

# HOW CAN YOU FIND PEACE EVEN WHEN LIFE SEEMS HARD?

## DAY 4

How good are you at balancing on one foot? Did you know that if you're starting to feel wobbly, the trick is to find one spot to focus on, and it will be easier to stay upright?

### TRY IT!

Sometimes when life is hard and we think we can't stand it one second longer, we need to focus on God. When we ask Him for help, it doesn't mean that suddenly the hard times will go away, but He will help us power up to stand strong.

How do we focus on God? We can think of the ways He's taken care of us and our needs in the past. We can spend time talking to Him and asking Him for peace. We can listen to music and read books that remind us of His power.

What is one way you can focus on God and His power today?

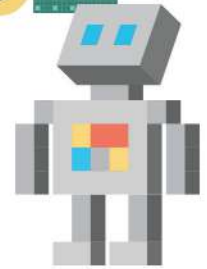
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LIVE  
FOR GOD

# LIFE APP

WHAT GOD IS DOING IN  
YOU TO CHANGE THE  
WORLD AROUND YOU



## DAY 1

### READ MATTHEW 6:25-26

As you read Matthew 6:25-26, remember that Jesus spoke these words during a time when there were no grocery stores. There was no guarantee that food would be plentiful from year to year, or even day to day.

You may not worry about where your next meal is coming from or you might have other worries that are just as scary.

Below, re-write Matthew 6:26 for your reality today. What's something that you sometimes worry about? Use that as a way to personalize this truth for yourself.

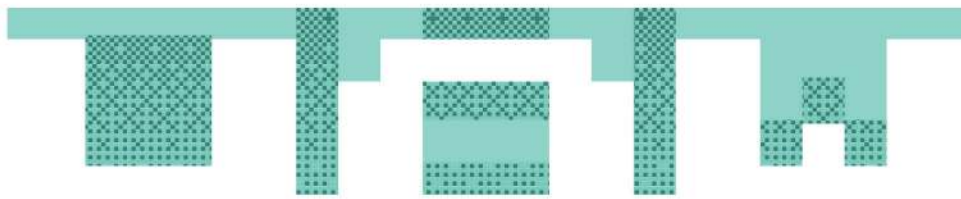
*"Look at the birds of the air. They don't \_\_\_\_\_ or \_\_\_\_\_ (things you sometimes do when you're worried). They don't \_\_\_\_\_ (something you might do to try to fix a situation). But your Father who is in heaven \_\_\_\_\_ (how God takes care of the birds). Aren't you worth much more than they are?"*

Just like Jesus spoke to the crowds that gathered in a way that was relatable to their worries and concerns, God wants you to feel His peace in your life today no matter what you're facing.

PRETEEN

HEAR  
FROM GOD

WEEK 3



## DAY 2

### WRITE THE WORD "PEACE" BELOW.

Now, turn around in circles several times until you're completely dizzy and then immediately write the word "peace" again.

It was harder the second time, wasn't it? That's because you felt a little out of control after spinning in circles.

Just like the birds that Jesus talked about in Matthew 26 didn't have any control over the weather or their food supply, there are problems and situations in our life where we don't have control. What is something in your life that you sometimes worry about because you don't feel you have any control over it? \_\_\_\_\_

Take a few minutes and talk to God about it. Tell Him all the details and why you are tempted to worry about it. Ask Him for peace when you feel out of control.

God wants us to talk to Him about anything and everything in our lives, and that includes those times that we feel out of control and the situations we worry about. And remember, praying doesn't mean that your problems will go away. But it is a way of connecting with God and reminding yourself that God is in control.

**YOU CAN HAVE PEACE BECAUSE GOD IS IN CONTROL. AND YOU CAN TRUST GOD NO MATTER WHAT.**



PRAY  
TO GOD



## DAY 3

Grab dice from a board game and a friend, sibling, or parent to play along. Take turns rolling the dice. The person who doesn't have the dice starts with the letter A and writes as many words as they can think of that start with A. They keep going until the person with the dice rolls a double. At that point, they have to stop writing.

Then switch rolls, and the person who rolled the dice first now has to write as many "A" words as they can before the other person rolls a double. **Continue going back and forth, making your way through as many letters of the alphabet as you have patience for.**

Now take some time to talk about the game. Did you ever feel frustrated, sad, or mad when your turn was up way too soon? How did it make you feel to have so much of the game out of your control? No matter how smart you are or how many words you know, if you didn't have a long turn, you weren't going to get a lot of answers.

Share with each other some other things in life that frustrate you because you don't feel like you have control. Then share with each other one time that you didn't have control, but that you saw God take care of you anyway.

**MAKE A PACT TO REMIND EACH OTHER OF THAT TIME THAT YOU SAW GOD'S POWER AT WORK WHENEVER YOU FEEL OUT OF CONTROL.**



TALK  
ABOUT GOD