

# TRUST

Putting your confidence in  
someone you can depend on

WEEK THREE  
K-5<sup>th</sup> Grade

## Read Psalm 56:3

DAY 1

Have you ever had a day where nothing seemed to go right? Maybe you failed that pop quiz. Maybe your best friend ignored you at recess. Maybe your Mom forgot to send in your field trip money or your Dad got frustrated because you didn't put away your toys.

We all have days like that. Days where nothing seems to go the way we thought it would go. But there is some really good news. Nothing in that crazy, no sense kind of a day is a surprise to God. He is control of it all and He has a plan even in the hard stuff. So the next time something happens that takes you by surprise and you're wondering why, ask God to help you trust in Him. Remember, when life doesn't make sense, you can trust God is with you.



Write out the words of today's verse (with an adult's permission) on the inside of your shoes. One phrase for each shoe. As you put your shoes on, ask God to remind you that He is with you so you don't have to be afraid.

## Read Psalm 37:5-6

DAY 2

What does it mean to commit to something? To commit simply means to follow through. So if you start a project, you finish it. If you sign up for a sport, you show up for all the practices and games. If you say you'll do something, then it's as good as done. Commitment is a big deal.

When was the last time you committed to something and followed through? Write it down in the space to the right.

God is asking us to make a commitment to trust in Him. And when we do, our lives will show others that they can trust God too. When you choose to follow God every day, you help others see that when life doesn't make sense, you can trust that God is with you.

When you get out of bed each day this week, ask God to help you trust Him, no matter what happens. To help you remember your commitment, write TRUST on an index card and place it next to your bed so you'll see it first thing the morning.

## Read Psalm 121:3

DAY 3

Write out the words of today's verse on separate cards. Set the cards out on the floor in order of the verse, leaving at least two feet between each word. Hop on the first word "He" then, see if you can hop to the next word "won't" and so on as you repeat the verse.

This verse is a GREAT reminder that God is with you, always. You can trust in Him, no matter what happens because He never gets tired. You can you trust Him to take care of you even when life is crazy or things don't make sense.

Pick up all the cards and repeat the verse as a prayer, replacing the word "you" and "your" with your own name as a reminder that God watches over you, always.

## Read Nahum 1:7

DAY 4

Ever heard of Nahum before? Nahum was a prophet, a person chosen to deliver a special message from God. These words from Nahum are a reminder that God loves us and He is good. We can always run to Him for safety.

To help us remember this promise, let's play a game. Write today's verse on an index card.

Find a stuffed animal and hide it along with the verse somewhere "safe" in your house. Give your mom or dad or brother or friend five minutes to see if they can find the "place of safety" you've chosen. If they do, read the verse together then let the other person choose a new hiding spot. If they don't find it, have the other player close his eyes as you choose a new hiding spot!

Spend some time thanking God for being a trustworthy place of safety.

When life  
doesn't make  
sense, you  
can trust God  
is with you.

