

FAITH

TRUSTING IN WHAT
YOU CAN'T SEE

BECAUSE OF WHAT
YOU CAN SEE

WEEK **3**
K-1st

BOTTOM LINE: Knowing Jesus changes the way you see your problems.

Read **Philippians 4:6-7a**

DAY

1

You Got a Problem?

Do you know what the word "problem" means?

A problem is a question seeking an answer.

In the space below, write down a problem you aren't sure how to solve.

Some problems are small. But some are big. Some seem to have no answer at all. But there is some good news. God has all the answers. And when something happens that we don't understand, we can always trust that He is in control. When we put our trust in Jesus, He is always with us. Because knowing Jesus changes the way you see your problems.

DAY

2

Fill in the Blank

Ask an adult to help you look up and read **Philippians 4:6-7a**.

In your Bible, circle all the things this verse tells you to do. Then, write them down on a piece of paper or index card to keep by your bed.

When you have a problem, remember:

1. **Don't worry.**
2. **Tell God about everything.**
3. **Give thanks.**
4. **Have peace.**

Paul, who wrote these words, faced so many problems as he followed Jesus. But Paul learned that knowing Jesus changes the way you see your problems. Just like Paul, you can have peace even in the middle of a big problem because Jesus is with you.

DAY

3

My Trust Muscle

Can you plank? Grab an adult or friend. See who can hold a plank for the longest and write your times below.

_____ : _____ _____ : _____
YOUR NAME TIME ADULT/FRIEND'S NAME TIME

Do you think you could improve your time if you practiced planking every day? Of course! The more your practice, the stronger your muscles become.

Guess what? The same is true when it comes to problems. Every problem you face becomes an opportunity to trust God. And every time you practice trusting God, even when you face a problem you don't understand, your trust muscle grows.

Ask God to help you trust in Him, no matter what problems come your way this week. Thank Him for sending Jesus so that you can have a relationship with Him forever.

DAY

4

Four Steps

Remember the four steps from our verse this week?

When you face a problem . . .

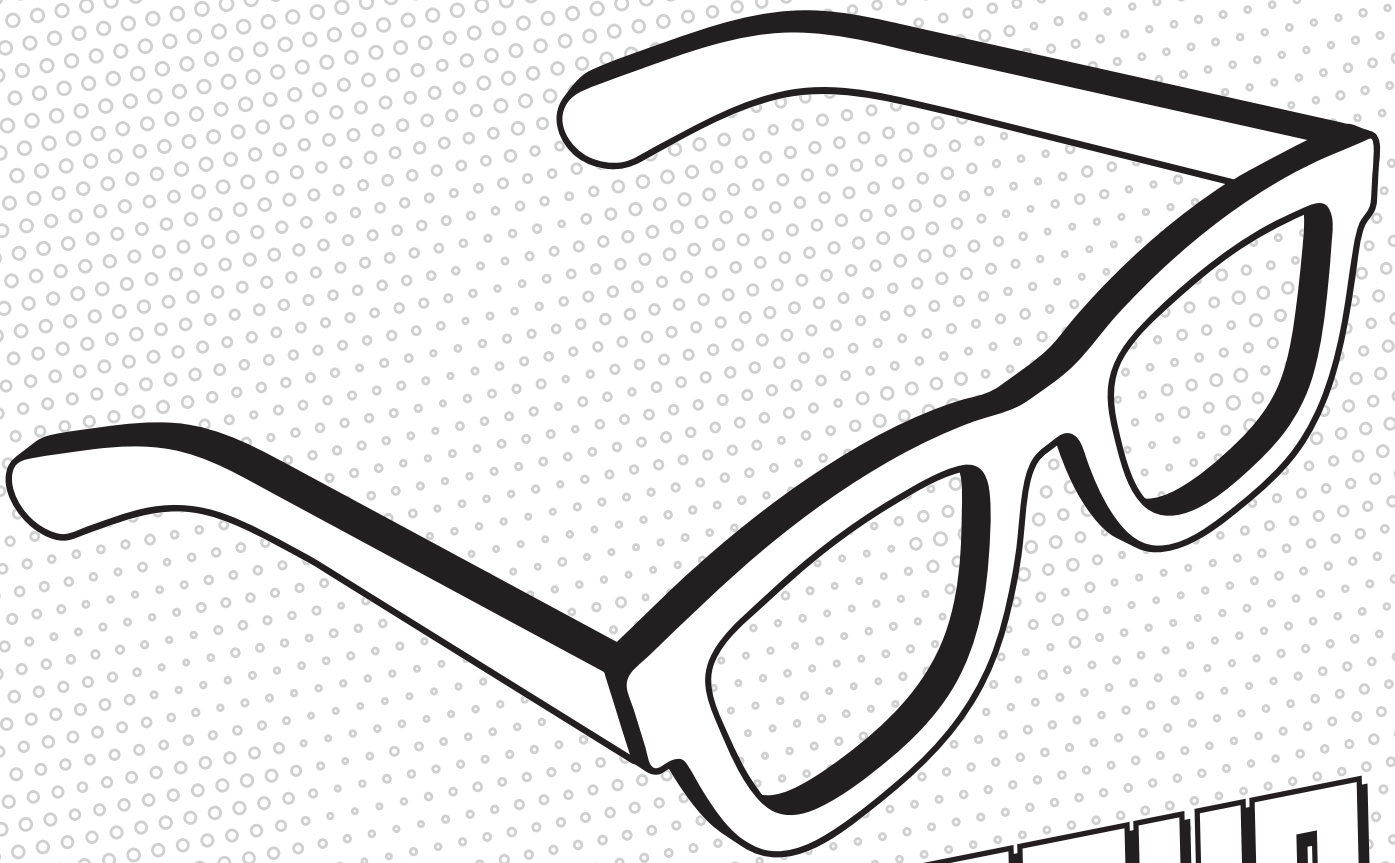
1. **Don't worry.**
2. **Tell God about everything.**
3. **Give thanks.**
4. **Have peace.**

When a problem comes, first—don't worry. Worrying about something doesn't change anything, it just makes you feel more nervous.

Tell God. Ask Him to help you face that problem and trust Him.

Give thanks. Saying "thank you" is a great way to remember how God has helped you before and how He will help you again.

What happens next? You have peace! Because knowing Jesus changes how you see your problems.



**Knowing JESUS
changes the way
you see your
problems.**