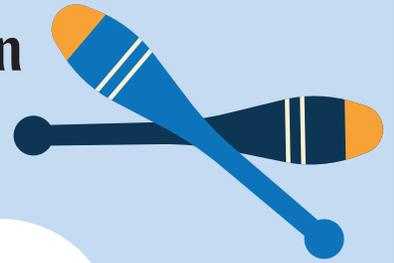




# Trust is putting your confidence in someone you can depend on.



## DAY 1

### Read Psalm 31:14

This month, we're talking about trust! Trust is putting your confidence in someone you can depend on. Who are the people in your world that you depend on? Make a quick list in the space below.

When it comes to trust, there is someone who always gets it right. Read Psalm 31:14 out loud right now.

Your heavenly Father loves you. God is perfect and never messes up. You can put all your trust or confidence in God.



### YAMG

To help you remember this, grab a pen and write YAMG on your hand or wrist (for "You Are My God.") as a reminder that you can trust God, always.

## DAY 2

### Read Psalm 46:1

#### Hide-and-seek

Grab some friends and play a game of "Hide-and-seek."

#### Rules

1. Select a home base where the Seeker will count to 25 as everyone hides.
2. Give the Seeker one minute to search.
3. If someone is found, that person becomes the next Seeker.
4. If no one is found within the minute, call for hiders to run to the base.
5. If a player is tagged before making it to base, that player becomes the next Seeker.



In this game, the base was a place of safety where you couldn't be tagged. Once you make it to the base, you didn't have to worry.

In a much bigger way, God is like that base; a place of safety. You can put all your trust in God to take care of you, to protect you, to show you the right way to go because God loves you.

As you play another round or two of Hide-and-seek, thank God for being a trustworthy place of safety.

**Read Psalm 33:20–22**

Today’s verse gives us a big clue as to why we can put our trust in God.

“We trust in God because \_\_\_\_\_.”

God is holy.

God is unique, separate from all other things.

That means there is no one like God.

Holy also means absolutely perfect and pure. And nothing can make God less perfect. Because God is holy, sin—the wrong things in the world around us—cannot touch God. But because God sent Jesus, we can be forgiven. God sent Jesus to make a way for us—people who are imperfect—to have a relationship with a holy God.

**Both Brushes**

Grab your toothbrush and your hairbrush. What are these two things used for? Yep. Hair and teeth. What if you switched them? Would you use your toothbrush to brush your hair or your hairbrush to brush your teeth? Nope, because they have a unique and special purpose.

As you use these two brushes for their specific purposes this week, thank God for being a holy, perfect, set apart God whom you can trust.

**Read Psalm 27:14**

Have you ever waited for something and then when it finally happened, you were kind of disappointed? Maybe your birthday party got rained out or your first day of school wasn’t all that great. Waiting can be hard for sure. And it’s even worse when the thing we’re waiting for turns out to be not quite as magical as we’d hoped.

When it comes to putting our trust in God, we don’t have to worry about the outcome. Because God’s way is always best. And even if the worst happens, we can still trust God. We can wait for Him to show us the good in the bad.

Think about trust like a muscle we work out or a skill we practice. The next time you find yourself waiting for something, stop and pray. Ask God to help you trust Him no matter what happens. Remember these three truths:

1. God loves me.
2. God is with me.
3. With God on my side, everything will be okay.

Repeat these phrases to yourself over and over again as a reminder to trust God even when you have to wait.

**Trust God even  
when you have to wait.**



BRING THIS  
BACK NEXT  
WEEK!

\_\_\_\_\_  
Name

\_\_\_\_\_  
Parent Signature

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

## DAY 1

### Read Proverbs 3:5

Think about trust like a chair. Are you sitting in one right now? Before you sat down, did you test the chair? Did you look at the legs to make they were sturdy? Did you ask someone else to sit first so you could make sure it works? To show you trust the chair, you had to put your weight in it. You had to sit down.

Trust takes practice. When you aren't sure where to go or what to do, what if stopped and talked to God? What if you asked Him to show you the way to go instead of trying to figure it out all on our own? What if you asked Him to help you trust Him more?



### Chair Confidence

1. Grab some index cards and a pencil or marker.
2. Write out the words of today's verse, one per card.
3. Tape each card to the backs of the chairs in your home.

If a family member asks about the cards, talk about how trusting in God is putting your confidence in Him, just like you have confidence that the chairs in your house will hold you up!

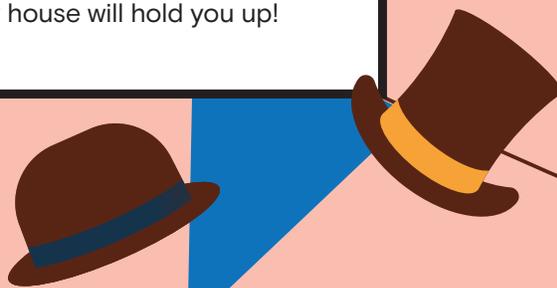
## DAY 2

### Read 2 Corinthians 5:7

Wouldn't it be awesome if God just walked through the door and said, "Hello!" What if you could see God? Ride your bike with God? Head to the park with God? Talk to God face to face?

Guess what? That's why Jesus came. Have you ever heard the story of Thomas, one of Jesus' disciples? After Jesus died and rose again, He appeared to the disciples on several times. But Thomas doubted it was true. He wanted to see Jesus with his own eyes in order to believe. So Jesus showed up, let Thomas touch his wounds and see that He really was alive! Then Jesus said to Thomas, "Because you have seen me, you have believed; blessed are those who have not seen and yet have believed."

Jesus was talking about us! We can't see God but we can still believe. We can still put our trust or confidence in God even though we can't be face to face. You can trust God no matter what. Close your eyes so you can focus as you talk to God today. Ask God to help you trust and believe even when you can't see.



DAY 3

### Read Psalm 37:5-6

Sun facts:

The sun is a star made of burning gas.

The sun is closer to earth than any other star.

Without the sun, no life could survive on earth.

The sun is around 10,000 degrees Fahrenheit.

God put the sun in the sky. It rises and sets each day.

When you trust God no matter what, you have help to make decisions that honor you and others. When you trust God, your life will shine bright and help others see that they can trust God too.

#### Outside Prayer

Is it warm outside where you live? If so, head outside. Look at the grass, the trees, the clouds, the flowers. Thank God for creating all these things and for hanging the sun in the sky so that they can survive and grow. Then stop and thank God for making you!

DAY 4

### Read 1 John 4:16

God loves you . . .

when you're having a good day or a less than awesome one.

when you make the wise choice and when you really mess up.

no matter where you live, what you know, or who your friends are.

We know God loves us because God made us. We know God loves us because Jesus made a way for us to be forgiven. We know God loves us because we have people to take care of us and help us. We know God loves us because all good things—puppies, popsicles, popcorn and peacocks—come from God.

#### God Made . . .

Can you think of some good things God made to show His love for you that start with the letter "M"? Set a timer for two minutes and see how many things you can list in the space below:

Thank God for the good things He's given you because He loves you. Remember, you can trust God no matter because He loves you completely!

# Trust God no matter what.



\_\_\_\_\_ Name

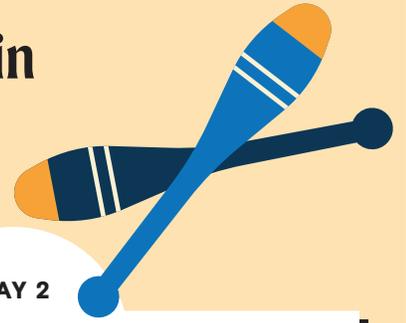
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# Trust is putting your confidence in someone you can depend on.



DAY 1

## Read Proverbs 16:20

When it comes to trust, we need to pay attention to what we know. We know that God loves us. We know that He is perfect and Holy, which means He never messes up. When we put our trust in God, we won't be disappointed because He is completely trustworthy.

Let's practice our focusing skills for just a minute. Puzzles take lots of focus. Your job is to fill in the blanks below. You can only use the numbers 1, 2, 3, or 4 once in each row and column—up and down or left to right. Some numbers have been filled in to get you started.

Focus this week on what you know to be true about God so you can trust Him more and more.

	<b>3</b>	<b>4</b>	
<b>4</b>		<b>3</b>	<b>2</b>
			<b>4</b>
	<b>4</b>	<b>2</b>	

DAY 2

## Read Proverbs 16:3

Have you ever followed a plan? Sometimes we make plans that don't work out. Maybe you wake up to find it raining on the day you'd planned to go to the park. Maybe you planned to visit your grandmother but she's sick. Maybe you wanted to spend the afternoon reading a new book but your parents need your help in the yard.

Even when our plans change, God is still in control. The next time you make a plan, stop and ask God for wisdom. Ask God to help you follow Him, then trust Him no matter what happens.

Read Proverbs 16:3 with a trusted adult and discuss the following questions together:

- What does this verse say about God?
- What does this verse say about me?
- What can I do to trust God more based on this verse?



**Read Proverbs 19:21**

Do you have a younger brother or sister? Have you ever tried to boss them around? Did they do what you told them to do? Probably not!

Sometimes, we're like a little brother who refuses to listen. We know what God wants us to do but we do the opposite. We should tell the truth but we lie anyway. We should let the other person go first, but we push ahead instead.

When it comes to trust, we need to remember that God has a plan. Ultimately, God wants everyone to know Him. We can all have a relationship with God because of Jesus. We can ask for guidance and for God's plan for our lives.

Do you have a plan for today? What would you like to do? Tell God about your plans for the day and ask for help you make choices that honor God all day long.

**Read Psalm 32:8**

Write your birthday here: \_\_\_\_\_

God made you on purpose for a purpose. And because of God's love, you can trust the good plans God has for you.

Look up the words from today's verse in the crossword puzzle below. Then place the words from the verse in the blanks below. Spend some time thanking God for making you so special and for the good plans for you.

**Words to find:**

- Advice Go Good Guide
- Love Teach Watch Way

A V P X G D P L O M  
 Q U D A W K L M R D  
 T W O F I E L O V E  
 G U O I E C V O D C  
 P R G U I D E M O N  
 A D V I E C W A T D  
 L O T E I A C E H G  
 Y A O V E W A T O C  
 A N D M O C N F G S  
 W A T C H I K R T W

"I will \_\_\_\_\_ you and \_\_\_\_\_ you the \_\_\_\_\_ you should \_\_\_\_\_. I will give you \_\_\_\_\_ and \_\_\_\_\_ over you with \_\_\_\_\_." Psalm 32:8

**You can trust that  
 God has a plan.**



\_\_\_\_\_  
 Name

\_\_\_\_\_  
 Parent Signature



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

## 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.



\_\_\_\_\_  
Name

\_\_\_\_\_  
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