

# WHAT MAKES GOD TRUSTWORTHY?

**DAY 5**

T  
R  
U  
S  
T

Think about some of the reasons you know you can trust God. They could be examples from your own life, a person that God brought into your life that reminds you of God's presence or situations in the Bible that demonstrate that God is faithful. Try to come up with one name, word, or phrase that starts with the letters in the word **TRUST**.

Now grab a pen and write the word "**TRUST**" on your fingers (one letter per finger). As you go throughout your day and see the word on your fingers, think back to the people and situations you wrote down above. Remember all the reasons **GOD IS TRUSTWORTHY!**



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

# TRUST

*Putting  
your confidence  
in someone you can depend on*



**DAY 1**

Go to Studio252.tv and watch this week's episode of The So & So Show.  
(Click on Fun2Watch! then The So & So Show.)

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

## SO & SO TOP 3

After watching, write one thing that . . .

**1) YOU LIKED:** \_\_\_\_\_

**2) YOU LEARNED:** \_\_\_\_\_

**3) YOU'D LIKE TO KNOW:** \_\_\_\_\_

## DAY 2

### READ GENESIS 28:10-15

Go back through the verse and underline all of the instances of "I am." Then circle every phrase that has "will" as the verb (e.g., I will, they will, etc.).

In God's message to Jacob, we can find two very important truths: He had a plan for Jacob's life (all of the "I will" and "you will" phrases), and He would be with Jacob always ("I am").

In fact, just in case there was any doubt about that last part, God spelled it out for Jacob: **I AM WITH YOU. I WILL WATCH OVER YOU EVERYWHERE YOU GO. AND I WILL BRING YOU BACK TO THIS LAND. I WILL NOT LEAVE YOU UNTIL I HAVE DONE WHAT I HAVE PROMISED YOU, (NIV).**

Jacob could trust God's plan and His presence. Even better news: you can too!

## DAY 3

Jacob was actually a pretty lucky guy to have God speak directly to him in a dream, telling Jacob His plans for his life. But here's something cool: we can have a conversation with God about our lives too. It may not look like God coming to you in your dreams, but it can look a whole lot like prayer. We can talk to God at any time about anything, and we can also ask Him to direct our paths and give us the wisdom we need to make decisions. Take a minute to think about a situation in your life where you need some guidance, or where you're finding it hard to trust God. Then fill in the blanks below.

**DEAR GOD,** Thank You that You are always with me, and that I can trust You no matter what. I know I can trust You, because I remember when \_\_\_\_\_, and You \_\_\_\_\_.

Right now, I'm having trouble \_\_\_\_\_\_. Please help me \_\_\_\_\_. Thank You that You were with Jacob, and that I know You are with me too. In Jesus' name, I pray. **AMEN.**

Now read through the prayer you wrote. Revisit this prayer every day this week, either as you start your day, end it, or even during the exact moment when you need His help. Your tough situation may remain hard, but trusting God no matter what will get you through!

## DAY 4

Trust is putting your confidence in someone you can depend on. But the question is, how do you know you can depend on them?

Thankfully, when it comes to trusting God, we have 66 books that show us we can trust Him no matter what. (Yep, the Bible.) We also have examples in our own lives that demonstrate God's faithfulness and show us that we can trust Him. And not only that, we also can learn of God's trustworthiness by hearing the stories of others in our lives.

Sometime today, ask a friend or family member to join you on a Trust-telling Trek. It doesn't have to be a full-fledged hike: it could be a short walk around the neighborhood, or even somewhere indoors if

the weather is bad. The point isn't the walk so much as the talk.

As you walk together, talk about different times in your life where God showed He could be trusted.

- **EXAMPLES OF WHEN HE TOOK CARE OF YOU**
- **EXAMPLE OF WHEN HE HELPED YOU THROUGH A HARD TIME**
- **EXAMPLES OF WHEN YOU KNEW HE WOULD NEVER LEAVE YOU**

Before you end your Trust-telling Trek, take a minute to pray together and thank God for all the ways He's shown both of you that He can be trusted.



# WHAT DOES IT LOOK LIKE TO TRUST GOD?

## DAY 5

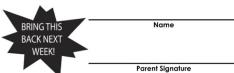
Have you ever seen a puppy chase its own tail? Why in the world would a dog do that? Maybe they don't yet realize that tail is attached to their body, and it's not going anywhere!

There may be times in your life when you feel alone, but the more you experience the ups and downs of life, the more you'll realize that God is with you, and He is not going anywhere. God is obviously infinitely greater and more powerful than a puppy dog's tail, yet somehow we still sometimes manage to forget He is with us, wherever we go.

But when we do remember that He is with us, it will change how we live our lives. **WHAT IS ONE SITUATION YOU'RE FACING RIGHT NOW WHERE YOU FEEL ALONE OR OVERWHELMED?**

### HOW MIGHT YOUR RESPONSE TO THAT SITUATION CHANGE IF YOU TRULY TRUSTED GOD WAS WITH YOU?

What is something that is almost always with you? Maybe it's a favorite necklace you wear every day or a toy you always keep in your pocket. Every time you see it today, remember that God is truly always with you, and say a quick prayer of thankfulness that you can trust Him no matter what.



# TRUST

*Putting  
your confidence  
in someone you can depend on*

## DAY 1

Go to Studio252.tv and watch this week's episode of The So & So Show. (Click on Fun2Watch! then The So & So Show.)

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



### SO & SO TOP 3

After watching, write one thing that . . .

**1) YOU LIKED:** \_\_\_\_\_

**2) YOU LEARNED:** \_\_\_\_\_

**3) YOU'D LIKE TO KNOW:** \_\_\_\_\_

## DAY 2

### READ GENESIS 39:2

It would be easy to read the first half of Genesis 39:2 and think that Joseph had a pretty good life. *The Lord was with Joseph. He gave him great success . . .* (NIV).

But then we read the second half, "... Joseph lived in Potiphar's house," and we remember that Joseph had just been sold into slavery by his brothers. Oh, and that was after they threw him into a well without food or water. Talk about feeling abandoned.

There was one bright spot, however, in Joseph's life, and thankfully that bright spot was all he needed to survive and thrive in his new land and life.

### GOD WAS WITH HIM.

Think about something hard you are going through right now, or that you've been through before. A time when you may have felt abandoned, attacked, alone. Then re-write Genesis 39:2 as though it were about you and your story.

## DAY 3

Do you ever want to talk to God but you're not sure what to say? Especially if you're going through a time when you feel alone or scared, you may feel unsure of how to talk to God about it. The good news is, the people who God used to share His Word with us through the Bible often felt alone and scared too. One way we can begin the conversation with God is by reading verses from the Bible out loud.

Psalm 23 is a great passage to read when you feel scared or alone. Try making this passage into a prayer by reading it back to God.

**"DEAR GOD,** "YOU are my shepherd. YOU give me everything I need. YOU let me lie down in fields of green grass. YOU lead me beside quiet waters. YOU give me new strength. YOU guide me in the right paths for the honor of YOUR name. Even though I walk through the darkest valley, I will not be afraid. You are with me. Your shepherd's rod and staff comfort me. You prepare a feast for me right in front of my enemies. You pour oil on my head. My cup runs over. I am sure that your goodness and love will follow me all the days of my life. And I will live in the house of the Lord forever." (NIV) Amen."

## DAY 4

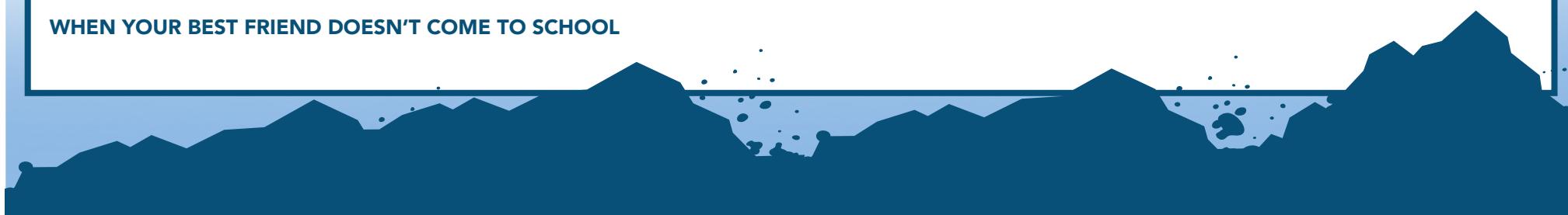
Which of these situations make you feel alone? (Circle as many as you can relate to.)

**WHEN YOU DON'T KNOW ANYONE IN THE ROOM**

**WHEN YOU GET IN TROUBLE**

**WHEN YOUR BEST FRIEND DOESN'T COME TO SCHOOL**

Now find a parent and ask them which of the situations make them feel alone. Be sure and share your answers too. Talk through what it might look like to trust God in each of the situations that you said make you feel alone. Before you move on with your day, agree on a "trust word" (or a handshake or motion) that you can use to encourage each other when you feel alone.





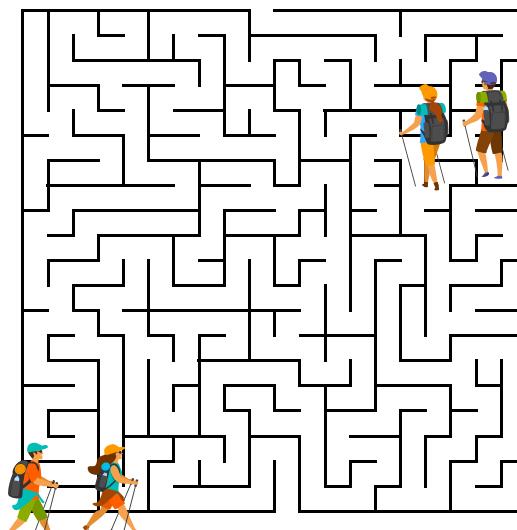
## DAY 5

Have you ever gone hiking? There are a lot of different trail designs, but switchbacks will have you headed one direction for a minute, and then the trail will take a turn, and suddenly you're headed the opposite direction.

The hard thing about a switchback trail is that you sometimes don't feel like you're making any progress, and you can't really see what's ahead.

Life can feel like that too! You might think you're almost through a really hard season, only to turn the corner and find there are more hard things ahead. And even if you feel like you see what's coming, you can never really know for sure what you're going to face around the next bend.

But there's good news: God is with you the whole time! When things don't make sense, when you feel confused or alone, you can still trust God. He's beside you on the path, and He knows what's going on, even when you don't! As you go through the unexpected twists and turns of life this week, remember you can trust God.



# TRUST

*Putting  
your confidence  
in someone you can depend on*



## DAY 1

Go to Studio252.tv and watch this week's episode of The So & So Show. (Click on Fun2Watch! then The So & So Show.)

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

### SO & SO TOP 3

After watching, write one thing that . . .

**1) YOU LIKED:** \_\_\_\_\_

**2) YOU LEARNED:** \_\_\_\_\_

**3) YOU'D LIKE TO KNOW:** \_\_\_\_\_



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

## DAY 2

READ GENESIS 40:12-15; 23

*But the chief wine taster didn't remember Joseph. In fact, he forgot all about him. (NIV)*

Ouch. Can you imagine how Joseph must have felt when the man whose dream he interpreted forgot about him as soon as he got out of prison? Probably just like he did every other time someone falsely accused him, sold him into slavery, or hurt him. But why did this stuff keep happening to him? Joseph admits he doesn't have a clue in verse 15.

***I was taken away from the land of the Hebrews by force. Even here I haven't done anything to be put in prison for. (NIV)***

Joseph wasn't perfect, but he also hadn't done anything worthy of prison time. And yet, there he was. It just didn't make sense.

Eventually, Joseph would see God's plan revealed in his life, and it was good. But when he was sitting all alone in that dark, dank prison cell, he had no way to know how things were going to change. All he could do was trust God.

While trusting God wouldn't change his situation, it would carry him through. Sure enough, better days were ahead, and God would be with him then too.

## DAY 3

When things don't make sense, how can you pray about them? Sometimes the best way to communicate with God is to just be quiet and listen—especially when you don't understand why something is happening.

Think about something challenging that is happening in your life or maybe in the life of someone you care about. Take a minute to tell God about it, and then sit in silence.

After you've sat there for a minute, empty your mind of the problem and instead fill it with this truth: I can trust God no matter what. Sit there as long as you can, focusing on God's power and strength instead of the problem. Then thank God for His faithfulness and for being trustworthy even when life doesn't make sense.

## DAY 4

Find a sibling or friend and share some of these silly questions with them:

**WHY DO WE PARK ON A DRIVEWAY AND DRIVE ON A PARKWAY?  
WHY DO WE CALL SMALL CANDY BARS "FUN SIZE"?  
WHY DO WE CALL THEM A PAIR PANTS WHEN THERE'S ONLY ONE?  
WHY DO WE SAY "KNOCK KNOCK" AFTER WE'VE ENTERED A ROOM?  
WHY IS ABBREVIATED SUCH A LONG WORD?**

Those were silly questions, but the truth is, there's a lot of life that doesn't make sense. And when something hard or confusing pops up in your life, it may not seem funny at all. Before parting ways with your sibling or friend, each of you share something that is happening in your life that you don't understand. Make a commitment to each other that you'll remind each other often that you can trust God even when life doesn't make sense.

**P.S. WHY IS IT CALLED A BUILDING IF IT'S ALREADY BUILT?**

WHAT DO YOU NEED  
TO TRUST GOD WITH  
**RIGHT NOW?**

## DAY 5

Pick up something in the room that's heavy (but not so heavy that you get hurt!), and walk around with it. As you walk around, imagine that what you are carrying is actually the one thing that you need to trust God with right now.

**NOW, KEEP HOLDING IT, BUT SIT DOWN IN A CHAIR.  
THE OBJECT YOU'RE CARRYING ISN'T ANY LIGHTER, BUT SUDDENLY,  
YOU FEEL STRONGER, DON'T YOU?**

When we trust God with the things that are weighing us down, our problem won't necessarily get lighter, but we will feel His strength. And just as you trusted that chair would hold you up (and help you carry your load), you can trust God when the pressure is on.

Pray and thank God for helping you carry your load, and then as you let go of the heavy object you're carrying, ask God to help you let go of your problem too.

BRING THIS  
BACK NEXT  
WEEK!

Name \_\_\_\_\_

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

# TRUST

*Putting  
your confidence  
in someone you can depend on*



## DAY 1

Go to Studio252.tv and watch this week's episode of The So & So Show.  
(Click on Fun2Watch! then The So & So Show.)

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

### SO & SO TOP 3

After watching, write one thing that . . .

**1) YOU LIKED:** \_\_\_\_\_

**2) YOU LEARNED:** \_\_\_\_\_

**3) YOU'D LIKE TO KNOW:** \_\_\_\_\_

## DAY 2

### READ GENESIS 41:15-16

It's hard to imagine the pressure that Joseph felt the day he was called out of prison and into Pharaoh's palace. And then to stand in front of Pharaoh and be expected to interpret his dream! What if he couldn't?! Or, perhaps worse—what if the dream was an awful one? Would he be killed for delivering bad news to the king?

Thankfully, Joseph knew he wasn't alone as he stood in front of the Egyptian monarch. That knowledge gave Joseph the courage he needed.

*"I can't do it," Joseph replied to Pharaoh. "But God will give Pharaoh the answer he wants." (NIV)*

Keep reading a bit more in Genesis 41 (verses 17-32). As you read about Pharaoh's dreams, draw your interpretation of the strange visions. Whether you draw cows and heads of grain in various sizes, or hamburgers and baguettes, create something you can hang up in your room or bathroom remind you that you that, just like Joseph, you can trust God when the pressure is on.

## DAY 3

If you have an un-inflated balloon around the house, grab it, as well as a marker. If not, a ziptop bag can work in a pinch. Blow up the balloon (or blow air into the bag). Hold it closed with one hand while you write with the other. Write three to four things that can stress you out or put pressure on you.

Begin to talk to God about those things. As you pray and ask God for help, begin to let some of the air out of the balloon or bag, releasing the pressure. **WHEN YOU'RE DONE PRAYING, RELEASE ANY ADDITIONAL AIR. IT'S HARD TO READ YOUR PROBLEMS NOW, ISN'T IT?**

Just because you pray, doesn't mean your problems will go away. But when you put your trust in God, it will make your problems a lot less scary and maybe even harder to see!

## DAY 4

Ask someone to join you and bring a pillow. Take turns shouting into a pillow, venting your frustrations about any problems you have. Try to decipher what the other person is saying as they shout into the pillow.

**THEN TAKE A FEW MINUTES TO TALK THROUGH THE PROBLEMS TOGETHER AND FIGURE OUT HOW YOU CAN TRUST GOD EVEN WHEN THE PRESSURE IS ON.**

Sometimes shouting into a pillow can relieve some pressure, and talking to a friend or family member can help too. But most importantly, when the pressure is on, trust that **GOD IS WITH YOU!**

# WHEN HAVE YOU HAD TO TRUST GOD?

## DAY 5

Think about a time that you had to trust God. A time when you didn't understand what was happening in your life, or what was coming next. A time when you were maybe even scared about the future, but when you look back on things, it actually turned out pretty okay.

**IF YOU COULD GO BACK AND TALK TO YOURSELF, BEFORE YOU KNEW THINGS WOULD BE OKAY, WHAT WOULD YOU SAY TO YOURSELF?**

### HOW WOULD YOU ENCOURAGE YOUR OLD SELF?

If you have a photograph from that time/situation in your life, ask an adult for help printing it, and write some words of encouragement to your "old self" on it, reminding yourself that you can trust God's plan. (If you don't have a photo, you can try drawing something that reminds you of that time, or just write some words of encouragement on a blank sheet of paper.) Hang the picture in your bathroom or somewhere around your house to remind yourself that even when you don't know how things will turn out, you can trust God's plan.



Name \_\_\_\_\_

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

# TRUST

*Putting  
your confidence  
in someone you can depend on*

## DAY 1

Go to Studio252.tv and watch this week's episode of The So & So Show.  
(Click on Fun2Watch! then The So & So Show.)

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

### SO & SO TOP 3

After watching, write one thing that . . .

**1) YOU LIKED:** \_\_\_\_\_

**2) YOU LEARNED:** \_\_\_\_\_

**3) YOU'D LIKE TO KNOW:** \_\_\_\_\_



## DAY 2

### READ GENESIS 45:4-11

Read Genesis 45:4-11, and underline all of the things that Joseph said were part of God's plan. Did you underline it all? Think about all the crazy things that happened to Joseph.

**THROWN INTO A WELL.  
SOLD AS A SLAVE.  
FALSELY ACCUSED.  
THROWN INTO JAIL.  
FORGOTTEN BY OTHERS.**

And finally, made second in command over all of Egypt. All of those things appear to have been done to Joseph. But there's one thing that Joseph chose to do that made all the difference.

He trusted God's plan. No matter how bad things got, he didn't give up. He continued to make the wise choice, and ask God for help. And at the end of the day, he saw that even the bad things that had happened had helped bring about God's plan for his life: to save all of Egypt.

## DAY 4

Today, find a few friends and read them this list of things that happened in Joseph's life (without telling them who's life it was).

**"THIS PERSON WAS:  
THROWN INTO A WELL.  
SOLD AS A SLAVE.  
FALSELY ACCUSED.  
THROWN INTO JAIL.  
FORGOTTEN BY OTHERS."**

## DAY 3

Ask a parent to help you for a few minutes. Grab a bandana or other piece of cloth and blindfold yourself (or, just close your eyes). If the weather is nice, take a walk outside; if not, you can walk inside instead. As you walk, hold the arm of your parent so they can guide you since you can't see.

As you walk, talk to each other about some of the challenges you and your family might be facing right now. Then, talk to God about it. Tell Him about the situations in your life where you know you need to trust Him. Ask Him for help, and thank Him for all the ways He's proven Himself worthy of trust.

Then open or uncover your eyes, and see how far you've come on your walk. **HOW DID IT FEEL TO TALK ABOUT TRUSTING GOD, ALL WHILE YOU COULDN'T SEE WHERE YOU WERE GOING?**

Of course, the correct answer is "Joseph, second in command of all of Egypt." But it will be interesting to see how many of your friends would guess that, based on the horrible things that happened to Joseph before his promotion.

Share with your friends about how Joseph trusted God's plan, and how things turned out in the end. Encourage your friends that even if they have some anxiety about things in their life right now, they can trust God has a plan for their lives.