



Putting your confidence in
someone you can depend on

Read Isaiah 43:2

DAY 1

Trust is putting your confidence in someone you can depend on. You trust and depend on people everyday. You trust that your mom will wake you up for school. You trust that the bus driver will show up at your stop to get you to school on time. And you trust that your teacher will give that spelling test on Friday just like always. In all of these examples, trust is pretty easy.

But it isn't so easy to put your trust in someone that lets you down. Think about Joseph. His brothers threw him in a well and then sold him to some traveling salesman. Do you think he felt alone? Scared? But guess what? There is someone who is 100 percent trustworthy all the time. And as this verse reminds us, He is with us always. God never left Joseph and He will never leave you. When you think you're alone, you can trust that God is with you.

Thank God for being completely trustworthy all the time.

Read Psalm 56:3

DAY 2

Think about this past week. Was there a time when you were afraid? It doesn't have to be like: "scary movie, big spider by my bed, weird noise after lights out" kind of scared. It could be like: "I think I might miss this shot or lose a friend or fail a test" kind of scared. Write down a time you were afraid this week in the space.

Everyone gets scared—even your older cousin and your cool soccer coach. When we're afraid, we need to put our trust in God. Because even if the thing we're afraid will happen does happen, God can use it for good when we trust Him. Don't believe that? Just wait until you hear the rest of Joseph's story.

This is a good verse to memorize and have in the back of your mind when you are fearful. Take a minute to repeat this verse ten times. Then repeat it to you mom or dad or dog or whoever from memory.

Ask God to help you trust Him when you are afraid.



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Read Daniel 6:23

DAY 3

When the King passed a law that people could only pray to him, Daniel stood his ground. He continued to pray to the One True God. But the punishment for disobeying that crazy law was to be thrown in the lion's den. Daniel spent the **WHOLE** night locked up with a bunch of teeth gnashing, hungry lions.

The next morning, when the king went to check on Daniel, he was amazed and relieved to find him still alive! God had protected Daniel. The lions didn't touch him! Daniel was saved "because he had trusted in his God." God never breaks a promise. His words are true. You can put your trust in and depend on Him. Always.

Answer the following questions below about lions. If you need help, ask a grown up to help you find the answers online.

1. Lions live in groups of 10 to 15 called _____.
2. A baby lion is called a _____.
3. Female lions do almost all of the _____ while male lions patrol and protect the pride.

Listen to God's promises in the Bible and trust that He is always with you.

Read Psalm 121:3-4

DAY 4

Have you ever tripped and fallen on the sidewalk? Did you scrape your knee? Did you have to get stitches? Falling is **NO** fun, especially when you get hurt. Did you see the first part of today's verse that says, "He won't let your foot slip?" Trusting in God doesn't mean that you'll never trip and fall again. But He will help to guide you to make good decisions and to follow His plan for your life. Remember, God knows everything about you. He knows what will happen to you tomorrow, next week and even a year from now. God will lead you in the right direction because His plan for you is the best plan.

Grab a piece of paper. Take off your shoes and socks. Put your foot on the paper and trace around it with a pencil. Write the words of this verse around the edge of your foot. Then decorate your foot any way you choose. Place your "footprint verse" someplace in your home where everyone can see it. If someone asks you, be prepared to tell them what this verse means to you.

Know that God won't let your foot slip as you trust in Him.

When you think
you're alone, you
can trust God is
with you.



Read Psalm 143:8

DAY 1

In this verse, the writer asks God to remind him of His faithful love when? Yes, in the morning. Because when you start your day remembering that God is in control and that He is with you, you will have a much better time facing whatever comes your way. Because NOTHING—no problem, no tough situation, no disappointment, no challenge—is bigger than God. He is more powerful than any of the stuff you will face today.

So here's a little challenge for you. Write this phrase on a piece of paper and tape it to the bottom of your bathroom mirror: "God, I trust that you are with me today." Every morning, for the next five mornings, read this phrase out loud as a prayer to God. When you finish, draw a check mark on the paper. Repeat every morning until you have five check marks. Believe those words "that God is with you" as you head out the door to face the day.

Thank God for the BIG reminder that He is with you, everyday.

Read 2 Samuel 22:31

DAY 2

Have you ever made a mistake? Of course you have. No one is perfect. Everyone messes up except God. One of the BIG reasons you can trust and depend on God is because He never messes up. He will never let you down. He doesn't have any flaws or weaknesses. There will be times when life is hard and things don't make sense. In those moments you can trust in His perfect love for you. So remember, when life doesn't make sense, you can trust that God will protect you like a shield protects a soldier.

Grab a piece of cardboard and cut it into the shape of a shield. Cover the shield with aluminum foil. Grab another piece of construction paper. Cut a 2-inch strip from the paper and tape it across the front of your shield. On the paper, write today's verse. Hang your shield by your bed to remind you that God is with you.

Ask God to help you remember that He is with you.



Read Genesis 40:14, 23

DAY 3

Answer the questions below about this week's Bible story. If you need help, reread Genesis 40.

How did Joseph help the cupbearer and the baker?

What did Joseph ask the cupbearer to do?

What happened after the cupbearer was released from prison and returned to his job?

Can you believe Joseph was thrown in jail for something he didn't do? But God helped him interpret the cupbearer's and baker's dreams. And his interpretations were RIGHT! The cupbearer did get out of jail and return to his job. But did he remember Joseph? Nope. He forgot all about him. But was God still with Joseph? Absolutely. Even in that stinky, dark prison cell. Even as Joseph was chained up, wondering how he would ever make it out of there alive, God was with him. This isn't the end of the story for Joseph. In fact, something pretty amazing is about to happen. Aren't you glad that Joseph chose to trust in God even when things were hard? Could you do that?

Listen for ways to trust God like Joseph did even when life doesn't make sense.

Read Psalm 13:5

DAY 4

Think about the last time you were joyful. Was it your birthday? Or the first day of school? Or that time this past summer when you rode your first roller coaster? When we think of joy, we think "happiness." But joy IS possible even when things aren't fun or exciting. Real joy is possible when the last thing you feel is "happy."

Do you think Joseph had joy while he was in prison? Month after month passed after the cupbearer was released and still Joseph sat in that jail cell. Do you think he trusted that God was with him? Of course! Real joy isn't about happiness. It's about knowing, deep down, that no matter what happens, you aren't alone. God was with Joseph and he had an amazing plan in store for him, even when he was in prison and his circumstances didn't make ANY sense. But Joseph had to trust God to show Him that special plan.

Think about a situation this past week that didn't make sense to you. Looking back on that event, can you find the joy knowing that God was with you?

Know that you can have real joy when you choose to trust in God.

When life doesn't
make sense, you
can trust God is
with you.



Read James 1:6

DAY 1

Have you ever been to the ocean and felt the waves? Ever stood at the edge of the water, looked out over the horizon and wondered how big that ocean really is?

James compares our faith to an ocean. When the water is calm, it's easy to believe and trust. But when life gets hard, when the waters are rough, that's when we begin to doubt God. But our faith shouldn't be based on whether or not things are going well.

God wants us to depend on Him no matter what happens. You will face situations that are hard or that put pressure on you. When you face those situations, God doesn't want your faith to be tossed around like the waves in the ocean. He wants you to be sure that HE is with you. God can be trusted because He is in control.

Finish this week's bottom line by filling in all the missing vowels. (A, E, I, O, U)

Wh__n th__ pr__ss__r__ __s __n, y__ __ c__n tr__st G__d __s w__th y__ __.

Thank God for being with you, even when the pressure is on.

Read Jeremiah 17:7-8

DAY 2

Do you have a tree in your yard? Have you ever climbed a tree at the park? In these verses, our faith is compared to a tree planted by the water. Because of its location, it doesn't have to worry about lack of rain or really hot heat. Its roots soak up enough nutrients from that stream to help it grow.

This is similar to the way our faith grows. The number one way for you to continue to grow your faith is to read God's word. For us, the Bible should be like that stream is to a healthy tree. The more we read and learn about God, the more we trust Him. The more we trust Him, the more we will follow Him and live the way He wants us to. And the more we follow God, the more we can make a difference in the world around us. If we stay connected to God by reading His word and put it into practice, we don't have to worry when we're under pressure or face difficult stuff. Because we'll be just like that healthy tree.

Ask God to help you spend time reading His words in the Bible and to apply it in your life each day.



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Read Psalm 121:5-6

DAY 3

Complete the following sentences ...

To protect your skin from the sun, you need _____.

To protect your eyes from bright light, you need _____.

To protect yourself from the rain, you need an _____.

To keep your feet protected when playing outside, you need _____.

Sometimes life is hard. Sometimes you face situations that put pressure on you. Maybe the teacher calls on you to read in front of the whole class. Maybe you're last up to bat and your team is one run behind. Maybe your friend can't find his basketball that you borrowed and you aren't sure where it is either.

When the pressure is on, you can trust that God is with you. He will protect you when you choose to listen and follow Him. But you have to FOLLOW Him. Just like sunscreen and sunglasses and shoes and umbrellas can't help you unless you APPLY or put them on, you can't experience God's protection unless you apply His words to your life. God promises to protect you when you choose to trust Him.

Look for ways to trust God this week so you can be protected from harm.

Read Isaiah 26:4

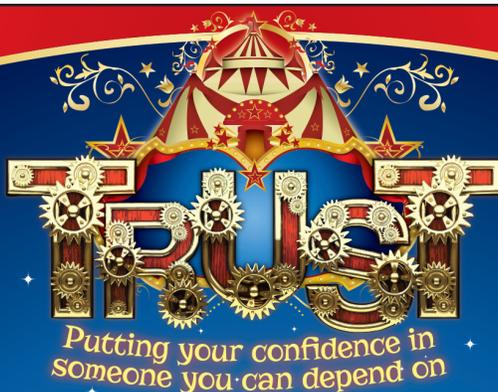
DAY 4

Think about the strongest person you know. Is it your Dad? Is it a superhero? Is it an athlete you've seen on TV? There are lots of examples of strength for us to look to. But the truth is, no one is more powerful than God. He created the entire universe simply by speaking. He made you. And He sent His Son to pay the price for your sin so that you could have a relationship with Him. He loves you more than anyone or anything. And He can be trusted. Always.

Go outside and find a rock. Look for one that's about the size of your hand. Write out this verse on the rock and put it beside your bed as a reminder that you can trust in God.

Know that God is someone you can always count on.

When the
pressure is on,
you can trust God
is with you.



Proverbs 3:5

DAY 1

✦ When you have a problem to solve, what do you do? Do you ask a grown up for help? Do you jump in and make a quick decision without much thought? Do you stop and think through everything that might happen and then decide what to do?

✦ But if we've put our trust in God, shouldn't we find out what He wants us to do? How do you really DO that? Well, you pray. You talk to God about what's on your mind and ask Him to guide you. You read the Bible. Verses like this one remind us that we can trust Him, that we don't have to figure everything out on our own and that He will help us. And you talk to other people (like your parents or your small group leader) who follow Him, too.

God hasn't left us alone. He's with us, He's given us His word and He's given us each other, to help guide our steps. We don't have to lean on our own understanding because we can trust Him with all our hearts.

Grab a piece of paper and write out this verse in different styles of handwriting. When you're finished, you should have it memorized!

✦ **Thank** God that you can truly trust Him no matter what.

Psalms 20:7

DAY 2

Think about some simple things you trust in everyday. You trust that the chair you sit in will hold you up at the dinner table. You trust that your coach will be at your ball game. You trust that the sun will rise in the morning and set again in the evening. You trust in little things all day long—maybe without even realizing it.

Back when the Bible was written, everyone would have known about trusting chariots and horses. Men would head out into battle, trusting that their horse would be fast enough and their chariot would be strong enough to give them success on the battlefield. Back then, warriors put their trust in those things to keep them safe.

So as you head to school this week, the big question is: what are you trusting in? It's probably not horses or chariots. So what is it? Are you really trusting God no matter what?

Write out a prayer to God. Tell Him what you're worried about and ask Him to help you trust that He is in control.

✦ **Ask** God to help you put all your trust in Him today.



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Read Genesis 45:4-5

DAY 3

Remember that dream Joseph had about his brothers bowing down to him? Now his brothers ARE bowing before him. They need food and Joseph is the only one who can help. But Joseph couldn't see this moment when he was sold off to those traders, or when he was put in jail for a crime he didn't commit or when he was left there for two years before the cupbearer remembered him. He didn't know how things would turn out, but he trusted God anyway. Will you choose to trust God like Joseph did, no matter what?

Use the line below to create a timeline of your life. Mark your date of birth at the beginning. Now draw in some other events in your life so far. Have you moved? Did your mom have a baby brother or sister? Have you broken a bone? What about your first day of school? Pick two or three events from your past to mark on your timeline. Leave some space at the end to add to your timeline later on.

Look back at your timeline and thank God for being with you through it all.

Read Psalm 22:4-5

DAY 4

When you read the Bible, do you sometimes forget that these are real stories about real people? Maybe it feels like you're reading about a character in a book that an author made up. But the Bible isn't a made up story. It's history. It's about real people who lived on the earth and faced some of the same tough stuff that you face everyday.

Did you see the first part of this verse? Read it again. What did people of long ago do? They put their trust in God! And what did God do? He saved them. He didn't let them down. Real people with real problems have been trusting in a REAL God since the beginning of time. He is always there. He never changes and He can be counted on. Always. You can trust God no matter what. Pretty awesome, isn't it? You can trust God no matter what.

As you go about your day, try to sneak this phrase into a conversation with a friend. Look for an opportunity to tell someone else that you want to trust God no matter what.

Know that you can put your trust in God, no matter what.

You can trust
God no
matter what.