

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

Read: Psalm 56:3

DAY  
1

## Draw Out the Worries

You can trust God even when you are worried. What are some things that worry you? On a different piece of paper, draw a picture of something that worries you and when you are done drawing, ask God to take your worries away.

**KNOW** that God can help you with your worries if you ask.

DAY  
3

## Worries Disappear

Using a white board, chalkboard, or paper and a pencil write out this week's verse. Say the verse aloud until you get the hang of it. Then erase one word and say the verse again. Do this until all the words are gone and you can say the verse without any help.

**ASK** God to take away your worries when you have them.

DAY  
2

## Worried or Wowed

With a friend, stand back -to-back, count to three, and turn around facing each other. While turning around toward each other, make a face that looks worried or a face that looks wowed! If you both make the same face give each other a high five! Do this as many times as you would like!

**LOOK** for ways that God can turn your worry into wow!

DAY  
4

## No Worries

Pray and ask God to help you when you are worried.

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Dear God, help me when I am worried. Help me through the times that I need you most. I love you and trust you. Amen.

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**THANK** God for being with you when you're worried.

You can trust God even when you're worried.

