

TREK: Don't Stop, Don't Give Up—God's With You.

DAY 1: REVIEW

Visit the Parent Cue app (available for iOS and Android) to watch this week's Bible story.

Download it for free at parentcue.org/app.

Even if you already saw it at church, feel free to check it out again!

After watching So&So, write one thing that:

1. You liked:

2. You learned:

3. You'd like to know:

DAY 2: POWERED UP

Read Isaiah 40:31 (NirV)

Have you ever played a game until your controller batteries died or your device hit one percent? Everything slows down. Nothing works right. That's kind of like what happens when we try to handle life on our own. God knows we get tired. School, friendships, sports, and emotions can wear you out. That's why God promises to give strength to those who trust Him. When you feel weak, God doesn't just tell you to try harder—He invites you to trust Him. Trusting God is like plugging into a charger that never runs out.

God renews your strength so you can keep going, even when things feel hard.

Try This: Stand up and do 10 jumping jacks. Now pause and take one deep breath. While you breathe, whisper this prayer: "God, I trust You."

Think About It: When do you feel most tired, physically or emotionally? How could trusting God help you keep going in those moments?

DAY 3: DON'T GET TIRED

Read 2 Thessalonians 3:13 (NirV)

Doing the right thing can feel tiring, like being kind when someone is bothering you. Helping when no one says thank you. Choosing honesty when lying feels easier. God knows it can be hard, which is why He reminds us not to grow tired of doing what is good. On your faith trek, there will be moments when you want to stop trying. But every good choice matters, even the ones no one notices. God sees it all. He is proud of you—keep going!

Write one good thing you've done recently that felt hard:

Now circle one word that describes how you felt afterward
Happy • Proud • Relieved • Peaceful

