

TRUST

Putting your confidence in someone you can depend on

WEEK **2**
K-1st

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.

