

Journal

Spend some time thinking about the question below and journal your thoughts or share them with a parent.

WHY are plans important?

[illegible]

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February
2023

Week Three

Preteen



Day 1

After watching, write one thing that:

1. You liked:

.....

2. You learned:

3. You'd like to know:

.....

THE SO & SO SHOW
Today, watch and write
down your thoughts!
You can find each
week's episode at
www.popmn.org/kidvid

A Devotional on Trust

FOR AN **everyday faith.**

Day 2

Read Genesis 25:19–34; 27; 28:10–22

As you read through the selected verses in Genesis 25, 27, and 28, look for times that Jacob and his family trusted God’s plan, and times that they clearly didn’t trust God’s plan. Which chapter tells the story of Jacob actually trusting God? _____

In Genesis 28:20–22, we finally read about Jacob trusting God with his future. Circle the things Jacob specifically says he trusts God with:

- His journey
- Food
- Clothes
- His safety
- His money

Did you circle them all? The money one may have been a bit tricky, but Jacob’s willingness to give God back 10 percent of what God gave him, shows Jacob trusts God with his money too. Basically, Jacob tells God that he trusts God’s plan for his life!



Day 3

Jacob was a really blessed guy to have God come to him directly in a dream to tell Jacob about God’s plans for his life.

Sometimes don’t you wish God would do that for us? It seems like it would make things so much easier! But the truth is, we can talk to God directly. It may not look like a dream where God speaks to you, but when we pray, we are talking to the God who created the universe, who created you, and who has a plan for you!

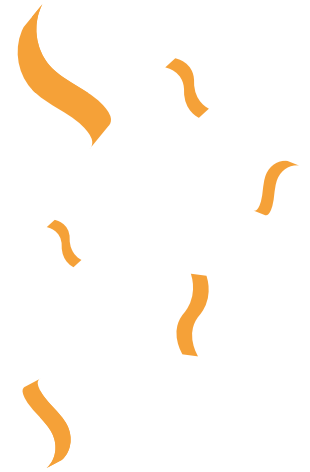
And here’s the best part: you don’t have to sleep on a rock to get close to God! In fact, go find a super comfy place to talk to God right now. Is it your bed, your favorite chair, a soft sofa, or maybe using your dog as a pillow?

Once you’ve settled in, think about what’s coming up in your life in the next year, the next few months, even the next few days. In what areas of your life does knowing that God has a plan for you bring you comfort and peace? Talk to God and thank Him for the plan, and ask God to help you trust Him and His plan.

Day 4

Why are plans important?

What’s a treat that is easy for you to make? Maybe it’s your family’s secret recipe for chocolate chip cookie or banana bread or even just stovetop popcorn! Grab the recipe, the ingredients, and a friend or parent. Make the treat together, and as you do, talk about why following the recipe—or plan—for the treat is important. Talk about what might happen if you decide to not follow the plan, or to do things in a different order than the plan calls for. It would be a big mess, right? As you bake, share with each other about different areas of your life where it’s important for you to trust that God has a plan. Then as you enjoy your treat together, share with each other one specific thing coming up in your life that you need to trust God with.



Day 5

Yesterday, you made a treat and talked with someone about something coming up in your life that you need to trust God with.

Today it’s time to add that to your Trust Tracker! Before you do though, go and find a small rock from outside. (It needs to be really small, and the smoother, the better!)

Once you have your rock, sit with your Trust Tracker and think about God’s plan for you. Re-read Jacob’s prayer from Genesis 28:20–22 and while you read it, rub the stone and remember God’s faithfulness to Jacob. God has a plan for you too!

Tape the rock into your Trust Tracker and use it as a “sacred stone” like Jacob did to remember God’s faithfulness in your life. **You can trust that God has a plan.**