

TRUST

Putting your confidence in
someone you can depend on



WEEK ONE
K-5th Grade



Read Psalm 20:7

DAY 1

Do you have a bike or scooter you ride down the street? Back in Bible times, chariots and horses weren't just used to get from one place to another. They were used by warriors in battle. When you read today's verse, you have to put yourself in the shoes of someone living back then. They had to trust that their horse and chariot would get them quickly and safely across the battlefield.

That's what this month is all about. Nope, not horses or bikes or scooters. This month is all about trust—putting your confidence in someone you can depend on. Just like you trust that your bike or scooter will safely zip you across the neighborhood, you can place ALL your trust in your heavenly Father. Scooters and chariots can break but God is always trustworthy. He is steady and strong. You can trust God no matter what.

The next time you're on your bike or scooter, tell God thank you for being the One you can depend on, no matter what.



Read Psalm 33:4

DAY 2

Have you ever made a promise that you couldn't keep? Maybe you promised your brother you'd shoot hoops after school but then your teacher assigned a lot of homework. Or maybe you promised your mom you'd clean the bathroom but conveniently forgot. Sometimes, we make a promise and then we break it. And when we do, that can break down the trust we've built with someone else.

When it comes to putting our trust in God, we have to remember something important. God isn't a person like you and me. He is a Holy, perfect, righteous God. He doesn't lie or forget about us. His promises are just as true today as they were from the beginning. You can put all your trust in God, always.

Complete the verse below, writing in the missing words.

“What the Lord says is _____ and _____.
He is _____ in _____ he does.”

Psalm 33:4, NIV

Look for ways to place your trust in God this week, remembering that He is faithful in ALL He does.

Read Psalm 125:1

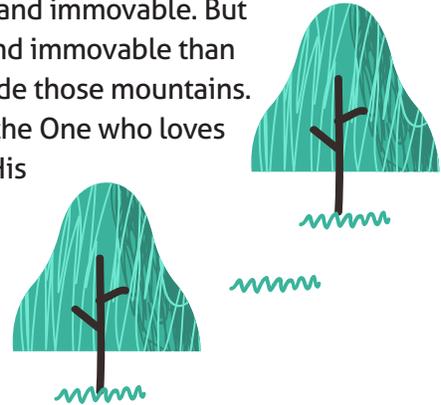
DAY 3

Grab some play dough or some LEGO® bricks and sculpt or build a mountain.

What would happen if you placed your sculpture or Lego structure on the floor of your kitchen? Someone would probably step on it or the dog might swallow some of your Legos. Not good.

The Mount Zion mentioned in our verse today isn't a mountain made out of play dough or Lego bricks. Real life mountains are huge and majestic and powerful and immovable. But guess what? God is more powerful and majestic, more steady and immovable than any mighty mountain. How can we know that? Because God made those mountains. So no matter what you may face, you can place all your trust in the One who loves you and knows you best. You will always be safe and secure in His hands. You can trust God no matter what.

Spend some time thanking God for being strong and steady, dependable and trustworthy.



Read Proverbs 3:5-6

DAY 4

Write out the words of today's verses in the space to the right.

Circle the word "all" in this verse. How much should we trust God? With all our hearts. The problem with "all" is that it means everything. God is asking us to trust Him with our friendships, our time, our schoolwork, our family, our stuff, and even our futures. But what happens when we think we have a better idea? What happens when we'd rather lean on our own understanding, thinking we know what's best?

Read the very last line of this verse. When we choose to place our trust in God, He promises to make our paths smooth and straight. It doesn't mean we won't ever face hard stuff, but it does mean that He will be with us. In every situation, even when we think we know best, God wants us to trust in Him no matter what.

Think of one thing in your life that you'd like to trust God with and ask Him to help you follow His guidance.

A large rectangular box with a black border and a red inner border. Inside the box are five horizontal lines for writing.

You can
trust God
no matter
what.



Name

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WEEK TWO
K-5th Grade



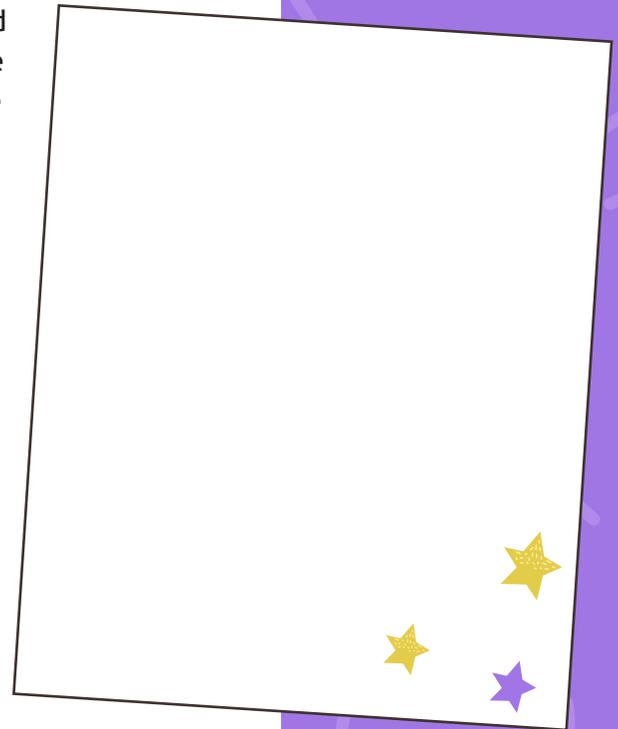
Read Psalm 9:10

DAY 1

Have you ever heard of someone being stranded on a deserted island? If you were stranded on an island by yourself, what three things would you bring with you? Draw a picture of them in the space to the right.

Looks like you made some interesting choices. The word "deserted" found in our verse today reminds us of one very important truth when it comes to trust. God will not abandon you when the going gets tough. Even if you were to land on that deserted island with only the three items you listed above, you wouldn't really be alone. You can depend on God because He is with you, always. When you think you're alone, trust that God is with you.

Do you own one of the items you've drawn in the box above? If so, grab it and hold it as you ask God to help you trust Him this week when you feel alone.



Read Isaiah 41:10

DAY 2

When was the last time something scared you? Did you hear a weird noise after the lights were out at bedtime? Was there a big storm that caused the power to go out in your house? Did you watch a movie with a scary part that made you cover your eyes? We all get scared sometimes. And in those moments, knowing a verse like Isaiah 41:10 can help.

Write today's verse on a blank piece of paper. Then, circle the following phrases in the verse: "I am with you" and "I am your God." These are the "why" statements in this verse. You don't have to be afraid. Why? Because God is with you. You don't have to be terrified. Why? Because He is your God. And guess what? Nothing scares God. He is more powerful than any storm or crazy noise or silly movie. He will hold you safe in His mighty hands. Remember, when you think you're alone, you can trust that God is with you.

Read the words of Isaiah 41:10 out loud and thank God for the reminder that you don't have to be afraid because He is with you.



Read Joshua 1:9

DAY 3

Did you know that God has a superpower? Actually, God has pretty much every super power because He's God. But one super-awesome, totally-amazing mind-blowing and awe-inspiring thing about God is that He is omnipresent!

Do you know what omnipresent means? When the teacher takes attendance at the beginning of the day, she makes note of the fact that you're in your seat, ready to learn. So if present means "here," do you want to take a guess at what "omni" means?

Omni means "all." When you squish the two words together, "omnipresent" means all-present or present everywhere. God has the ability to be with you at school, with your Mom at work, with your little brother at preschool, even with your cousin in a whole other state, at the same time. That means that God is with you everywhere you go. Isn't that an amazing super power?

The next time you feel like you're all alone and that no one cares or you just need someone to talk to, remember God is right there. You can be strong and brave. You can hang on to hope because God is with you, everywhere, always.

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



Read Psalm 31:14

DAY 4

What does it mean to say, "You are my God"?

Let's start with who God is. He is our creator. He is our provider. He is our protector and friend. He is all-knowing, all-powerful, loving and kind. He sent His only Son, Jesus, to pay the price for the wrong things we've done because He loves us. And though we cannot see Him, He is always with us, always available and ready to help. When we place our trust in His mighty hands, we will never be disappointed.

Today's verse is a great one to memorize. Write out the words of today's verse on separate cards. Place them on the floor and repeat the verse. Then remove one or two cards and see if you can say the whole verse including the missing words. Keep removing cards until you can repeat it from memory. The next time you feel like you're all alone, repeat the words of this verse to yourself as a reminder that God is with you.



Tell God that you trust Him and remind yourself that He is your God.



Name _____

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WEEK THREE
K-5th Grade



Read Psalm 56:3

DAY 1

Have you ever had a day where nothing seemed to go right? Maybe you failed that pop quiz. Maybe your best friend ignored you at recess. Maybe your Mom forgot to send in your field trip money or your Dad got frustrated because you didn't put away your toys.

We all have days like that. Days where nothing seems to go the way we thought it would go. But there is some really good news. Nothing in that crazy, no sense kind of a day is a surprise to God. He is control of it all and He has a plan even in the hard stuff. So the next time something happens that takes you by surprise and you're wondering why, ask God to help you trust in Him. Remember, when life doesn't make sense, you can trust God is with you.



Write out the words of today's verse (with an adult's permission) on the inside of your shoes. One phrase for each shoe. As you put your shoes on, ask God to remind you that He is with you so you don't have to be afraid.

Read Psalm 37:5-6

DAY 2

What does it mean to commit to something? To commit simply means to follow through. So if you start a project, you finish it. If you sign up for a sport, you show up for all the practices and games. If you say you'll do something, then it's as good as done. Commitment is a big deal.

When was the last time you committed to something and followed through? Write it down in the space to the right.

God is asking us to make a commitment to trust in Him. And when we do, our lives will show others that they can trust God too. When you choose to follow God every day, you help others see that when life doesn't make sense, you can trust that God is with you.

When you get out of bed each day this week, ask God to help you trust Him, no matter what happens. To help you remember your commitment, write TRUST on an index card and place it next to your bed so you'll see it first thing the morning.

A large, empty rectangular box with a black border, intended for students to write their answers to the questions on the page.

Read Psalm 121:3

DAY 3

Write out the words of today's verse on separate cards. Set the cards out on the floor in order of the verse, leaving at least two feet between each word. Hop on the first word "He" then, see if you can hop to the next word "won't" and so on as you repeat the verse.

This verse is a GREAT reminder that God is with you, always. You can trust in Him, no matter what happens because He never gets tired. You can you trust Him to take care of you even when life is crazy or things don't make sense.

Pick up all the cards and repeat the verse as a prayer, replacing the word "you" and "your" with your own name as a reminder that God watches over you, always.

Read Nahum 1:7

DAY 4

Ever heard of Nahum before? Nahum was a prophet, a person chosen to deliver a special message from God. These words from Nahum are a reminder that God loves us and He is good. We can always run to Him for safety.

To help us remember this promise, let's play a game. Write today's verse on an index card.

Find a stuffed animal and hide it along with the verse somewhere "safe" in your house. Give your mom or dad or brother or friend five minutes to see if they can find the "place of safety" you've chosen. If they do, read the verse together then let the other person choose a new hiding spot. If they don't find it, have the other player close his eyes as you choose a new hiding spot!

Spend some time thanking God for being a trustworthy place of safety.



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



BRING THIS
BACK NEXT
WEEK!

Name

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WEEK FOUR
K-5th Grade



Read Psalm 115:11

DAY 1

Why does a warrior need a shield in battle? Warriors hold up their shields to protect them from the enemy as they run out on the battlefield.

When you think about God and why you can trust in Him, think about a shield. God wants good things for you. He made you and He loves you and He always knows what's best. When you choose to follow God, you will be protected from making unwise choices that can hurt you later on.

Ask your mom or dad for a piece of cardboard from a box you have lying around (even a shoebox lid will work). Draw the outline of a shield on the cardboard and cut it out. Write the words of today's verse on the back and cover the front of your shield with foil. Ask an adult to help you add another small piece of cardboard to the back as a handle.

Hold up your shield and ask God to help you trust in Him this week.

Read Isaiah 26:3

DAY 2

Have you ever felt stressed out? Maybe . . .

You got a bad report card

Your gerbil is missing

Your big school project is due tomorrow and you're only halfway finished

You just found out you have to share a room with your brother

In these moments of pressure and stress, there is something you can do. Well, a few things actually.

First, find a trusted adult. Read this verse together to remind yourself that God can give you peace, perfect peace. Take some deep breaths and talk about the steps you can take to walk through the situation. God wants you to feel His peace instead of stress. He is faithful and ready to help when you place your trust in Him.

Ask God to help you remember that He is with you. When you find yourself stressed out or under pressure, ask Him to replace those feelings with His perfect peace.

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WEEK FIVE
K-5th Grade



Read Jeremiah 29:11

DAY 1

Have you ever made a plan and then things don't go the way you thought they would? Sometimes even careful planning can't produce the outcome we want. Why? Because we can't predict the future. But God can. He actually holds the future in His hands.

The promise in this verse isn't that God will give you what you ask for the minute you ask for it. The promise is that God has a plan. Even when it seems confusing, or hard, or not at all what you'd hoped for, you can trust that God has a plan. And His plan is best.

Find a trusted adult who follows God. Read Jeremiah 29:11 together and ask:
When did you make a plan and it didn't turn out the way you thought it would? Can you tell me about a time when your plan was different from God's plan for you? What happened?

Pray that God would help you trust in His plan for your life.

Read Psalm 143:8

DAY 2

What time of day is mentioned in this verse? In the space to the left, write down your typical morning routine. What time do you wake up? What do you eat for breakfast? What time do you go to school? Write it all down in the box to the left.

Okay, now that you have this routine written down, when could you add in some time to pray and ask God to help you follow Him? Could you pray while brushing your teeth? What about as you tie your shoes or make your bed?

Grab a sticky note or a scrap of paper and a pen. Write down a short prayer to God asking Him to remind you that He is with you and to trust Him today. If you chose to pray as you brush your teeth, stick your prayer on your tube of toothpaste. If you've decided to pray as you head out the door, stick it above the doorframe and give it a big high five before you walk outside.

Ask God to help you start your day by remembering that you can trust Him because He has a plan!

Have you ever wondered why you can't see God? God is spirit and invisible. He doesn't exist in a physical body that gets tired or breaks down. Since we can only see physical things that eventually wear out, we cannot see God. But God did send His only son, Jesus. He left heaven to come to earth and experience life just like us. And then Jesus died to take the punishment for sin. But death couldn't hold Jesus down. Three days later, he rose again.

What are some ways we can know that God exists? Unscramble phrases below.

We have the _____ to tell us about God.

I B L B E

We can talk about _____ with others that follow Him. We can see the _____ that God has made.

D G O

L W R O D

Close your eyes. Ask God to help you trust in Him, even when you can't see Him.

For the last couple of weeks in small group, we've looked at the story of Joseph found in the book of Genesis. Number the events of Joseph's life in the spaces to the right. We've numbered the first one to help you get started.

Joseph trusted God through the good and the bad. Even when things were really bad for Joseph, he always trusted that God was with him. And what an amazing plan God had for him!

Even when things happen to us that don't make sense, we can always trust that God's plans are good. When hard things happen, when the thing you were hoping would go right goes wrong, God is still in control and He loves you. God promises good things for those who follow Him. Just like Joseph, you can trust that God has a plan.

Spend some time thanking God for the story of Joseph. Ask Him to help you trust His plan for your life as you follow Him each day.

- _____ Joseph forgave his brothers.
- _____ Joseph went to work for Potiphar.
- _____ Joseph was thrown in prison for something he didn't do.
- _____ Joseph interpreted Pharaoh's dreams.
- 1 Joseph was sold into slavery by his brothers.
- _____ Pharaoh made Joseph second in command.



_____ Name

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