

# Trust is putting your confidence in someone you can depend on.

## DAY 1

### Read Proverbs 3:5

Think about trust like a chair. Are you sitting in one right now? Before you sat down, did you test the chair? Did you look at the legs to make they were sturdy? Did you ask someone else to sit first so you could make sure it works? To show you trust the chair, you had to put your weight in it. You had to sit down.

Trust takes practice. When you aren't sure where to go or what to do, what if stopped and talked to God? What if you asked Him to show you the way to go instead of trying to figure it out all on our own? What if you asked Him to help you trust Him more?

### Chair Confidence

1. Grab some index cards and a pencil or marker.
2. Write out the words of today's verse, one per card.
3. Tape each card to the backs of the chairs in your home.

If a family member asks about the cards, talk about how trusting in God is putting your confidence in Him, just like you have confidence that the chairs in your house will hold you up!

## DAY 2

### Read 2 Corinthians 5:7

Wouldn't it be awesome if God just walked through the door and said, "Hello!" What if you could see God? Ride your bike with God? Head to the park with God? Talk to God face to face?

Guess what? That's why Jesus came. Have you ever heard the story of Thomas, one of Jesus' disciples? After Jesus died and rose again, He appeared to the disciples on several times. But Thomas doubted it was true. He wanted to see Jesus with his own eyes in order to believe. So Jesus showed up, let Thomas touch his wounds and see that He really was alive! Then Jesus said to Thomas, "Because you have seen me, you have believed; blessed are those who have not seen and yet have believed."

Jesus was talking about us! We can't see God but we can still believe. We can still put our trust or confidence in God even though we can't be face to face. You can trust God no matter what. Close your eyes so you can focus as you talk to God today. Ask God to help you trust and believe even when you can't see.

DAY 3

### Read Psalm 37:5-6

Sun facts:

The sun is a star made of burning gas.

The sun is closer to earth than any other star.

Without the sun, no life could survive on earth.

The sun is around 10,000 degrees Fahrenheit.

God put the sun in the sky. It rises and sets each day.

When you trust God no matter what, you have help to make decisions that honor you and others. When you trust God, your life with shine bright and help others see that they can trust God too.

#### Outside Prayer

Is it warm outside where you live? If so, head outside. Look at the grass, the trees, the clouds, the flowers. Thank God for creating all these things and for hanging the sun in the sky so that they can survive and grow. Then stop and thank God for making you!

Trust God no matter what.

DAY 4

### Read 1 John 4:16

God loves you . . .

when you're having a good day or a less than awesome one.

when you make the wise choice and when you really mess up.

no matter where you live, what you know, or who your friends are.

We know God loves us because God made us.

We know God loves us because Jesus made a way for us to be forgiven. We know God loves us because we have people to take care of us and help us. We know God loves us because all good things—puppies, popsicles, popcorn and peacocks—come from God.

#### God Made . . .

Can you think of some good things God made to show His love for you that start with the letter "M"? Set a timer for two minutes and see how many things you can list in the space below:

Thank God for the good things He's given you because He loves you. Remember, you can trust God no matter because He loves you completely!