

# TRUST

Putting your confidence in  
someone you can depend on



WEEK FOUR  
K-5<sup>th</sup> Grade

## Read Psalm 115:11

## DAY 1

Why does a warrior need a shield in battle? Warriors hold up their shields to protect them from the enemy as they run out on the battlefield.

When you think about God and why you can trust in Him, think about a shield. God wants good things for you. He made you and He loves you and He always knows what's best. When you choose to follow God, you will be protected from making unwise choices that can hurt you later on.

Ask your mom or dad for a piece of cardboard from a box you have lying around (even a shoebox lid will work). Draw the outline of a shield on the cardboard and cut it out. Write the words of today's verse on the back and cover the front of your shield with foil. Ask an adult to help you add another small piece of cardboard to the back as a handle.

Hold up your shield and ask God to help you trust in Him this week.

## Read Isaiah 26:3

## DAY 2

### Have you ever felt stressed out? Maybe . . .

You got a bad report card

Your gerbil is missing

Your big school project is due tomorrow and you're only halfway finished

You just found out you have to share a room with your brother

In these moments of pressure and stress, there is something you can do. Well, a few things actually.

First, find a trusted adult. Read this verse together to remind yourself that God can give you peace, perfect peace. Take some deep breaths and talk about the steps you can take to walk through the situation. God wants you to feel His peace instead of stress. He is faithful and ready to help when you place your trust in Him.

Ask God to help you remember that He is with you. When you find yourself stressed out or under pressure, ask Him to replace those feelings with His perfect peace.

