



DAY 5

T
R
U
S
T

Think about some of the reasons you know you can trust God. They could be examples from your own life, a person that God brought into your life that reminds you of God's presence or situations in the Bible that demonstrate that God is faithful. Try to come up with one name, word, or phrase that starts with the letters in the word **TRUST**.

Now grab a pen and write the word "**TRUST**" on your fingers (one letter per finger). As you go throughout your day and see the word on your fingers, think back to the people and situations you wrote down above. Remember all the reasons **GOD IS TRUSTWORTHY!**

WEEK 1

TRUST

*Putting
your confidence
in someone you can depend on*

DAY 1

Go to Studio252.tv and watch this week's episode of The So & So Show. (Click on Fun2Watch! then The So & So Show.)

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

SO & SO TOP 3

After watching, write one thing that . . .

1) YOU LIKED: _____

2) YOU LEARNED: _____

3) YOU'D LIKE TO KNOW: _____

PRETEEN

DAY 2

READ GENESIS 28:10-15

Go back through the verse and underline all of the instances of "I am." Then circle every phrase that has "will" as the verb (e.g., I will, they will, etc.).

In God's message to Jacob, we can find two very important truths: He had a plan for Jacob's life (all of the "I will" and "you will" phrases), and He would be with Jacob always ("I am").

In fact, just in case there was any doubt about that last part, God spelled it out for Jacob: **I AM WITH YOU. I WILL WATCH OVER YOU EVERYWHERE YOU GO. AND I WILL BRING YOU BACK TO THIS LAND. I WILL NOT LEAVE YOU UNTIL I HAVE DONE WHAT I HAVE PROMISED YOU, (NIRV).**

Jacob could trust God's plan and His presence. Even better news: you can too!

DAY 3

Jacob was actually a pretty lucky guy to have God speak directly to him in a dream, telling Jacob His plans for his life. But here's something cool: we can have a conversation with God about our lives too. It may not look like God coming to you in your dreams, but it can look a whole lot like prayer. We can talk to God at any time about any thing, and we can also ask Him to direct our paths and give us the wisdom we need to make decisions. Take a minute to think about a situation in your life where you need some guidance, or where you're finding it hard to trust God. Then fill in the blanks below.

DEAR GOD, Thank You that You are always with me, and that I can trust You no matter what. I know I can trust You, because I remember when _____, and You _____. Right now, I'm having trouble _____. Please help me _____. Thank You that You were with Jacob, and that I know You are with me too. In Jesus' name, I pray. **AMEN.**

Now read through the prayer you wrote. Revisit this prayer every day this week, either as you start your day, end it, or even during the exact moment when you need His help. Your tough situation may remain hard, but trusting God no matter what will get you through!

DAY 4

Trust is putting your confidence in someone you can depend on. But the question is, how do you know you can depend on them?

Thankfully, when it comes to trusting God, we have 66 books that show us we can trust Him no matter what. (Yep, the Bible.) We also have examples in our own lives that demonstrate God's faithfulness and show us that we can trust Him. And not only that, we also can learn of God's trustworthiness by hearing the stories of others in our lives.

Sometime today, ask a friend or family member to join you on a Trust-telling Trek. It doesn't have to be a full-fledged hike: it could be a short walk around the neighborhood, or even somewhere indoors if

the weather is bad. The point isn't the walk so much as the talk.

As you walk together, talk about different times in your life where God showed He could be trusted.

- **EXAMPLES OF WHEN HE TOOK CARE OF YOU**
- **EXAMPLE OF WHEN HE HELPED YOU THROUGH A HARD TIME**
- **EXAMPLES OF WHEN YOU KNEW HE WOULD NEVER LEAVE YOU**

Before you end your Trust-telling Trek, take a minute to pray together and thank God for all the ways He's shown both of you that He can be trusted.