

# TREK: DON'T STOP · DON'T GIVE UP—GOD'S WITH YOU.

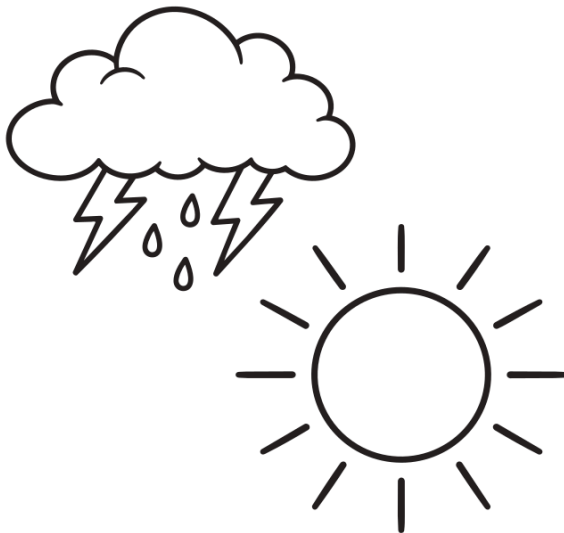
## DAY 1

### STORM-PROOF TRUST

Read Acts 27:25 (NirV): "Men, continue to be brave. I have faith in God. It will happen just as he told me." Proverbs 3:6

Paul was on a ship when a huge storm hit, but he didn't panic. He didn't give up on God. Bad things might happen to you or someone you know. Someone you care about might get sick. A friend might be mean. Your family might have a hard day. When bad things happen, it's normal to feel sad or scared. But you can still trust God. Don't give up on Him.

Activity: In the cloud, write one hard thing that can happen. On the sun, write 3 ways you can trust God: pray, talk to a trusted adult, remember a Bible verse, keep doing good.



## DAY 2

### HOLD ON TO HOPE

Read Psalm 56:3 (NirV): "When I'm afraid, I put my trust in you."

Everyone feels afraid sometimes, even grown-ups! Being afraid doesn't mean you're weak. The Bible reminds us that when we feel afraid, we can choose to trust God. God is always with us, even when we can't see Him. When scary things happen, we can talk to God, ask Him for help, and remember that He is bigger than anything we fear. Trusting God doesn't always make fear disappear right away, but it helps us be brave because we know we're not alone. Don't give up on God.

At-Home Activity: Find a piece of string or yarn. Tie it in a loop that fits around your wrist. Ask an adult to help. Every time you see it today, whisper, "God is with me." If something hard happens, hold the loop and pray for help. At bedtime, thank God for staying close in your storm.



There's More! →

DAY 3

## GOD IS STILL GOOD

*Read Romans 8:28 (NirV): "We know that in all things God works for the good of those who love him."*

Have you ever tried to build something, and it didn't turn out the way you planned? Maybe a tower fell over or a picture didn't look right. That can feel frustrating! But sometimes, even mistakes can turn into something good. The Bible tells us that God is always at work, even when things don't make sense. When something hard or disappointing happens, God can use it to help us grow, learn, or help someone else. That doesn't mean everything will be easy, but it does mean we're never alone.

God sees the big picture, and He knows how to turn tough moments into something good. When we trust God and love Him, we can believe that He is working behind the scenes, even when we can't see it.

Activity: Draw a smiley face in every "O" in the phrase GOD IS GOOD.

# GOD IS GOOD

DAY 4

## PRAYER IN THE STORM

*Read Psalm 46:1 (NirV): "God is our place of safety. He gives us strength. He is always there to help us in times of trouble."*

When bad things happen, you might feel like quitting. But you can keep going. You can take the next step on your trek. Hang on to God, even when life feels rough. You can trust God because He is strong. You can trust God because He is kind. You can trust God because He is with you. God is your safe place. So when a storm hits your life, take a deep breath. Pray. Ask for help. Talk to someone you trust. Remember God's promises. He will give you strength for the next step.

Pray this: "God, sometimes bad things happen, and I feel scared. Please help me trust You. Remind me You are my safe place. Give me strength when I feel weak. Help me remember You are always with me. Thank You for loving me, even in the storm. In Jesus' name. Amen."

**DON'T GIVE UP ON GOD  
WHEN BAD THINGS HAPPEN.**

