—Philippians 4:7

3 PRAY ABOUT IT!

Sing or say the poem you wrote to God.

2 THINK ABOUT IT!

This verse comes after the verse you read yesterday. When you tell God about your troubles instead of worrying about them, He will give you peace (calmness on the inside). You can have God's peace even during the hardest of times. Remember that no matter what you face, you can trust God will be with you, helping and loving you through it.

Write a poem or song to God about the peace He gives. You can write it all by yourself or you can use these helps.

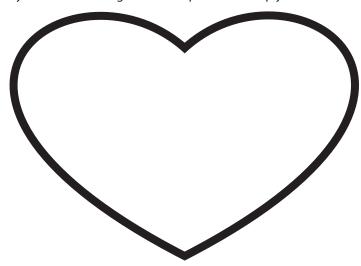
God, You are ______
You give me peace when

Thank you for_____

I praise you for _____

This week you read verses about times when troubles or problems happen. Do you have any hard things going on in your life right now? Remember you can talk to God about them. Ask God to give you His peace. It is also good to talk about your problems with an adult you trust. God might use that person to help you.

Draw a picture of yourself in the heart. Remember that God's love for you is greater than you can imagine. No matter if life is good or if there are lots of problems, God's love for you doesn't change. Tell Him about what is going on in your life. Ask God to help you trust Him with everything.



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Quiet Time

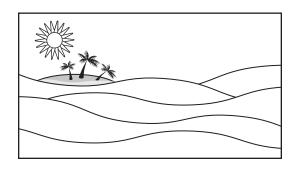
Your verse this week is the next part of The Lord's Prayer. Each day, try to say last week's verse from memory then read this verse.

"Thy kingdom come, Thy will be done in earth, as it is in heaven."

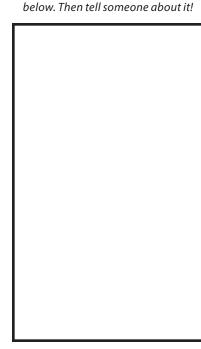
Matthew 6:10

No matter how strong or powerful you might feel, there are many things and people stronger and more powerful than you. But nothing and no one is more powerful than Jesus—He is all powerful! No matter how small or big a problem may be, Jesus is more powerful. That doesn't mean He will take the problem away. But He promises to always be with you and help you if you have believed in Him. You can trust that God will work everything—even the bad things—out for good. This week as you do your Quiet Time, you will read verses about trusting God.

When you finish your Quiet Time each day, color in one wave on the sea.



When you learn something new or you are reminded of something important, write it down or draw it in the box below. Then tell someone about it!



ITI THOAA ANIHT 🚱

care of you. worries and cares to Him. You can trust that He will take wants you to trust Him! He wants you to give your about them. But God doesn't want you to worry—He When you face troubles in your life, it's easy to worry

you to give Him your anxieties. Use a mirror to read why God wants

FOR YOU. GOD CARES BECAUSE

O READ ABOUT IT!

7:2 19199 [he careth for you." care upon him; for "Casting all your

B PRAY ABOUT IT!

cares for you! Thank Him that He help you trust Him. about it. Ask Him to about? Talk to God What do you worry

ITI THOAA ANIHT 🚱

you, helping and loving you through them. not take away the bad things, but He will be with give you peace—calmness on the inside. He may or anyone, no matter how bad. Knowing this can what! He is stronger and greater than anything (be encouraged). You can trust Him no matter in this world. But He also said to be of good cheer around you? Jesus said you will have hard times Have you ever had bad things happen to you or

Color the Xs blue and the Os orange. What can Jesus give you during times of trouble?

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Tell Jesus about any

overcome the world."

be of good cheer; I have

the world ye shall have

unto you, that in me ye

O READ ABOUT IT!

These things I have spoken

might have peace. In

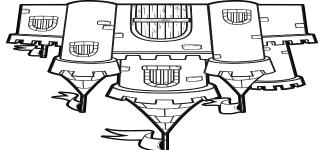
tribulation [hard times]: but

give you His peace. around you. Ask Him to have happened to you or now or any bad things that problems you have right

ITI THOAA ANIHT 🔊

God might use that person to help you. about the troubles in your life with an adult you trust. God helps you is through other people. You can talk He is always there to help you. Sometimes the way strength and courage you need to face your troubles. is with you. He is your refuge. He can give you the You can trust God in times of trouble because He

while you think about God being a safe place for you.



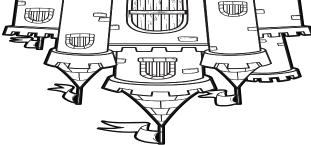
(B) PRAY ABOUT IT!

EE:31 nhol—

O READ ABOUT IT! Day 4

known unto God." requests be made thanksgiving let your (asking) with and supplication every thing by prayer [qou,t worry]; put in "Be careful for nothing

A refuge is a safe place, like a fortress. Color the fortress



(B) PRAY ABOUT IT!

in trouble."

ngl s

bresent help

strength, a very

[safe place] and

"God is our refuge

O READ ABOUT IT!

1:04 mlps9—

to help you. right now. Ask Him talk to Him about it your strength? If not, safe place and as trusting God as your Have you been

PARENTS, DIVORCE

STORMS

SICKNESS

GEADES HOWEWORK 人TTOS

GAMES

TAOGS

about any of these? Circle any that you worry about.

Below are some things kids worry about. Do you ever worry

thank Him it can remind you to trust Him and rely on

your life and what He will do! As you talk to God and

to worry. Thank God for what He has already done in

to talk to Him about your trouble whenever you start

first thing you should do is talk to God. Then continue

When you start to feel worried about something, the

MOVING

His strength even in hard times.

ITI THOAA ANIHT 🔊

will help you. always with you and Thank Him that He is Tell God about it. about something?

ITI THOBA YARA 😥

9:4 snoiqqilid9—

Are you worried