

# TRUST

Putting your confidence in someone you can depend on

WEEK 1  
K-1<sup>st</sup>



BOTTOM LINE: You can trust God no matter what.

Read Psalm 31:14

DAY 1

## Who I Trust

Trust means putting confidence in someone you can depend on. Grab a piece of paper and a marker and write or draw a list of three people that you can trust! After you are finished, share the list or picture with someone in your family!

Adults: Here are some questions you can ask your child as you talk through their list: **Why do you trust these people? What do you trust them to do for you?** (take care of you, keep you safe?)

Thank God for putting people in your life that you can trust.

DAY 2

## You Are My God

With the help of adult, look up and read this week's verse, **Psalm 31:14**. Ask an adult to grab you either a washable or dry erase marker and see if they can help you find a window or mirror to draw on. **(Adults: don't worry! A washable marker or dry erase marker will wipe off easily with a damp towel or window cleaner.)** Once you have their permission, write out your Bible verse on the window or mirror. This way you can practice your verse throughout the week whenever you walk past that mirror or window.

Listen to God's word to teach you what to do.

DAY 3

## Double Up Drawings

Sometimes we just have to trust someone else because we don't know how to do it on our own. In this activity, you will take turns trusting your friends words as they instruct you to draw something by using the clues they give you!

You will need a friend, paper, and something to draw with to do this activity. So you have something to compare it to, the instruction giver will make a quick drawing as a guide. Choose someone to go first to be the drawer. The other person will think of something simple to instruct the other person to draw. For example, if they have to draw a face, they can say things like 'draw a big circle, then draw two more circles in the middle' and so on. Once done, the partners have to compare the drawings!

Know that God will always give us the best directions to lead us towards Him.

DAY 4

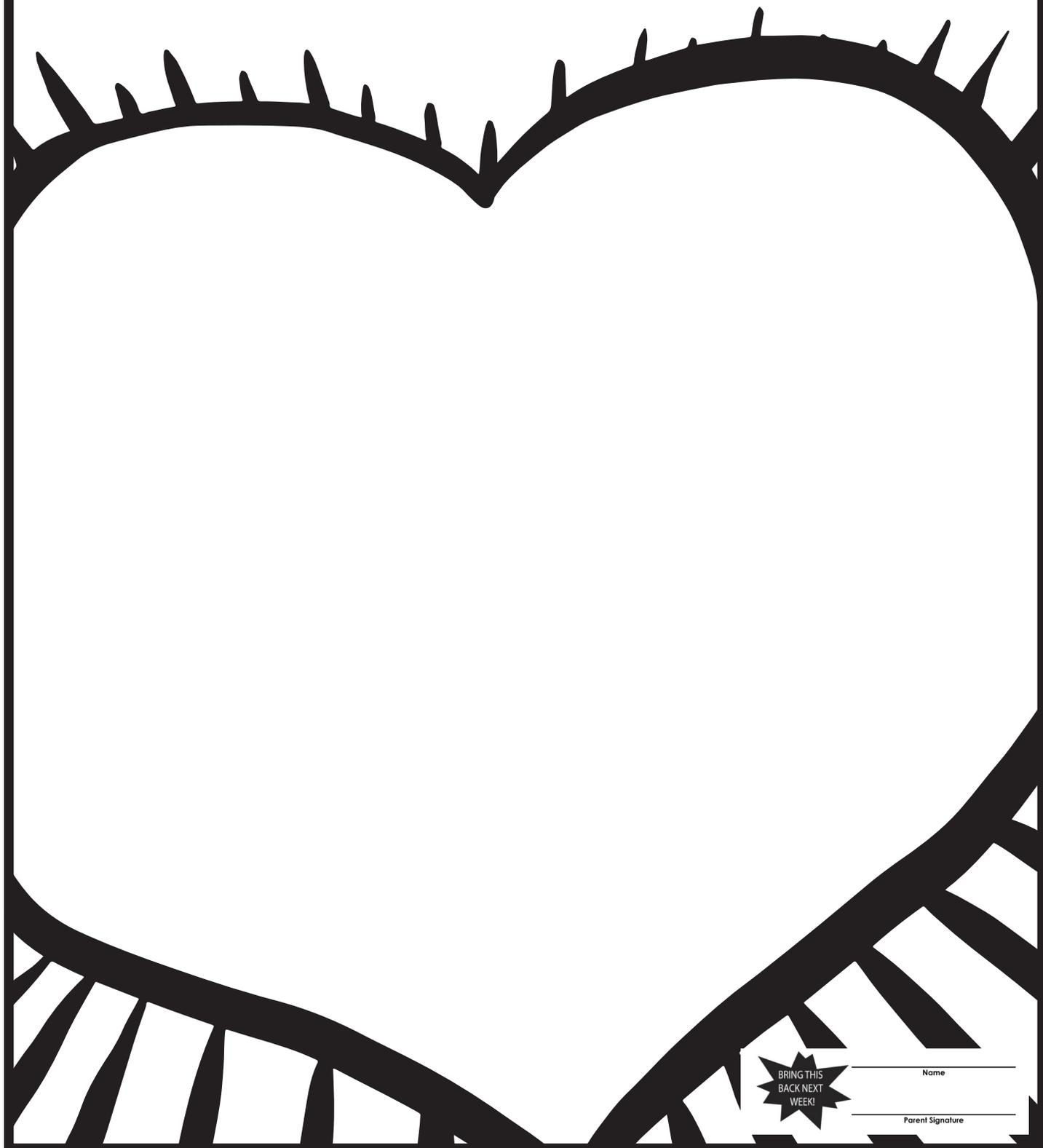
## Pray for Trust

Take some time to talk to God. Ask Him to help you be able to put your trust in Him. Pray something like this,

**"Dear God, I am told that I can trust you no matter what. But help me to be able to see it for myself. Teach me ways that I can put my trust in you. Amen."**

Ask God to show you ways that you can learn to trust Him more.

Draw a picture of all the things  
you trust God to provide for you.  
You can draw things like:  
food, shelter, or friends to play with.



BRING THIS  
BACK NEXT  
WEEK!

\_\_\_\_\_  
Name

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Parent Signature

# TRUST

Putting your confidence in someone you can depend on

WEEK 2  
K-1<sup>st</sup>



**BOTTOM LINE:** When you think you're alone, you can trust God is with you. Read Psalm 37:5-7

DAY 1

## He's Right Here

Find a quiet spot in your house where you can be alone. Sit in the silence and think about how God is right there with you, even though you can't see Him. What would you say to God if you could talk to Him right now? Pray the prayer below like you are talking to a friend:

"Hey God, I know that even when I feel alone You are right here with me. Please help me to remember that You will never leave me, no matter what. Help me to trust that You will always be there for me whenever I need you. I love You, God. Amen"

Know that God is always with you, no matter what.

DAY 2

## Take a Walk

Let's practice walking with God. Since He is always right there, take Him for a walk with you! Walk around your house or for a short walk outside (with adult permission) and talk to Him about what you are thinking, what your feeling or what you are doing. Ask Him anything you'd like. You can even walk around and thank Him for all the things that He has given you!

Look for times that you can talk to God throughout your day! He is always there to listen.

DAY 3

## The Right Words

Look up this week's Bible verse and then fill in the blanks below with the correct words!

Use these words to fill in the blanks:

your Lord he trust Him

Commit \_\_\_ life to the \_\_\_.

Here is what \_\_\_ will do if you \_\_\_

in \_\_\_.

Thank God for being someone you can trust.

DAY 4

## Prayer Strategies

Think about all the things you can do when you put your trust in God. Act out some times where saying a little prayer of trust will help make a tough time easier. Use these examples in real life whenever you need them. Make up some of your own that would help you most.

Pretend you are walking into a birthday party with new friends you just met. Put your head up, shoulders back and say a little prayer like: "God, I trust in you to help me be brave!" and walk in with a smile on your face (who knows, you might make a new friend)!

Pretend you are taking a math test. Imagine you are sitting at your desk, close your eyes and remember what you have learned. Say a little prayer like this: "Dear God, I trust in you to help me do the best that I can on this test."

Ask God to help you through the tough stuff.

Color Joseph's robe  
using rainbow colors.



BRING THIS  
BACK NEXT  
WEEK!

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# TRUST

Putting your confidence in someone you can depend on

WEEK **3**  
K-1<sup>st</sup>



**BOTTOM LINE:** When life doesn't make sense, you can trust God is with you. Read Proverbs 3:5-6

## DAY 1

### Things I Can Trust

Below is a list of statements. Some are always true and some are never true. Circle the ones that are always true. Check your answers below when you are finished.

- Grass is green.
- The grass will turn purple tomorrow.
- The sun will come out today.
- The sun will never shine again.
- I will not make any mistakes today.
- God loves me no matter what.

Answers: Grass is green. The sun will come out today. God loves me no matter what.

Know that God is the only thing you can trust to always stay the same.

## DAY 2

### God Makes Sense

Not everything in life makes sense. For example, it doesn't make sense that your best friend moved across the country, or that your pet worm got lost when you know you had it in a safe spot. But, one thing that always makes sense is God.

Read the sentences below and try and make sense of what they should say instead! If you want, make up your own silly sentence on the line below!

1. The blanket went to find a big cat to keep it warm.
2. The sad book went to the library to check out a funny person.
- 3.

Look for ways that God makes sense when nothing else does!

## DAY 3

### The Best Friend

Although we cannot see God, we know that He is around by how He takes care of us. Talk to God like He is right there with you by saying something like this:

**"Dear God, Thanks for being right here with me. I know that you will always do what is best for me, even when it doesn't make sense. Thank You for never leaving my side. Amen"**

Thank God that He is always right by your side, all the time.

## DAY 4

### Road to Straight Paths

Read this week's verse, **Proverbs 3:5-6**.

Grab some play dough or some paper and something to write with. Read the verse above aloud and then use the key words below to create an image using your materials to help you remember the verse.

Create: a heart, a brain for understanding, the letter "O" for obey, a road that is curvy and a road that is straight.

Ask God to help you obey His word and keep you on a straight path.

Draw a picture of God  
standing alongside of you.



BRING THIS  
BACK NEXT  
WEEK!

\_\_\_\_\_ Name

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# TRUST

Putting your confidence in someone you can depend on

WEEK 4

K-1<sup>st</sup>



**BOTTOM LINE:** When the pressure is on, you can trust God is with you. Read Psalm 56:3

DAY 1

## Sounds Crazy

One of the hardest things Jesus' followers had to do was to tell others about how He died and then came back to life three days later! It wasn't a popular story to be telling at that time. Can you think about how hard that would have been to talk about back then? But, today, we know that it's true and that Jesus died for everyone and we need to spread the word!

Make a list of two or three people that you can tell about Jesus! Think about something you can tell them, like what He did for you, how He is always with you, or how He is always there to just listen. Tomorrow we will take some time and pray for the people on your list so keep it close!

Look for chances to tell others about Jesus.

DAY 2

## Crazy Words

Grab your list from yesterday, take a few minutes to pray for the people on your list. Pray that you can have the courage to tell them about Jesus someday. You can pray something like this:

**"Dear God, Thank You for sending Your Son, Jesus, to die for me and everyone else. It sometimes feels scary to talk about something like that. But, I pray that You will give me the courage to talk to these people about Jesus someday soon. Amen."**

For some of us it will take some more prayers, but for others it is super easy to talk about Jesus. No matter how you feel, anytime is a good time to talk about Jesus.

Know that God will give you the courage to talk about Jesus if you ask Him!

DAY 3

## Pressure is On!

Grab a friend or sibling and a timer. Read the list of actions below and see how many you can both get done in thirty seconds! Set your timer for thirty seconds and start on the list! If you finish before the timer runs out, do the list again until the timer finishes!

Do 10 jumping jacks.

Sing your ABC's.

Give yourself a high five six times.

Do three toe touches.

Thank God that even when the pressure is on, He will help you through it.

DAY 4

## Really Big Trust

This week's Bible verse is **Psalm 56:3**. It talks about when you are afraid you can put your trust in God. Grab some paper and something to write with. Think of something you're afraid of, maybe you're afraid of the dark, heights, or going somewhere new. Write or draw that on your paper. Once you have finished writing or drawing, write the words **TRUST GOD** really big across your paper to remind you that when you are scared all you need to do is trust God!

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

Complete the drawing by adding a face of someone who is not afraid.



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# TRUST

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WEEK **5**  
K-1<sup>st</sup>



**BOTTOM LINE:** You can trust God has a plan.

Read **Jeremiah 29:11**



## Plan It

Things sometimes work better when there is a plan! Below is a daily schedule, but it doesn't go in the right order. Read through the tasks and number them in order to what you would do first, second, third and so on, during a normal school day. The first one is done for you.

- 1 Wake up
- Go to school
- Brush your teeth
- Eat breakfast
- Do your homework
- Eat dinner

Know that, just like you have a plan for the day, God has a plan for your life!



## Grown Up Me

Read **Jeremiah 29:11**.

It's so cool that God already has a plan for you! What do you hope for your future?

Grab some paper and something to draw with. Draw a picture of what you would like to be when you grow up!

Ask God to help show you what His plan is for your life as you grow.



## Plan a Prayer

A super simple plan for saying a prayer to God is to:

1. Say hello
2. Thank Him for all He does
3. Ask for what you need
4. Say goodbye

Practice by saying the prayer written below:

1. Dear God,
2. Thank You for having a plan for my life.
3. I pray that You will help me trust in You, even when it's hard.
4. I love You, God. Amen

You can always use these four steps as an easy plan for when you pray to God.

Look for times when you can see God's plan working out!



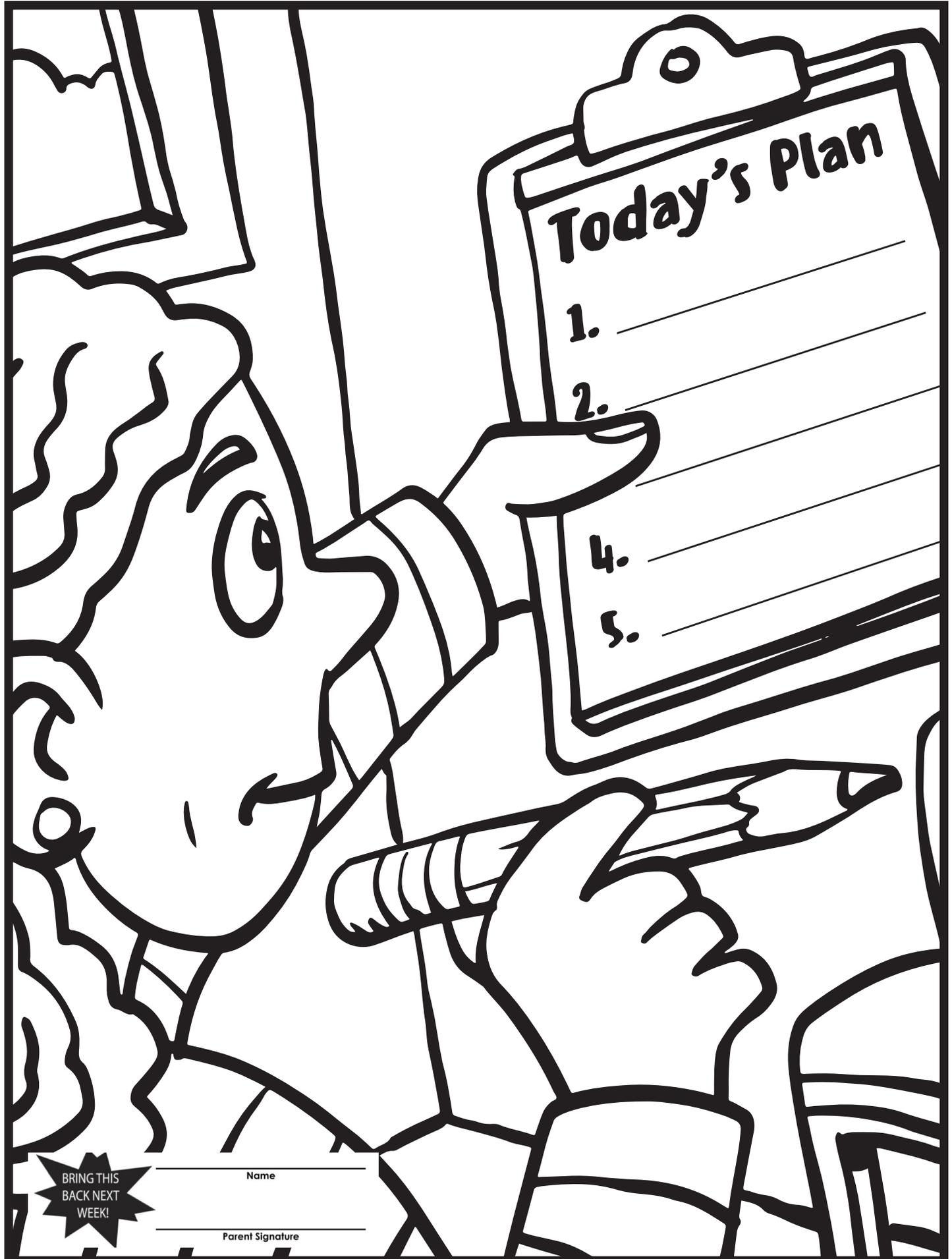
## Here's the Plan

The plan is to get from one side of your house to the other safely . . . with your eyes closed!

Ask someone in your home to help you by giving you directions on how to best get to the other side of the house without running into anything!

Listen closely to the plan and directions they give you to get you there safely!

Thank God that He already knows the plan He has for us.



# Today's Plan

1. \_\_\_\_\_
2. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

BRING THIS  
BACK NEXT  
WEEK!

\_\_\_\_\_  
Name

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Parent Signature