

DETERMINATION

Deciding it's worth it to finish what you started

WEEK 4

BOTTOM LINE: Keep going because God knows the end of the story.

Read Isaiah 41:10

DAY 1

I'm Scared!

Grab a blank sheet of paper and a pencil. Draw a picture of something that you are afraid of. Did you know that every person in the world is afraid of something! It's true! Determination is also about never giving up even when it gets scary. Ball up that piece of paper and show it who the boss is by throwing it away like a basketball! If you think of something else this week that you are scared of do it again! Ball it up and throw it away!

Know that God is with you so you don't have to be afraid!

DAY 3

Pillow Talk

Grab a flashlight and go hide under the covers for just a minute so you can talk to God. Close your eyes and think of a time when you felt afraid. Do you know that even when you are afraid, we can go to God and He will help you to keep going? He's ALWAYS there. Close your eyes and pray.

Dear God,
Thank You that I don't have to be afraid. Thank You that you are ALWAYS with me. I don't have to worry because You are right there beside me. God, when I feel scared, remind me that You will help me keep going because YOU know the end of the story.
I love you. Amen.

DAY 2

God Is Our Helper

Ask an adult to help you turn to **Isaiah 41:10** in a Bible. Ask your parent about any big words you don't understand. This verse can give comfort because God is telling you that He is always with you. Now take a minute to learn these hand motions to help you memorize this verse.

Do not be afraid – Wave your index finger back and forth
I am with you. – Point up to God and then to a friend or your parents.

Do not be terrified. – wave index finger back and forth and cross your arms as if you are upset

I am your God. – Point up to God and then lay your hand on your heart

I will make you strong – Do a strong pose as if you are showing off your muscles

and help you. – Act like you are helping the person next to you get up

I will hold you safe in my hands. – Cup your hands in front of you like your holding a small object

I always do what is right. – Point to your eye, wave your hands in front of you and then give a thumbs up

Isaiah 41:10, NIrV

DAY 4

My Rock

Ask an adult to go outside with you and see if you can find a small rock. Paint the rock and write on it, "God is my rock." Keep this rock in your pocket and the next time you are scared, hold it and remember that God is our rock so we don't have to be afraid!

Thanks Jesus that you don't have to be scared because He is on your side!



**Keep going because God
knows the end of the story.**