

Day 2

Read Genesis 31:3, 32:3-21

Jacob was about to meet his brother Esau again for the first time in long time. And he was quite a bit nervous—you might say, downright terrified—to see his brother after the things he had done to Esau in their younger years.

As you read through the verses in Genesis 31 and 32, circle everything you see that Jacob seems to be doing out of worry.

You probably circled just about everything, didn't you?

Jacob was very worried. Suddenly that trust in God that we read about last week—when God showed up in Jacob's dream—seems to have disappeared. It's hard to keep trusting God when we're worried about what will happen. But the truth is, that's exactly when we should be trusting God!



Day 3

Have you ever heard of breath prayers?

The idea behind a breath prayer is that it's something you can do throughout the day, where you can breathe in and out a prayer to God. These prayers are an awesome way to stay connected to God throughout the day, and also to help you remember to trust God even when you're worried!

Try praying these breath prayers now, and then pick one that you can memorize and repeat throughout the day—or write one of your own that gives you comfort!

Inhale:	Exhale:
Even when I'm worried,	I can trust You, God.
Nothing can separate me	from the love of God.
No matter what happens today,	God is with me.
I will not be afraid,	for You are with me.
No matter what is ahead,	God is there too.

Day 4

You can trust God even when you're worried.

Get a friend or sibling to play this game with you, and grab a flashlight. Find a room in your house that can get really dark. Maybe it's in the basement, or a bedroom with blackout curtains. (Read the rest of this paragraph before going any further.) Go in the room and turn out the lights and make it as dark as possible. It's kind of scary, isn't it? But now, think about the things that you saw in that room when it was light. Start naming all the things you remember. When you intentionally recall what you already know, it makes the darkness not so scary. Now, turn on the flashlight and look around. It's even less scary!

Turn back on the lights and keep reading. Talk with your friend about what you just experienced. When you're worried and the world seems dark, what things can you remember that make it not so scary? (Hint: think back to the breath prayers you prayed yesterday!) And what truth is the "light" when your worries make things seem dark? (Hint: It's the Bottom Line this week!) Share with each other any worries you might have and talk about how you can remind yourself that **you can trust God even when you're worried.**



Day 5

What are some things that you sometimes worry about?

Make a list.

Now, go find a chair that you often sit in. Bring your list with you, as well as some tape.

First, sit down in the chair.

Did the chair break apart? Did you fall out of it? Hopefully not!

But you probably didn't even think about it, did you? You put your trust to sit in that chair all the time, without ever wondering if it will hold you up. You have your confidence in that chair because it's been dependable. It's always held you up.

The truth is, we don't have to worry about anything, because God is going to hold us up. We can trust God no matter what. But sometimes our worries creep in and we forget that God has never let us down.

Take the worries you wrote down and tape them underneath that chair you've been trusting all this time. Whenever you're tempted to worry about them, go sit in the chair and repeat one of the breath prayers you prayed earlier this week, reminding yourself that **you can trust God even when you're worried.**