

① READ ABOUT IT!

"I will remember the deeds of the Lord; yes, I will remember your wonders of old."

—*Psalm 77:11*

③ PRAY ABOUT IT!

Talk to God about what you drew or wrote. Thank Him for the amazing things He has done. Ask Him to help you trust Him more.

② THINK ABOUT IT!

One way to trust God more is to remember what He has done in the past. The Bible is full of amazing things God has done for His people. Remembering what God has done throughout history can help you trust that He is powerful and good and that He is there to help you too.

What are some things God has done that you can remember? Draw a picture or write a list on a separate piece of paper. You could include God rescuing Daniel from the lions, God making the shepherd David king, God sending the Savior just as He promised, or Jesus dying and coming alive again!

One thing that can help you remember to trust Jesus is making a list of the ways God has helped you in the past. Write down some ways God has helped you!

Quiet Time

WORD UP! Jesus has awesome power!

Keep working on your memory verse for this week. Try writing it out each day and see if you can say it without looking at the end of the week.

"But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be the glory both now and to the day of eternity. Amen."

2 Peter 3:18

Jesus is the all-powerful God! He showed this when He walked on the water and calmed the storm. Just like Peter could trust Jesus in the middle of the storm, you can trust Him no matter what is happening in your life. This week in your Quiet Time think about how Jesus is all powerful and how He is there to help you. Ask Him to help you trust Him more!

When you finish your Quiet Time each day, add a shell to the beach then color in the picture.



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!

Day 1
① READ ABOUT IT!

"And those in the boat

worshipped him [Jesus],

saying, 'Truly you are

the Son of God.'"

—Matthew 14:33

③ PRAY ABOUT IT!

Praying is one of the

ways you worship God.

Tell God about how

great He is and thank

Him for what He has

done for you.

② THINK ABOUT IT!

Jesus' disciples saw Jesus do something amazing. He walked on water during a terrible storm! After getting in the boat with the disciples, the storm stopped, and the sea was calm. The disciples were amazed and they worshipped Jesus. They began to realize that Jesus is God's Son!

Do you believe that Jesus is the Son of God? You can worship Him too! Cross out the odd numbered boxes and use the remaining letters to solve the puzzle and find out what worship is.

Worship is _____ and _____
for ____ He is and ____ He has ____.

H	A	40
J	N	17
P	Q	14
L	O	2
V	A	4
E	N	5
I	N	20
H	G	12
O	W	32
H	Y	23
N	Z	48
D	T	28
W	U	13
M	A	18
I	S	22
G	I	11
E	W	36
O	W	38
N	Z	15
O	E	50

Day 2
① READ ABOUT IT!

"Trust in the Lord forever,
for the Lord God is an
everlasting rock."

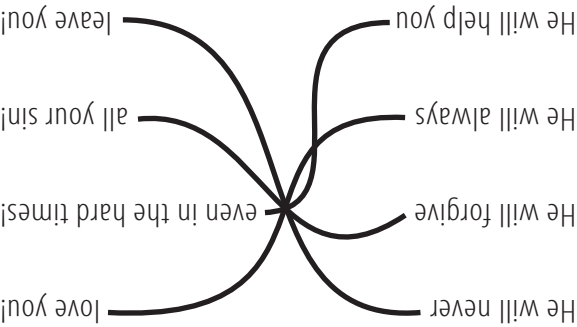
—Isaiah 26:4

③ PRAY ABOUT IT!

Thank God for keeping
His promises. Ask Him to
help you remember His
great power and to help
you trust Him more.

② THINK ABOUT IT!

You don't have to worry about God not being able to do what He says He will do. When this verse says God is an "everlasting rock" that means He is powerful. In fact, God is all-powerful. God can and will do everything He promises. You can trust Him! Below are some of the things God promises He will do for those who believe in Jesus. Follow the lines to complete each promise and read what it is.



Day 3
① READ ABOUT IT!

"When I am afraid, I put my trust in you. In God, whose word I praise, in God I trust; I shall not be afraid..."

—Psalm 56:3-4

③ PRAY ABOUT IT!

Tell God about any problems you might be facing. He wants you to come to Him with it. Ask Him to help you face problems with His courage. If it is something you should talk to an adult you trust about, ask Him to help you speak up.

Day 4
① READ ABOUT IT!

"...for he [God] has said, 'I will never leave you nor forsake you.' So we can confidently say, 'The Lord is my helper; I will not fear; what can man do to me?'"

—Hebrews 13:5-6

③ PRAY ABOUT IT!

Thank God for loving you and forgiving your sin. Ask Him to help you remember that He is always with you.

② THINK ABOUT IT!

You can trust God. Sometimes scary things happen. Maybe it's moving to a new place. Maybe it is having to go to a hospital because you are sick. Maybe your parents are fighting. When scary things happen, remember to trust God. Think about how God has helped you before and what He has done for you. Praise Him for His goodness.

Draw a picture of something scary that children your age might face. Remember that you can trust God no matter what.

② THINK ABOUT IT!

If you have believed in Jesus, God promises to always be with you. He will help you no matter what problems come your way. You don't have to be afraid. God has taken care of your biggest problem by forgiving your sin and giving you a friendship with Him. He will also help you in whatever else comes your way. This doesn't always mean the problem will go away, but He will help you grow to know and love Him more through the problem.

Complete the dot to dot and color the picture.

