

# WHAT DOES IT MEAN TO TRUST GOD?

# CONFIDENCE

LIVING LIKE YOU BELIEVE  
WHAT GOD SAYS IS TRUE

## DAY 4

Trust . . .

- It isn't just letting someone guide you while you're wearing a blindfold.
- It isn't just falling backward and letting someone catch you.
- It isn't just waiting around and remembering that God has a bigger plan (although He absolutely does!).

Trust is active, it's something you do. Like standing up for what's right—even if you're the only one or talking to Him when you feel sad, frustrated, or angry—instead of doing something you might regret.

Trusting God means living each day for Him and remembering that He's with you through thick and thin.

So how can you trust God with your actions? What choices can you make that show that you trust Him? What are some situations right now where you might feel nervous or uncertain? How can you live confidently because of God's Spirit living inside you?

Fill in the blanks below. Show God that you trust Him by the way you live!

**TODAY, I CAN TRUST GOD BY \_\_\_\_\_**  
**THIS WEEK, I CAN TRUST GOD BY \_\_\_\_\_**  
**THIS MONTH, I CAN TRUST GOD BY \_\_\_\_\_**

## DAY 1

### Read Daniel 3

There was something extreme about Shadrach, Meshach, and Abednego—and it wasn't just their names! These three guys had extreme confidence. They lived like they believed what God said was true.

When you read their story, you can see how they put their lives on the line for what they believed. Sure, it would have been a LOT easier for them to "go with the flow" and worship the king's statue. But they knew that wasn't right. They knew that only God deserves our worship. They were so sure of it that not even a fiery furnace could change their minds.

Somehow they were brave enough to stand up to the king. Check out what they said in Daniel 3:17-18.

So how did they get such extreme confidence? Where did it come from? **IT'S SIMPLE. THEY TRUSTED GOD. THEY BELIEVED WITH ALL THEIR HEARTS THAT GOD WAS WITH THEM.**

Why is it so hard for us to do the same thing? Well, there are lots of reasons. We get discouraged. We get scared. We worry about what might happen. We might even feel like we're all alone.

But we're not! The same God that was with Shadrach, Meshach, and Abednego is with US. We can trust Him and make choices that honor Him. In any situation, we can remember that He's in control—and He's right there by our side.

LIVE  
FOR GOD

WEEK 1

HEAR  
FROM GOD

PRETEEN



## DAY 2

When we talk to God, a lot of times we tell Him about things that are happening right now or we might talk about something that we hope will happen in the future.

### But what about the in between?

Did you know that God is working IN you? Did you know that you're growing in confidence each day that you follow Him?

It's like our Memory Verse says: *He who began a good work in you will carry it on to completion. (Philippians 1:6, NIV)*

In a way, all of us are "under construction." We're a work in progress. We're trusting God to shape us and sharpen us so that we become more like Jesus.

Write down three ways where you think God is working on you right now. Is He helping you to be more honest? More patient? Stronger in your faith?

- 1.
- 2.
- 3.

Take some time to tell God that you trust Him. Thank Him that He's always with you. Ask Him to help you grow more and more like Jesus every day.

PRAY  
TO GOD



## DAY 3

You can probably think of some times when you trusted God and it clearly "paid off."

- Maybe you prayed for someone who was sick, and they got better.
- Maybe you were patient in a tough situation, and God eventually worked things out for you.
- Maybe you trusted God during a confusing time and now you can look back and make sense of what happened.

Sometimes that's not so easy to see, though. Sometimes things don't go the way you expect, even if you trust God or make the wise choice or just do the right thing.

Shadrach, Meshach, and Abednego told the king that they wouldn't worship his statue, even if they knew that God wouldn't save them. For them, doing the right thing was "worth it"—no matter what!

That's what trust looks like. It's believing that God is with you and choosing to live the way He wants you to—regardless of what actually happens.

So that brings up a really good question. Is it still "worth it" to follow God, even if things don't work out the way you planned? (Ask your mom, dad, or another adult who follows God and take some time to think about it for yourself, too.)

TALK  
ABOUT GOD

# WHO ENCOURAGES YOU TO TRUST JESUS EVERY DAY?

# CONFIDENCE

LIVING LIKE YOU BELIEVE  
WHAT GOD SAYS IS TRUE

## DAY 4

A lot of times, our friendships seem to just “happen.”

Think about how you first met *your* friends. Maybe you sat next to each other in class, you were on the same soccer team or your parents and their parents liked to hang out, so you got to know each other too.

It’s great when you meet people naturally and you just seem to get along. You have fun together and like to do the same things.

As you get older, you’ll start to actually *choose* your friends more and more. You’ll decide what’s most important to you, and you’ll find others who value those things too. That’s why it’s so important to look for friends who follow Jesus—whether you know them from church, or from other places.

The truth is, our friends have a bigger influence on us than we might imagine. The more we hang out with them, the more we act like them and the more we think like them. So it’s important to spend time with friends who you want to be like—to choose friendships that you know will be good for you in the long run.

Of course, you can be *kind* to everyone. It’s good to be friends with all kinds of different people. But you get to decide who you spend the most time with and who’s going to influence you.

If you have friends who love God and want to live for Him, then take the opportunity to listen to them. Learn from them. Lean into those relationships.

**YOU’LL FIND THAT THEY BECOME MORE AND MORE IMPORTANT OVER TIME!**

## DAY 1

**Read John 1:43-51**

When something really great happens, you can’t wait to tell your friends. That’s what it was like for Philip. He couldn’t wait to tell his buddy Nathanael, because Jesus, the promised One, was here! Nathanael wasn’t so sure. He was going to need some convincing. He said, “Nazareth? Can anything good come from there?”

**UNDERLINE WHAT PHILIP SAID IN VERSE 46 AND WRITE IT BELOW.**

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That’s what you say when you’ve experienced something amazing: “Come and see!” You want your friends to experience it too.

Both Philip and Nathanael went on to be Jesus’ disciples. They had a front-row seat to His life, death, and resurrection. They got to spend their days learning from Him and understanding what it means to trust Him. For Nathanael, it all started with those simple words from a friend: “Come and see!”

**WHO WAS IT THAT FIRST TOLD YOU ABOUT JESUS?  
WHO TOLD YOU TO COME AND SEE?**

Friends are so important because you can have fun together, you can support each other AND you can remind each other about what’s most important in life. You can be that kind of friend, too. You and your friends can help each other trust Jesus.

LIVE  
FOR GOD

WEEK 2

HEAR  
FROM GOD

PRETEEN





## DAY 2

God knows how important your friends are. He's the one who came up with friendship in the first place! He knows that the *right* friendships can bring you closer to Him.

You can ask God to give you wisdom about who you spend most of your time with or to connect you with new friends who want to live His way.

You can even ask God to help you to be a good friend. You never know when someone needs an encouraging word from you. They might need a reminder that God loves them, and you're the perfect person to tell them!

All of us need people who cheer us on and push us to *live fully alive*. Who are those people that God has put in your life? How could you be that kind of friend to somebody?

**THANK GOD** for your friends. Thank Him for bringing them into your life, and for the encouragement they give you each day.

**ASK HIM** to show you how you and your friends can live out what you believe.

**GIVE HIM** an open heart and a positive attitude, so He can use you to encourage your friends too.



**PRAY**  
TO GOD



## DAY 3

Think about some of your closest friends. Can you come up with one word for each friend that describes why they're important to you—a word that starts with the same letter as their name?

For example, let's say your friend's name is Taylor. Taylor is always there to listen. She's a safe person. You can be real and honest with her—whether you're having a good day or a bad day. Your word for her could be **TRUE . . . OR TRUSTWORTHY**.

Or maybe you just love hanging out with your buddy Charlie. He's so much fun. You laugh together all the time. If you need someone to lift your spirits, Charlie is your guy! Your word for him could be **CHEERFUL**.

*Tip: If you need a little help, check out a Thesaurus (there are some good ones on the Internet).*

It's important to know what your friends mean to you and it's important for them to know, too. Wouldn't you want to know if your friend thought you were trustworthy or caring or fun? Absolutely!

Sometime this week, take the time to tell your friends why you appreciate them. It could be as simple as this: **"THANKS FOR BEING SUCH A GOOD FRIEND. I CAN ALWAYS COUNT ON YOU TO LISTEN."**

Give it a try—they'll love to hear it!



**TALK**  
ABOUT GOD



# WHAT DISTRACTS YOU FROM FOCUSING ON JESUS?

## DAY 4

Have you ever watched a basketball game, when someone from the visiting team is trying to shoot a free throw? All the home fans are waving their hands in the air and yelling to try to get the player to miss it.

It's hard enough to do what we're supposed to do without distractions getting in the way! That's real life, though. The same thing that happened to Peter can happen to us so easily. He was walking on the water with Jesus . . . until he wasn't. All it took was him getting distracted for a second.

Those distractions can look different for each of us. If you want to stay focused on Jesus, you might need to spend some time thinking about what distracts you. Ask your parents what they think; after all, they know you better than anyone.

**IF IT HELPS YOU KEEP YOUR FOCUS ON HIM, IT'LL BE WELL WORTH IT!**

# CONFIDENCE

LIVING LIKE YOU BELIEVE  
WHAT GOD SAYS IS TRUE

## DAY 1

**Read Matthew 14:22-33**

What do you notice about Jesus in this story?

He had a plan. He knew what was going to happen. He was in control the whole time. The disciples saw Jesus walking on the lake and they were *terrified*. But Jesus was calm.

**HE SAID, "BE BRAVE! IT IS I. DON'T BE AFRAID."**

Peter walked on the water because Jesus told him to. But when he looked at the wind and waves, he started to *panic*. He started to sink. Jesus was ready though! Immediately, He caught Peter and brought him safely back to the boat. The wind calmed down.

We're like the disciples. We get surprised when life throws us things we don't expect. We get scared. We start to panic. We don't see a way out.

That's because we're looking at the wrong thing. We're looking at the wind and waves. We're worried about what we see around us. What if we looked at each day like Jesus was really in control? What if we really believed that the things that happen to us aren't a surprise to Him?

That doesn't mean nothing bad will happen to us. But it does mean that we can trust Him along the way. We know He's with us. We know where to look. We can focus on Him instead of worrying about the wind and the waves.

LIVE  
FOR GOD

WEEK 3

HEAR  
FROM GOD

PRETEEN



## DAY 2

What are the “wind and the waves” in your life right now?

Draw some waves here on this paper, and write in some words about the things that make you feel worried or overwhelmed. It could be a big project at school, or trouble with a friend or maybe your parents are stressed out about their jobs or money, and that makes you worry too.

The more you think about those things, your worry just gets worse. That’s why it’s important to put your eyes on Jesus instead—to remember the things that are true:

**HE LOVES YOU.**

**HE PROVIDES FOR YOU.**

**HE’LL NEVER LEAVE YOU.**

**HE’LL GIVE YOU HIS STRENGTH TO FACE WHATEVER YOU’RE FACING.**

Find one of your favorite worship songs to listen to today. Really pay attention to the words. Let your thoughts land on Jesus and all the good things He’s done in your life.

When you pray, tell God about the “wind and waves” you wrote down. Be honest with Him and tell Him how you feel. Ask Him to help you focus on Jesus instead of filling your heart with worry or fear.



**PRAY**  
TO GOD



## DAY 3

All of us struggle sometimes to put our focus on Jesus, because we get sidetracked by all the other things that need our attention. Your parents can probably remember some seasons of their lives when they were really focused on Jesus . . . and others when they weren’t.

You should ask them about it! You’ll probably learn something you never knew before about their faith story.

### HERE’S WHAT YOU CAN ASK:

- Were there times in your life when you were really focused on Jesus?
- Were there also some times when you focused more on other things instead?
- What difference did it make when you WERE focused on Him? What made your life different in those times?



**TALK**  
ABOUT GOD



HOW CAN YOU FACE  
CHALLENGES KNOWING

# JESUS IS WITH YOU?

## DAY 4

Jesus is always with you. He's there in the good times and the bad times. You know that, deep down. But will you remember it when life seems to go sideways?

Here's one way to give yourself a reminder.

**FIND SOMETHING TO WRITE THESE VERSES ON. (JUST THIS PART—NOT THE ACTUAL VERSE.)**

John 14:27

Philippians 4:6-7

1 Peter 5:7

Matthew 28:20

John 1:14

John 10:10

Put your notes in different places where you'll find them over the next few days—like on the back of the seat in your car, inside your soccer bag, or on a cereal box in the pantry.

When you see one of those notes, look up the verses in your Bible (or on your Bible app).

There's something about **SEEING** God's truth that reminds you to **LIVE IT**. His Word is powerful. It reminds you that Jesus is with you—which is exactly what you need to hear when you're up against something tough.

Who knows—maybe your parents or siblings will look up the verses when they see them. A little encouragement is great for everyone!

LIVE  
FOR GOD

# CONFIDENCE

LIVING LIKE YOU BELIEVE  
WHAT GOD SAYS IS TRUE

## DAY 1

### Read Acts 4:1-22

There was only one way Peter and John could have stood up to the religious leaders the way they did. Check out verse 13. They were bold, fearless and confident for one reason: they had been with Jesus. That should give us confidence! After all, Peter and John weren't superheroes. They were "ordinary men with no training." For them, it was simple. They knew Jesus was with them.

Jesus was the One who gave them the power to heal the man who couldn't walk. There was no denying it. The man was standing right there next to them—living proof of the miracle they had done in Jesus' name.

When the leaders tried to threaten Peter and John not to speak or teach about Jesus anymore, you can feel the courage that rose up inside them:

*"Which is right from God's point of view? Should we listen to you? Or should we listen to God? You be the judges! There's nothing else we can do. We have to speak about the things we've seen and heard." (Acts 4:19-20, NIRV)*

Underline that last sentence in your Bible. That takes a lot of the pressure off, doesn't it? We don't have to have all the answers. Our job is to talk about the things we've seen and heard.

That means we just need to tell the truth about God. Remember, we have the exact same power in us that Peter and John did back then and we can face anything that stands in our way, because we know for sure that Jesus is with us!

WEEK 4

HEAR  
FROM GOD

PRETEEN



## DAY 2

Sometimes it can be hard to face a new day. You might have challenges ahead that you really don't want to deal with—like an audition, a dentist appointment, or having a serious conversation with a friend who upset you.

None of those situations are easy. Some of them are really difficult—even scary. But you CAN face them. Here's why. When Jesus is with you, you can face *anything*.

Jesus can give you the confidence to do things you need to do, but don't really want to. He can also give you the strength to deal with things that seem overwhelming. That's because it's not your strength—it's His.

If you ask Him, He can fill your heart with peace the passes all understanding. He can give you the courage to face the challenges of life head-on.

**PRAY ABOUT THE CHALLENGES YOU'RE FACING TODAY, WHETHER THEY'RE BIG OR SMALL. ASK GOD TO HELP YOU FACE THEM. REMEMBER THAT NO MATTER WHAT HAPPENS, JESUS IS ALWAYS WITH YOU.**

PRAY  
TO GOD



## DAY 3

**"WE HAVE TO SPEAK ABOUT THE THINGS WE'VE SEEN AND HEARD."**

That's what Peter and John decided. They had seen Jesus say and do so many amazing things that they knew for sure He was the Son of God. There was no way they could keep from talking about Him and sharing what He had done for them.

So how about you? What are the things you've seen and heard?

**WRITE DOWN SOME ANSWERS TO THESE QUESTIONS BELOW.**

- What does Jesus mean to you?
- If you do believe in Him, what was it that made you decide for sure?
- How have you seen Him come through for you, your family or friendships?

If you take the time answer those questions honestly, you've got a pretty great faith story to share! What's especially cool is that it's yours—no one else's. You know what you've seen and heard about Jesus. No one can tell your story like YOU can.

As you face challenges in life, other people might wonder where your strength comes from. They might wonder why you have a positive attitude even when things are difficult. That's the perfect time to tell your story—to share where your confidence comes from. You never know how God might use you to encourage someone else!

TALK  
ABOUT GOD



HOW WOULD YOU LIVE  
IF YOU BELIEVED WHAT

# GOD SAYS IS TRUE?

## DAY 4

If you really take God seriously, you live differently. You're not just living for yourself. You're living for Him. You're trying to follow *His* plan for your life.

In John 10:10, Jesus talked about the kind of life we can live if we follow Him.

### CHECK IT OUT:

*"I have come so they may have life. I want them to have it in the fullest possible way." (John 10:10b, NIV)*

Jesus came so we could *live fully alive!* Because of Him, we can live the way we're meant to live.

That kind of life is so much bigger than breathing, eating, drinking, and sleeping. It's being part of a much bigger story. It's connecting with the God who loves us more than we can possibly imagine. It's sharing His love with the people around us.

Living fully alive means that you make wise choices. You treat others the way you want to be treated. You trust God no matter what. You live with confidence because you know that you matter to Him.

### WHAT DOES THAT LOOK LIKE FOR YOU? TODAY—INSTEAD OF JUST LIVING—HOW CAN YOU LIVE FULLY ALIVE?

# CONFIDENCE

LIVING LIKE YOU BELIEVE  
WHAT GOD SAYS IS TRUE

## DAY 1

### Read Romans 8:38-39

Nothing can separate us from God's love. Nothing we do or nothing that could happen to us can get in the way between us and God. There might be times that you might not feel close to God or even feel far away from Him.

If you've done something wrong, you might think: "God must be so disappointed in me." If things aren't going your way, you might think: "God must not really love me." If you've been hurt by someone else's words, you might wonder: "Does God really think I'm worth loving?"

But that's not how God works. God has already proven how much He loves you by sending Jesus to be your Savior. In Paul's letter to the Romans, Paul promises that nothing at all can ever separate us from God's love. Why? **"BECAUSE OF WHAT CHRIST JESUS OUR LORD HAS DONE."**

It's not about what we've done—right or wrong. It's about what Jesus did for us when He died on the cross. When Jesus chose to give His life and then come back to life, He proved that He really was God's Son. Because of what Jesus did, you never have to wonder if God loves you. Jesus was willing to die for you, so you would never have to be separated from His love. You can be confident because you know for SURE that He loves you.

True confidence is so much more than a feeling. It's relying on what you KNOW to be true. You might feel far from God, but you never really are. He's with you. He's there to help you. And you can trust that what He says is true.

LIVE  
FOR GOD

WEEK 5

HEAR  
FROM GOD

PRETEEN



## DAY 2

Is there something right now that feels like it's "in the way" between you and God?

It could be something you're struggling with.  
It could be that you're uncertain about the future.  
It could be that God didn't do something that you prayed for.

In those moments, it's tempting to want to shut down and hide.

### YOU MIGHT THINK . . .

"I can handle this myself."  
"I can't tell God what's really going on."  
"Why won't He change it?"

When you feel far from God, that might be the time when you need to lean into Him the most. After all, you know that there's nothing that can really come between you and Him. There's nothing that can separate you from His love.

That doesn't mean the tough things in your life will magically get better, or that you'll suddenly be able to understand why they happened. But you won't be hiding from the One who loves you most—the One who knows you better than anyone. You can be real with Him. You can trust Him.

When you talk to God, tell Him what's hard for you. Tell Him the way you really feel. Let His love carry you through when you feel weak or alone.

**PRAY**  
TO GOD



## DAY 3

Have you ever heard of a time capsule?

It's a container where you put items that are important to you. You bury it in the ground so that years and years later, people can open it and get a glimpse of what your life was like.

### PEOPLE MIGHT INCLUDE THINGS LIKE:

- Photos
- Gadgets (the latest technology)
- Toys
- Letters to people in the future

Sounds fun, right?

What if you made a time capsule to show what your relationship with God is like? You don't really have to put one together, but if you did, what kinds of things would you put in it?

- A Bible, maybe with some favorite verses?
- A picture of you and your friends at church?
- Maybe even a tied shoelace to show that you're tied together with God—nothing can separate you from Him

### WHAT ELSE? WHAT WOULD SHOW OTHER PEOPLE HOW IMPORTANT GOD IS TO YOU?



**TALK**  
ABOUT GOD