

CONFIDENCE

WEEK 1

K-1st

LIVING LIKE YOU BELIEVE WHAT GOD SAYS IS TRUE

BOTTOM LINE: Trust that God is always with you.

Psalm 56:3

DAY

1

Look Around

Sit in complete silence for a few moments. If you have access to a tablet, set a time for 30 seconds. Look around you. Who do you see? It might be some family members, or friends, or maybe no one. But, God is right there. You might not be able to see Him, but He is always with you if you believe in Him! Talk to God in the silence! Pray something like this:

“Dear God, although I can’t see you, I know you are here. You are always looking out for me and keeping me safe. I am so glad that I can talk to You whenever I need You because You love me and are always there for me. In Jesus name, amen.”

KNOW that although you cannot see God, He is always there for you.

DAY

2

What Does Trust Mean?

Look up the word **trust** in the dictionary or online. Write the definition below. Talk about the definition with an adult. Does God fit within that definition? Could you trust God no matter what? What does He do that allows you to trust Him?

Trust:

ASK God to help you trust in Him because He is trustworthy.

DAY

3

Graphic Artist

With the help of an adult look up this week’s Bible verse, Psalm 56:3. With a piece of paper and some art supplies, design a poster with the words of this verse and a picture to go along with it. Put this someplace you can see it when you become afraid as a reminder that God is always there.

LOOK for opportunities to talk to God about the things that make you afraid.

DAY

4

Trust Talk

“I can trust you because You are here for me.” Say it out loud. For the rest of today and tomorrow, practice saying this to yourself when you are scared or when you don’t know what to do. The more you say something out loud, the easier it is to remember when you need it. Some days you might need to say this more than others and that’s okay. Use it when you can!

THANK God for being someone you can trust all of the time.

**When I'm afraid,
I put my trust
in God.**



CONFIDENCE

WEEK 2

K-1st

LIVING LIKE YOU BELIEVE WHAT GOD SAYS IS TRUE

BOTTOM LINE: Find friends who help you trust Jesus.

Psalm 31:14

DAY 1

Thank You for Being a Friend

Write a note or draw a picture to a friend or family member who has helped you learn more about God. Give them your note or drawing next time you see them and tell them what they have done for you and how they have helped you learn more about Jesus.

THANK God for giving you friends and family to teach you more about Him.

DAY 2

What is a Friend?

What are some attributes of a good friend? Answer the questions below to reflect on what a good friend is:

- What does a good friend do for their friends?
- How does a good friend treat their friends?
- What can a good friend do to teach you about Jesus?
- What can you do to be a good friend?

ASK God to bless you with good relationships that help bring you closer to Him.

DAY 3

Word Search

Grab paper, a writing utensil, and scissors. With the help of an adult look up this week's Bible verse, **Psalm 31:14**. Count the words in the verse and cut out that many pieces of paper, write one word of the verse on each piece of paper. Now, choose one room in your house and have the adult hide the words around the room, without you looking. Once they are finished hiding, go and search for the words. Once you have found all the words put them in the correct order of the verse. Say the verse together a few times!

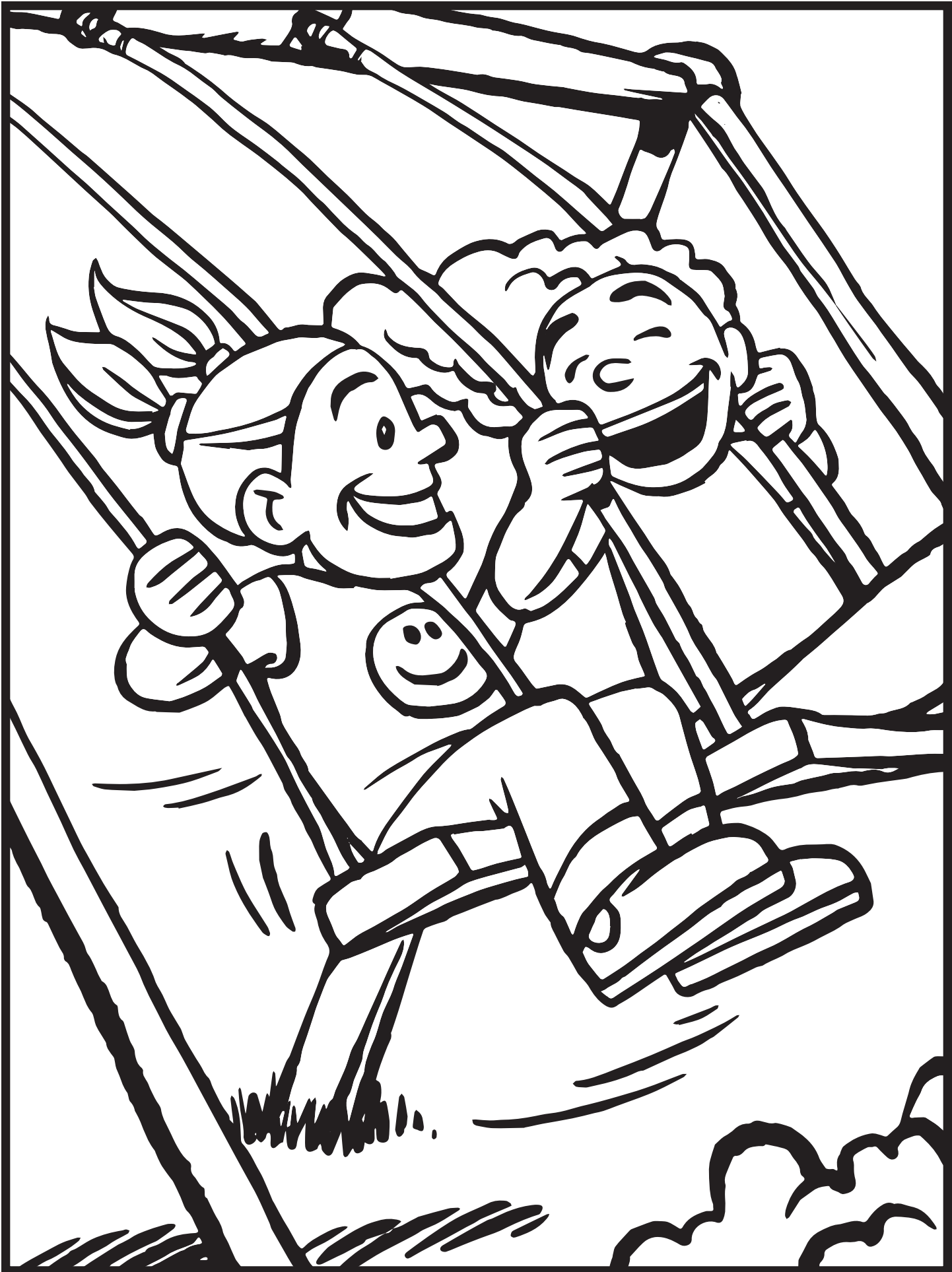
KNOW that just like searching for the words, God wants us to look for good friends.

DAY 4

Act Like a Friend

With a parent or friend, roleplay sharing about Jesus. What stories would you tell them about Jesus? How would you treat a friend that you want to tell about Jesus?

LOOK for opportunities to talk to friends about Jesus.



CONFIDENCE

WEEK **3**
K-1st

LIVING LIKE YOU BELIEVE WHAT GOD SAYS IS TRUE

BOTTOM LINE: Stay focused on Jesus.

Jeremiah 29:13

DAY
1

Little Bit Louder Now

With the help of an adult, look up this week's Bible verse, **Jeremiah 29:13**. Read through the verse together a few times normally and then start reading the verse really quietly, but getting louder as you go on, at the end you should be shouting!

Adults: You may have to model this for your child by echo reading (you read a few words in a tone, they echo the words and tone) starting by whispering and increasing in volume.

THINK of ways you can search for God with all of your heart.

DAY
2

What Can I Do?

Sometimes we get scared. When this happens it makes it easier to get distracted from our relationship with God. What are some things we can do to remind ourselves that when we're scared or lose focus, God is with us? Brainstorm a list of things you can do to help you through the next time you feel this way and write it down. Is it praying, singing, or reciting a verse? Post your list in your room or on your mirror to remind you of what to do when you get scared.

ASK God to help you stay focused on Him.

DAY
3

The Way You Pray

Right now, take sometime to focus on Jesus. Find a way to pray: kneel, lie down, fold your hands or raise them up, if holding something helps you focus better—you can do that too! You don't have to pray like this every time, but for now find what works for you and spend some time talking to God. Say something like this:

"Dear God, sometimes I get distracted and have a hard time focusing on You. Help me remember to focus on you when I'm scared or confident or feel alone. I pray that You will allow me to remember that You are always there when I need you. I love You. God. Amen"

LOOK for opportunities to focus on God all the time.

DAY
4

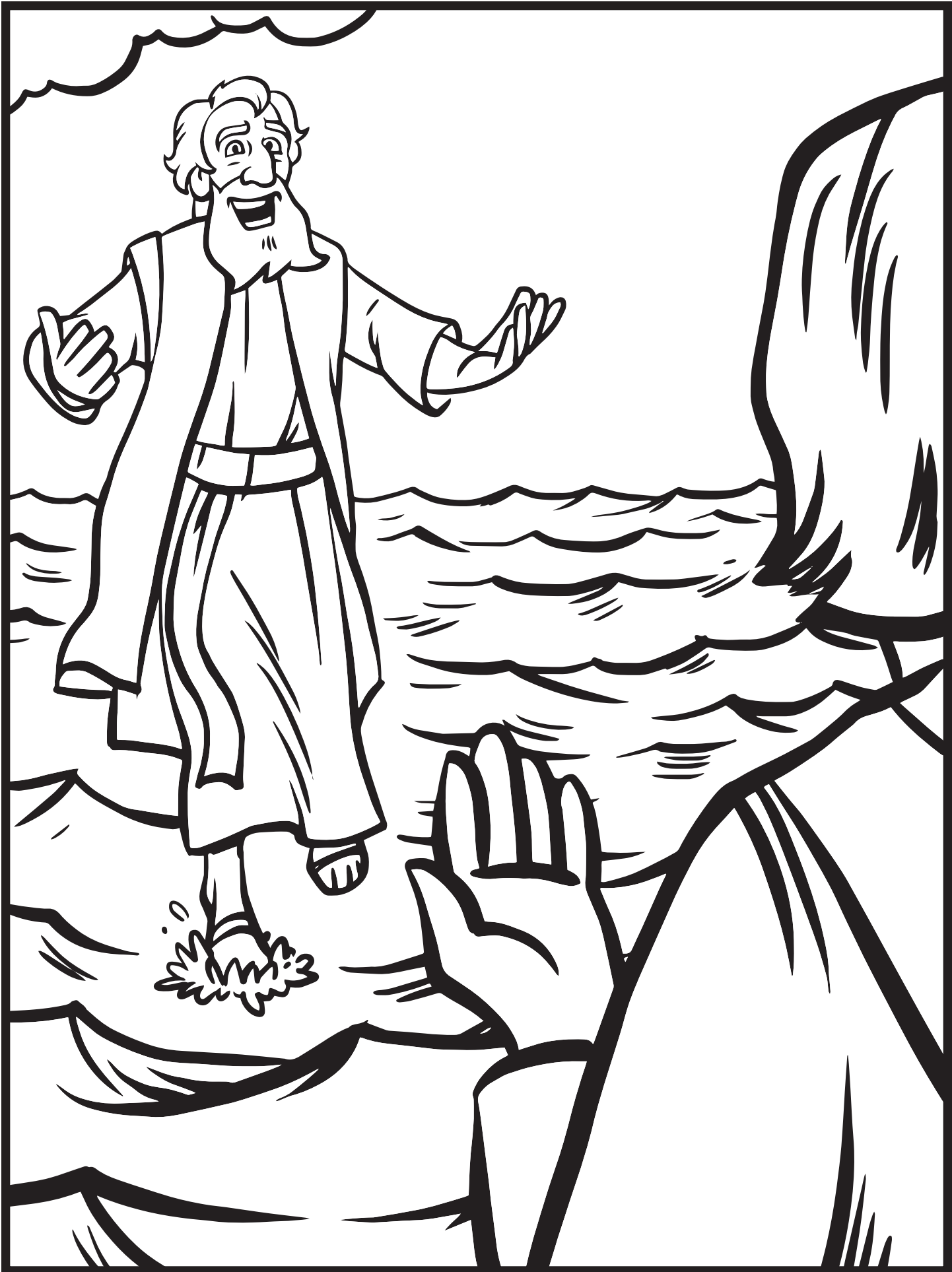
Fixed on Focus

With your eyes closed, stand on one foot and while you pick up the other foot and put it on your calf to do the tree pose. Count how long you can hold it without moving!

Was that easy or did you wobble a bit? Now, try it again but choose one fixed spot to focus on. It can be a spot on the wall or floor, something that won't move. Try the poses again with your eyes focused on your spot. Count how long you can hold your pose. Did you hold it longer once you focused or when you couldn't see?

Just like keeping your eyes focused on a fixed point so you didn't fall, we need to keep our eyes focused on Jesus. In the story from this week, once Peter stopped focusing on Jesus he started to sink into the water.

KNOW that when you focus on Jesus you cannot fall.



CONFIDENCE

WEEK 4
K-1st

LIVING LIKE YOU BELIEVE WHAT GOD SAYS IS TRUE

BOTTOM LINE: When Jesus is with you, you can face anything. Read Matthew 19:26

DAY 1

It's Possible

When God is with you, all things are possible. What are some things that can make you become fearful? Have you gone to God with those fears? Talk to God now and ask Him to help you overcome your fears.

"Dear God, I know that with you all things are possible. God, please help me when I am struggling or scared. I know You will help me and I know I can trust You no matter what. I love you God. Amen."

KNOW that when you have fears God will always help you through them.

DAY 3

Possible or Impossible

With the help of an adult, look up **Matthew 19:26** in the Bible. Take turns reading the verse in different ways; see which ways are possible and which ways are impossible. Read the verse backwards. Read the verse upside down. Read the verse with your eyes closed. Read the verse from across the room.

Which ones were possible? Which were impossible?

ASK God to help you remember that with Him, all things are possible.

DAY 2

I See Confidence!

Find a mirror somewhere in your house. Stand in front of the mirror and look at yourself really well. Look at your hair, skin, eyes, everything. Now, say to yourself:

"I am awesome, I am confident, God can use me every day and I can trust Him no matter what."

With confidence like that, think of all the things you can do!

THANK God for making you special and for the confidence to see it!

DAY 4

Believe in the Possible

God has made so many seemingly impossible things possible because of who He is. The best part is, you can have a relationship with Him! This week, practice talking to God and about God with your friends and family members. Tell them everything that He has done for you and all of the times He has helped you do something you thought was impossible.

LOOK for times that you can share how God has helped you do the impossible.



CONFIDENCE

WEEK **5**
K-1st

LIVING LIKE YOU BELIEVE WHAT GOD SAYS IS TRUE

BOTTOM LINE: Live like you believe what God says is true.

Proverbs 3:5-6

DAY **1**

Sticky Snack

Remember our Bible story from this week? With the help of an adult check out **Romans 8:38-39** and then go to the kitchen to make a sticky sandwich, like PB&J or grilled cheese. Once you make a sticky sandwich it is hard to take the sandwich apart! Although you can separate a sandwich you can NEVER separate God's love for you if you trust in Him. Now, enjoy your treat!

THANK God that nothing can separate you from His love and believe that it is true!

DAY **2**

Trust It

With the help of an adult look up **Proverbs 3:5-6** in the Bible. Work together to come up with motions to the verse! If you want to take it a little further, look up a sign language video for the verse online and try some of the motions.

KNOW that when you trust in God He will help you through everything.

DAY **3**

What Do You Trust?

There are things in our everyday life that we just trust, without question. Some things we trust without thinking are: chairs, we trust that they will hold us. The sun, we trust that it will come out every day. What are some other things that we trust without thinking about? Talk about some things you trust every day. Can you trust God like that based on what you know about Him and what He has done?

ASK God to help show you ways that you can trust Him every day.

DAY **4**

Confidence Word Search

Complete the word search below.

TRUST, CONFIDENCE, BELIEVE, FRIEND, TRUTH, FOCUS

Z	B	E	L	I	E	V	E	C	V	M	B
S	O	Z	B	I	V	W	X	L	U	E	U
G	C	F	U	T	E	G	B	G	Y	V	C
A	P	R	Q	A	C	D	X	I	A	P	O
F	S	I	B	M	T	S	V	S	O	C	N
B	Z	E	N	T	R	U	T	H	H	V	F
N	O	N	Z	Z	U	W	T	M	M	H	I
D	Y	D	K	S	S	W	Y	L	K	B	D
B	I	S	L	W	T	W	S	H	E	C	E
J	G	E	F	K	S	W	H	S	Y	U	N
V	A	P	D	P	O	F	O	C	U	S	C
P	D	O	U	M	X	G	Y	S	P	G	E

LOOK for times that you need to trust God and talk to Him.

