

Spend some time thinking about the question below and journal your thoughts or share them with a parent.



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_____ Name _____

_____ Parent Signature _____



Day 1

After watching, write one thing that:



1. You liked:

.....

2. You learned:

.....

Go to www.communitychristian.org/kids and watch this week's episode of The So & So Show.

3. You'd like to know:

.....

Even if you already saw it at church, feel free to check it out again!

Day 2

Read Genesis 15:1-6; 18:1-15; 21:1-7

As you read through the selected passages in Genesis 15, 18 and 21, underline the following words and replace them with an emoji. You can either write them in your Bible, or if you're using a Bible app, copy and paste the text into a note and then replace the words with emojis.

Afraid	Tree	Butter
Shield	Tent	Milk
Children	Feet	Calf
Son	Food	Laugh
Stars	Bread	Baby

~~~~~  
Abraham and Sarah had to wait a long time for God's promise to come true. Can you imagine how it felt for them to wait all those years? Draw an emoji that illustrates how you think they might have felt.

But God is always trustworthy. God promised to bless the world through Abraham's family. And God did just that! God sent Jesus to be the Savior of the world—and guess who Jesus was a descendent of? Yep—Abraham!



## Day 3

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What is something you are currently having to trust God for?

Maybe you have a parent without a job, or you're waiting to hear if you made the team or the play. Or maybe you have a sick family member who you are asking God to heal. It can be hard to trust God when you have to wait, but the good news is that God can help with that when you ask! Fill in the blanks below with something you are having to trust God with, and pray this prayer out loud.

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Dear God, thank You for being someone I can trust no matter what. I can see from the story of Abraham and Sarah, that even when I have to wait, I can trust You in the waiting. Right now, I am waiting for/to

.....
I trust You are moving in this situation and will work things out for my good and Your glory. Please help me trust You even while I wait to see what You are doing. In Jesus' Name, I pray. Amen.

Day 4

Who is someone you know who has been trusting God for a long time?

It could be an older family member, your small group leader, pastor, or teacher. Pretend you are going to write their story like the story of Abraham is written in Genesis. Ask them several questions about a time they had to trust God while they waited for something big. Here are some sample questions, but you can add on your own so you get the full details.

1. When did you have to wait for something big?
2. How did you trust God even when you had to wait?
3. How did the situation go?

You can text or email them the questions, interview them in person, or give them a call. Then take a few minutes to write their story—either writing it by hand or typing and printing it. Keep the story some place you will be able to see and look back on—you'll add to this tomorrow, creating a small collection of reminders that you can trust God even when you have to wait.



Day 5

When have you had to wait for something big?

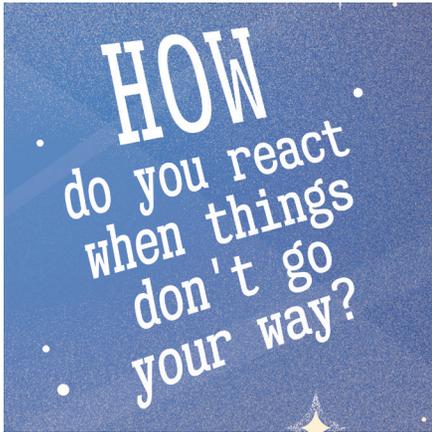
Look back at your prayer from earlier in the week. What were you asking God about? Get a sticky note—or a piece of paper and a piece of tape—and a pen, and write down what you are currently waiting on God to do and trusting God for. Then write today's date on it. Lastly, write, "Trust God even when you have to wait," at the bottom.

Hang the sticky note or paper somewhere you will see it every day.

Anytime you see the note, talk to God about the situation. Then close your prayer by saying, "God, I trust You even when I have to wait."

Do this until the situation is resolved. Keep in mind, sometimes God doesn't answer our prayers the way we wish He would, but God is always at work, and we can trust Him. When the prayer is answered, write the date on it and add it to the paper from yesterday as a reminder that even when you have to wait, you can trust God. (Hold on to both of these reminders as you'll use them again.)

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- 1. You liked:
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Day 2

Read Genesis 26:16–22, 26–31

Grab a sheet of paper and some markers and illustrate the scene of Isaac and the wells. Every time you read that Isaac had to open up wells or dig a new one, draw the well, and every time he gives the well a name, label your picture with the name as well. (If you need help drawing the well, you can do an internet search to find an example.)

It's one thing to draw wells; it's another thing to dig them! Can you imagine how frustrated and tired Isaac and his men must have been when, time after time, they had to abandon the well they worked hard to build and move on to dig another? And it wasn't just the work building the wells—it was also having to pack all those people and their belongings, all the animals too, and moving camp each time!

Isaac could have fought back, but then he could have lost a lot of his people—or ended up becoming enemies with the Philistines forever. Instead, he kept trusting God no matter what. And eventually, his enemies came to him and proposed a peace treaty, leaving Isaac and his family to live in peace.

Day 3

Isaac trusted God no matter what, even as he had to move around the land, finding new places to dig wells.

Today, go on a prayer walk, moving around your house to a few different places like Isaac did. Stop in three different rooms to pray about situations where you need to trust God. It could be related to the room you're in . . . like, maybe at the kitchen table where you do your homework, you ask God for help with a subject you're struggling with in school, and in the family room, you ask God for help getting a lot with your sibling who is always annoying you, and in your parents' room, you pray for your mom or dad to find a job. As you end each prayer, close with this sentence, "God, I trust You no matter what."

Day 4

Trust God no matter what.

Just like you went on a prayer walk yesterday, today, get ready to lace up those shoes. Find a walking partner who trusts Jesus too—it could be your mom or dad or sibling, or a neighbor or friend. You don't have to go on a long walk; it could just be around the neighborhood. Of course, if you're feeling adventurous, go on a hike nearby.

As you walk together, talk about different times in your life that are examples of God's trustworthiness, even when things weren't going your way. If you get stuck thinking of some examples, ask your walking partner for help. Dig deep into the examples you share with each other, looking for specific ways God took care of you and carried you through something hard.

When you get home, find a way to journal about your own experiences that you shared with your friend, as well as the ones they shared with you. You can just scribble some notes, write it out in story form, or draw a picture to illustrate it. Add this to the pile of trust reminders you've been collecting.



Day 5

How do you react when things don't go your way?

Grab your pile of trust reminders that you've been adding to this month. Today you're going to create a "Trust Tracker"—a journal that you can continue adding to the rest of this month and beyond to remind you that you can trust God no matter what.

Figure out how you want your Trust Tracker to look. You can get several sheets of paper and fold them in half to create a little booklet that you can write in, tape or glue things, add stickers and sticky notes, etc. You can use an old notebook or journal that has some empty pages in it. However you make your Trust Tracker is up to you—just make it something that you can keep adding to as you experience more of God's faithfulness in your life!

The next time things don't go your way—you don't make the play, pass the test, or get the thing you really wanted for your birthday, jot it down in your Trust Tracker and then below it, write I can trust God no matter what. Then sit back and see what God does.

Day 2

Read Genesis 25:19-34; 27; 28:10-22

As you read through the selected verses in Genesis 25, 27, and 28, look for times that Jacob and his family trusted God's plan, and times that they clearly didn't trust God's plan. Which chapter tells the story of Jacob actually trusting God? _____

In Genesis 28:20-22, we finally read about Jacob trusting God with his future. Circle the things Jacob specifically says he trusts God with:

- ▶ His journey
- ▶ Food
- ▶ Clothes
- ▶ His safety
- ▶ His money

Did you circle them all? The money one may have been a bit tricky, but Jacob's willingness to give God back 10 percent of what God gave him, shows Jacob trusts God with his money too. Basically, Jacob tells God that he trusts God's plan for his life!



Day 3

Jacob was a really blessed guy to have God come to him directly in a dream to tell Jacob about God's plans for his life.

Sometimes don't you wish God would do that for us? It seems like it would make things so much easier! But the truth is, we can talk to God directly. It may not look like a dream where God speaks to you, but when we pray, we are talking to the God who created the universe, who created you, and who has a plan for you!

And here's the best part: you don't have to sleep on a rock to get close to God! In fact, go find a super comfy place to talk to God right now. Is it your bed, your favorite chair, a soft sofa, or maybe using your dog as a pillow?

Once you've settled in, think about what's coming up in your life in the next year, the next few months, even the next few days. In what areas of your life does knowing that God has a plan for you bring you comfort and peace? Talk to God and thank Him for the plan, and ask God to help you trust Him and His plan.

Day 4

Why are plans important?

What's a treat that is easy for you to make? Maybe it's your family's secret recipe for chocolate chip cookie or banana bread or even just stovetop popcorn! Grab the recipe, the ingredients, and a friend or parent. Make the treat together, and as you do, talk about why following the recipe—or plan—for the treat is important. Talk about what might happen if you decide to not follow the plan, or to do things in a different order than the plan calls for. It would be a big mess, right? As you bake, share with each other about different areas of your life where it's important for you to trust that God has a plan. Then as you enjoy your treat together, share with each other one specific thing coming up in your life that you need to trust God with.



Day 5

Yesterday, you made a treat and talked with someone about something coming up in your life that you need to trust God with.

Today it's time to add that to your Trust Tracker! Before you do though, go and find a small rock from outside. (It needs to be really small, and the smoother, the better!)

Once you have your rock, sit with your Trust Tracker and think about God's plan for you. Re-read Jacob's prayer from Genesis 28:20-22 and while you read it, rub the stone and remember God's faithfulness to Jacob. God has a plan for you too!

Tape the rock into your Trust Tracker and use it as a "sacred stone" like Jacob did to remember God's faithfulness in your life. **You can trust that God has a plan.**

Spend some time thinking about the question below and journal your thoughts or share them with a parent.



Handwriting practice lines for the journaling activity.

Handwriting practice lines for the journaling activity.



Blank lines for 'Name' and 'Parent Signature'.



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A Devotional on Trust

FOR AN everyday faith.

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.**