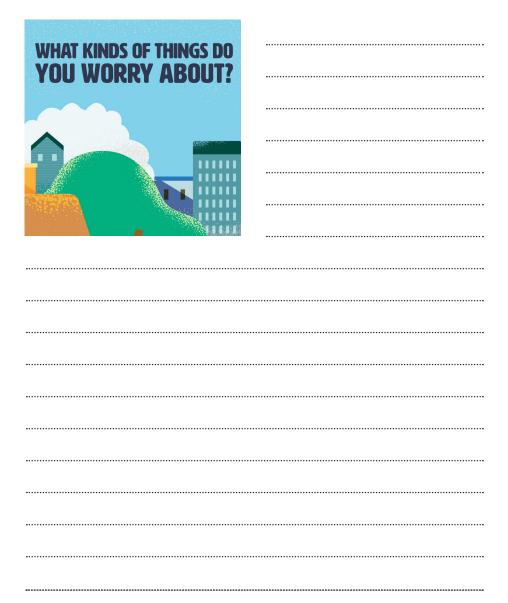
Journal

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





Day 1

Visit the Parent Cue app (available for iOS and Android) to watch this week's Bible story.

Download it for free at parentcue.org/app.

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

After watching, write one thing that:

1. You liked:

2. You learned:

3. You'd like to know:

A Devotional on Resilience.

FOR AN everyday faith.

Day 2

Read Matthew 6:25-30

As you read through the passage printed here, make a guess on what emoji should go in the blank. When you're done, check your work against your Bible.

"I tell you, do not worry. Don't worry about your life and what you will ____ or ____. And don't worry about your body and what you will ____. Isn't there more to life than _____? Aren't there more important things for the body than _____? Look at the ____ of the air. They don't plant or gather _____. They don't put away _____in storerooms. But your Father who is in heaven feeds them. Aren't you worth much more than they are? Can you _____even one hour to your life by _____? And why do you _____ about ____? See how the wild _____ grow. They don't work or make _____. But here is what I tell you. Not even Solomon in all his royal robes was dressed like one of these _____. If that is how God dresses the wild _____, won't he dress you even better?"



Which of these comparisons with nature means the most to you?

When you see flowers, grass, birds, or gardens, remember how much more God cares for you!



When you're worried, trust God.

What are some things you are tempted to worry about? Write them in the blanks in the prayer below, and then read the prayer out loud to God.

Dear God, thank You for giving me all that I need. I know I don't need to worry, and that worrying won't change one thing in my life. I want my trust in You to be stronger than any worry I might have about the future. I want to turn over to You everything I am tempted to worry about, like

and				

Please help me to trust that You have promised to meet my needs, and Your creation is evidence of Your love and care. In Jesus' Name, I pray. Amen.

Day 4

Whatever you do, don't think about a purple, polka-dotted elephant.

Don't. Are you thinking of a purple, polkadotted elephant?? What did I tell you?

Sometimes when you're worried, it helps to talk to someone about it—to pray to God, to find a friend or a parent with whom you can share your worries. But the thing about worry is that sometimes talking about our worries a lot can make them seem even bigger in our heads! And the more we try to NOT think about them, the more we end up focusing on what's worrying us. So what's the best way to deal with our worry?

Talk to someone, but instead of only talking about what's worrying you, talk about how you can trust God no matter what. Ask your friend about a time that God answered a prayer or met a big need in their lives. Share an example from your life too. Can't think of anything? Ask your grownup—the longer you've lived, the more you will see God's faithfulness in your life!

Day 5

What kinds of things do you worry about?

Put a check next to the categories below that you often worry about:

- Grades
- Bullies
- Your family
- **►** Friendship**s**
- **■** Things in the news
- Sports or other activities you do
- Being sick
- Getting in trouble
- Storms or natural **d**isasters

Write the bolded letters from the list above here:

_ __ __ __ __ __

Then, unscramble those letters to spell out what you should do when you feel worry creeping in.

There will always be things you worry about, but remember that God is in control and that you can trust God no matter what!