



TRUSTING IN WHAT  
YOU CAN'T SEE

BECAUSE OF WHAT  
YOU CAN SEE

WEEK **3**  
1<sup>st</sup>

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  
**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  
**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  
**4**

## Four Steps

Remember the four steps from our verse this week?

When you face a problem ...

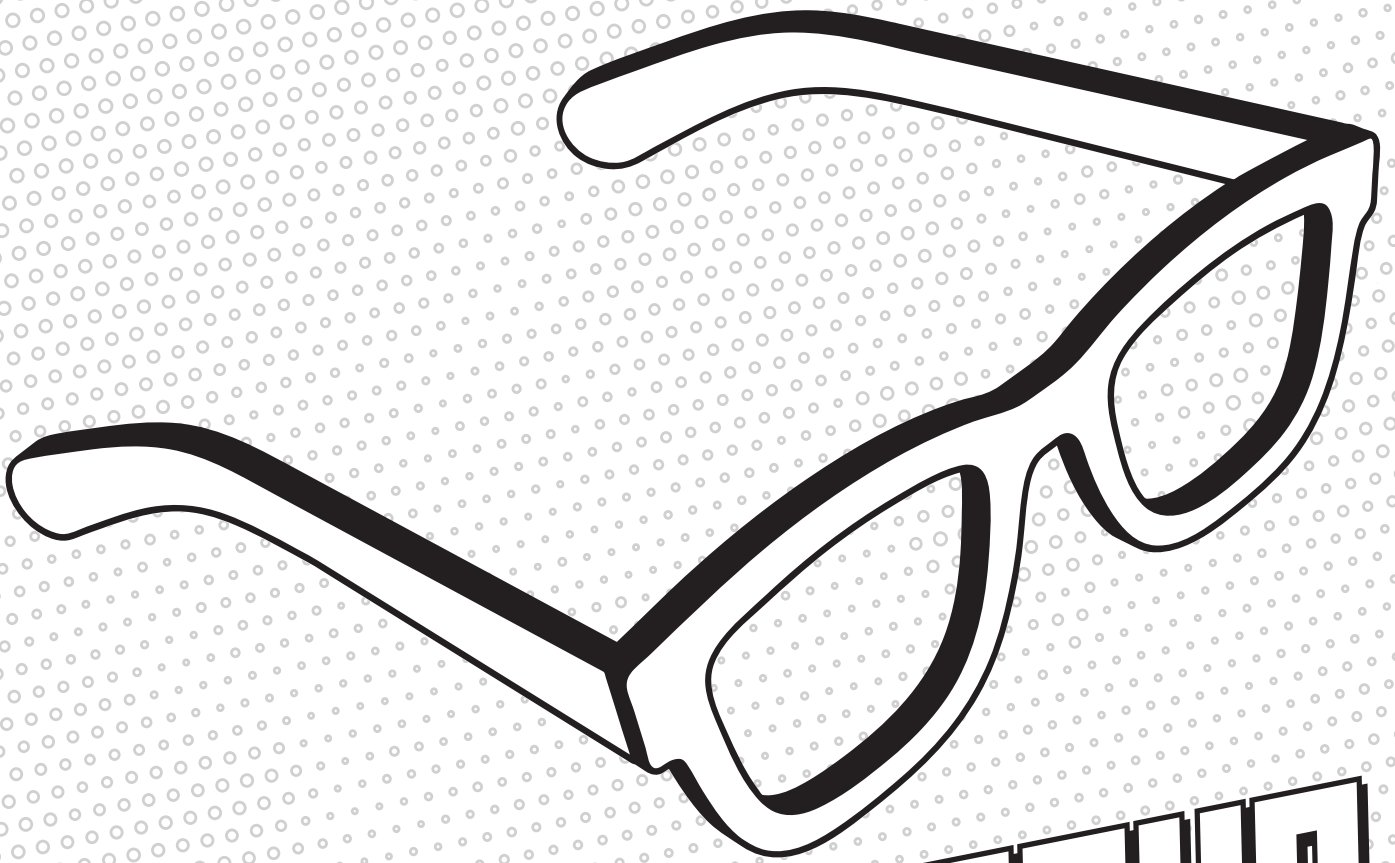
1. **Don't worry.**
2. **Tell God about everything.**
3. **Give thanks.**
4. **Have peace.**

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.**



## READ ROMANS 8:28

## DAY 1

Have you ever had a bad day, but when you look back on it, you see that actually something really good came out of it? Maybe your baseball team didn't make the playoffs, but that meant you could do swim team, which you love. Maybe you didn't get the same lunchtime as your friends, but you made a new friend as a result.

What is something that right now seems really hard or bad? Write about it here.

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How can you see this in a different light? Ask God to help you find a way to see your problem differently.

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Know that seeing things through the lens of faith helps you see your problems differently.

## READ JOHN 16:33

Imagine you're in a crowd, and something is happening, but because you're a kid, you can't see what it is. You start to get worried because you can't see what's going on, much less be prepared to face it. But you look up, and you see a parent or other trusted adult, and you see that they're not worried. They can see much more than you can from their vantage point, and if they're not worried, you probably shouldn't be either!

**The great news is that we follow a God who made the world and who knows everything that is happening in it, and that ever will happen in it.** When we're facing problems and aren't sure what to do, remember that He can see everything, and He has a plan for the world—and YOUR world—that will win out over everything else.

Ask God to help you turn to Him when it's hard to face your fears.



## READ PROVERBS 3:5-6

DAY 3

AYBZA PU AOL SVYK DPAO HSS FVBY OLHYA.

When you're facing problems, it's tempting to try to solve them on your own. The bad news is, you don't have all the knowledge and understanding to face your problems. The good news is, you serve a God who does! When you're not sure what to do, ask Him for guidance. He will lead you in the way you should go.

Go back up to the first sentence, and now use this key to decode the message. (Hint: A = T)

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z  
T U V W X Y Z A B C D E F G H I J K L M N O P Q R S

It's a lot easier to solve problems when you have access to the knowledge you need, isn't it?

Thank God for giving you what you need to face your problems.

## READ 1 PETER 5:7

DAY 4

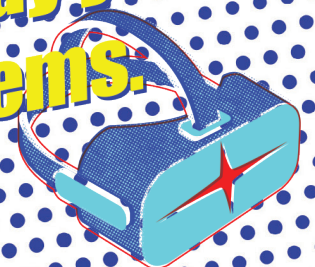
Get a blank sheet of paper and write down or draw a picture of something that has been worrying you.

Then, turn the sheet of paper over and write out the words found in 1 Peter 5:7. Hang the sheet of paper somewhere with the verse facing out so you can read it.

**Knowing Jesus means you can trust Him with your problems.** Instead of growing anxious, losing sleep, or getting upset, you can share your problems with Him and rest, knowing that He cares about you. When you're tempted to turn back over to worry, read the words of 1 Peter 5:7 out loud and remember that you can turn your worries over to Him and trust Him with your problems.

Thank God for caring about you and your problems.

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



WHEN HAVE YOU  
SEEN SOMETHING  
GOOD COME OUT OF  
SOMETHING BAD?

## DAY 5

Did you know that when you show faith during your hard times, it helps others get through their hard times?

**Here are three things Paul did during his hard time to help others during their hard time:**

1. You can tell others that God keeps His promises. It can be hard to know what to say to someone who is hurting, especially if you're hurting, too. But you can always remind them that God is a good, loving God, and that He is always with us, even when it feels like He's not.
2. You can have hope. You can be positive when everything feels negative. Saying things like, "God's got this," and "I'm here for you," seems small, but it can go a long way to change someone's attitude when they're down.
3. You can pray. Paul prayed out loud where everyone could hear him. You don't have to pray out loud if that makes you nervous or uncomfortable, but you can tell someone that you're praying for them. Don't forget to actually pray!

From the list above, which will be the easiest thing for you to do to help a friend when you're both faced with a problem?

Which will be the most challenging?

The next time you're faced with a hard situation, ask yourself how you can continue to show faith so that you can help others grow their faith, too.

**FAITH**  
TRUSTING IN WHAT YOU CAN'T SEE  
BECAUSE OF WHAT YOU CAN SEE

## DAY 1

Go to [Studio252.tv](http://Studio252.tv) and watch this week's episode of The So & So Show. (Click on Fun2Watch! then The So & So Show.)

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

### SO & SO TOP 3

After watching, write one thing that . . .

1) YOU LIKED: \_\_\_\_\_

2) YOU LEARNED: \_\_\_\_\_

3) YOU'D LIKE TO KNOW: \_\_\_\_\_

## DAY 2

### READ ACTS 27:1-28:10

So far, Paul has had some pretty incredible things happen to him. But what happened to Paul next is going to blow your mind.

Paul had a few problems. The first problem was Paul was put in jail. Why was he put in jail? The short answer is that Paul was in jail because he was a Jesus-follower. One day, while Paul was still a prisoner, it was decided that he would travel by boat across the Mediterranean Sea to stand trial.

From the beginning of the trip, Paul knew the journey wouldn't be an easy one. The wind began to blow and the waves were getting bigger and bigger. Before long, the boat struggled to stay on course. On top of that, the trip was taking way longer than planned and the food supply was running low. With winter and more bad weather coming, Paul was worried they'd never make it.

**Paul tried to tell the ship's commander:**

**"Men," he said, 'I can see that our trip is going to be dangerous. The ship and everything in it will be lost. Our own lives will be in danger also.' But the commander didn't listen to what Paul said."** Acts 27:10-11, NIV

Paul had quite a few problems:

1. Paul was being held prisoner because of his faith.
2. Paul was on a ship without enough food in the middle of a storm.
3. Paul knew they were in big trouble, but no one would listen.

Out of all of Paul's problems, which one do you think was the worst and why?

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## DAY 3

Each and every day you are faced with problems of all sizes. You can't find your book bag, or your teacher caught you in a lie, or you forgot to tell your mom that your lunch account ran out of money. Did you know that you can talk to God about your problems? In fact, God wants us to tell Him about anything that bothers us or hurts us.

Take a few minutes and tell God about anything that's on your mind right now. What's worrying you? Frustrating you? Hurting you? Tell God about your problems like you're talking to a friend or your parents.

**God hears your words.** And just like He was with Paul, He will be with you in the middle of all your problems.

## DAY 4

Do you know someone who has been through a lot of tough situations, but still has a big, growing faith in God? Someone who has faced big problems but still loves and follows God?

**Take some time to talk to that person.** If you can't do it in person, you can text, email, or even video call them. Ask them how they kept their faith strong when things were tough.

