



READ ROMANS 8:28

DAY 1

Have you ever had a bad day, but when you look back on it, you see that actually something really good came out of it? Maybe your baseball team didn't make the playoffs, but that meant you could do swim team, which you love. Maybe you didn't get the same lunchtime as your friends, but you made a new friend as a result.

What is something that right now seems really hard or bad? Write about it here.

How can you see this in a different light? Ask God to help you find a way to see your problem differently.

Know that seeing things through the lens of faith helps you see your problems differently.

READ JOHN 16:33

DAY 2

Imagine you're in a crowd, and something is happening, but because you're a kid, you can't see what it is. You start to get worried because you can't see what's going on, much less be prepared to face it. But you look up, and you see a parent or other trusted adult, and you see that they're not worried. They can see much more than you can from their vantage point, and if they're not worried, you probably shouldn't be either!

The great news is that we follow a God who made the world and who knows everything that is happening in it, and that ever will happen in it. When we're facing problems and aren't sure what to do, remember that He can see everything, and He has a plan for the world—and YOUR world—that will win out over everything else.

Ask God to help you turn to Him when it's hard to face your fears.

READ PROVERBS 3:5-6

DAY 3

AYBZA PU AOL SVYK DPAO HSS FVBY OLHYA.

When you're facing problems, it's tempting to try to solve them on your own. The bad news is, you don't have all the knowledge and understanding to face your problems. The good news is, you serve a God who does! When you're not sure what to do, ask Him for guidance. He will lead you in the way you should go.

Go back up to the first sentence, and now use this key to decode the message. (Hint: A = T)

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z
T U V W X Y Z A B C D E F G H I J K L M N O P Q R S

It's a lot easier to solve problems when you have access to the knowledge you need, isn't it?

Thank God for giving you what you need to face your problems.

READ 1 PETER 5:7

DAY 4

Get a blank sheet of paper and write down or draw a picture of something that has been worrying you.

Then, turn the sheet of paper over and write out the words found in 1 Peter 5:7. Hang the sheet of paper somewhere with the verse facing out so you can read it.

Knowing Jesus means you can trust Him with your problems. Instead of growing anxious, losing sleep, or getting upset, you can share your problems with Him and rest, knowing that He cares about you. When you're tempted to turn back over to worry, read the words of 1 Peter 5:7 out loud and remember that you can turn your worries over to Him and trust Him with your problems.

Thank God for caring about you and your problems.

