praying these breath prayers now, and then pick one that you can memorize and repeat throughout the day—or write one of your own that gives you comfort!

Inhale:

Exhale:

Even when I'm worried,

I can trust You, God.

Nothing can separate me

from the love of God.

No matter what happens today,

God is with me.

I will not be afraid,

for You are with me.

No matter what is ahead,

God is there too.

Day 4

You can trust God even when you're worried.

Get a friend or sibling to play this game with you, and grab a flashlight. Find a room in your house that can get really dark. Maybe it's in the basement, or a bedroom with blackout curtains. (Read the rest of this paragraph before going any further.) Go in the room and turn out the lights and make it as dark as possible. It's kind of scary, isn't it? But now, think about the things that you saw in that room when it was light. Start naming all the things you remember. When you intentionally recall what you already know, it makes the darkness not so scary. Now, turn on the flashlight and look around. It's even less scary!

Turn back on the lights and keep reading. Talk with your friend about what you just experienced. When you're worried and the world seems dark, what things can you remember that make it not so scary? (Hint: think back to the breath prayers you prayed yesterday!) And what truth is the "light" when your worries make things seem dark? (Hint: It's the Bottom Line this week!) Share with each other any worries you might have and talk about how you can remind yourself that **you can trust God even when you're worried.**



Day 5

What are some things that you sometimes worry about?

Make a list.

Now, go find a chair that you often sit in. Bring your list with you, as well as some tape.

First, sit down in the chair.

Did the chair break apart? Did you fall out of it? Hopefully not!

But you probably didn't even think about it, did you? You put your trust to sit in that chair all the time, without ever wondering if it will hold you up. You have your confidence in that chair because it's been dependable. It's always held you up.

The truth is, we don't have to worry about anything, because God is going to hold us up. We can trust God no matter what. But sometimes our worries creep in and we forget that God has never let us down.

Take the worries you wrote down and tape them underneath that chair you've been trusting all this time. Whenever you're tempted to worry about them, go sit in the chair and repeat one of the breath prayers you prayed earlier this week, reminding yourself that **you can trust God even when you're worried.**