

Trust is putting your confidence in someone you can depend on.

Read: Proverbs 16:3

DAY

1

Trust God

Make an acrostic for the word TRUST. With the help of an adult look up: attributes of God. Use the list you find to write out attributes that start with the letters in the word trust.

THANK God for being worthy of trust.

DAY

2

Trustworthy to Follow

Find something that you can hide in your house that will be the “treasure.” After you hide the treasure, create a map that correctly leads someone to it. Make your map accurate yet easy to follow! Have fun!

KNOW that when you follow God, you will be led to the truth.

DAY

3

Trust The Plan

This week’s verse, Proverbs 16:3, says if we tell God our plans, we will have help. Read through this week’s verse and say it out loud a few times. Try working up to memorizing it!

ASK God to show you what plans are right for you.

DAY

4

God’s Plan

God’s plan is always better than ours. Pray and ask God to show you the best plan.

Dear God, I know that you know all of the plans I have for my life. Plans to help me grow, learn, and be my best. God, I pray that I can always follow Your plan even when I want to only follow my own. I want to learn to trust you always. I love you, Amen.

LOOK for God in your plans.

You can trust that
God has a plan.



Trust is putting your confidence in someone you can depend on.

DAY 1

Read Proverbs 16:20

When it comes to trust, we need to pay attention to what we know. We know that God loves us. We know that He is perfect and Holy, which means He never messes up. When we put our trust in God, we won't be disappointed because He is completely trustworthy.

Let's practice our focusing skills for just a minute. Puzzles take lots of focus. Your job is to fill in the blanks below. You can only use the numbers 1, 2, 3, or 4 once in each row and column—up and down or left to right. Some numbers have been filled in to get you started.

Focus this week on what you know to be true about God so you can trust Him more and more.

	3	4	
4		3	2
			4
	4	2	

DAY 2

Read Proverbs 16:3

Have you ever followed a plan? Sometimes we make plans that don't work out. Maybe you wake up to find it raining on the day you'd planned to go to the park. Maybe you planned to visit your grandmother but she's sick. Maybe you wanted to spend the afternoon reading a new book but your parents need your help in the yard.

Even when our plans change, God is still in control. The next time you make a plan, stop and ask God for wisdom. Ask God to help you follow Him, then trust Him no matter what happens.

Read Proverbs 16:3 with a trusted adult and discuss the following questions together:

What does this verse say about God?

What does this verse say about me?

What can I do to trust God more based on this verse?

DAY 3

Read Proverbs 19:21

Do you have a younger brother or sister? Have you ever tried to boss them around? Did they do what you told them to do? Probably not!

Sometimes, we're like a little brother who refuses to listen. We know what God wants us to do but we do the opposite. We should tell the truth but we lie anyway. We should let the other person go first, but we push ahead instead.

When it comes to trust, we need to remember that God has a plan. Ultimately, God wants everyone to know Him. We can all have a relationship with God because of Jesus. We can ask for guidance and for God's plan for our lives.

Do you have a plan for today? What would you like to do? Tell God about your plans for the day and ask for help you make choices that honor God all day long.

You can trust that
God has a plan.



DAY 4

Read Psalm 32:8

Write your birthday here: _____

God made you on purpose for a purpose. And because of God's love, you can trust the good plans God has for you.

Look up the words from today's verse in the crossword puzzle below. Then place the words from the verse in the blanks below. Spend some time thanking God for making you so special and for the good plans for you.



Words to find:

Advice Go Good Guide
Love Teach Watch Way

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

"I will _____ you and _____ you the
_____ you should _____. I will give you
_____ and _____ over
you with _____." Psalm 32:8

Journal

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



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Day 1

After watching, write one thing that:

1. You liked:

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2. You learned:

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3. You'd like to know:

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Go to bit.ly/SundaysAtHomePreeteen and watch this week's episode of The So & So Show.

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



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.**

