



WHAT DOES IT LOOK LIKE TO TRUST GOD?

DAY 5

Have you ever seen a puppy chase its own tail? Why in the world would a dog do that? Maybe they don't yet realize that tail is attached to their body, and it's not going anywhere!

There may be times in your life when you feel alone, but the more you experience the ups and downs of life, the more you'll realize that God is with you, and He is not going anywhere. God is obviously infinitely greater and more powerful than a puppy dog's tail, yet somehow we still sometimes manage to forget He is with us, wherever we go.

But when we do remember that He is with us, it will change how we live our lives. **WHAT IS ONE SITUATION YOU'RE FACING RIGHT NOW WHERE YOU FEEL ALONE OR OVERWHELMED?**

HOW MIGHT YOUR RESPONSE TO THAT SITUATION CHANGE IF YOU TRULY TRUSTED GOD WAS WITH YOU?

What is something that is almost always with you? Maybe it's a favorite necklace you wear every day or a toy you always keep in your pocket. Every time you see it today, remember that God is truly always with you, and say a quick prayer of thankfulness that you can trust Him no matter what.

TRUST

*Putting
your confidence
in someone you can depend on*

DAY 1

Go to 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 GENESIS 39:2

It would be easy to read the first half of Genesis 39:2 and think that Joseph had a pretty good life. *The Lord was with Joseph. He gave him great success . . .* (NirV).

But then we read the second half, “... *Joseph lived in Potiphar’s house,*” and we remember that Joseph had just been sold into slavery by his brothers. Oh, and that was after they threw him into a well without food or water. Talk about feeling abandoned.

There was one bright spot, however, in Joseph’s life, and thankfully that bright spot was all he needed to survive and thrive in his new land and life.

GOD WAS WITH HIM.

Think about something hard you are going through right now, or that you’ve been through before. A time when you may have felt abandoned, attacked, alone. Then re-write Genesis 39:2 as though it were about you and your story.

DAY 3

Do you ever want to talk to God but you’re not sure what to say? Especially if you’re going through a time when you feel alone or scared, you may feel unsure of how to talk to God about it. The good news is, the people who God used to share His Word with us through the Bible often felt alone and scared too. One way we can begin the conversation with God is by reading verses from the Bible out loud.

Psalm 23 is a great passage to read when you feel scared or alone. Try making this passage into a prayer by reading it back to God.

"DEAR GOD, **"YOU** are my shepherd. **YOU** give me everything I need. **YOU** let me lie down in fields of green grass. **YOU** lead me beside quiet waters. **YOU** give me new strength. **YOU** guide me in the right paths for the honor of **YOUR** name. Even though I walk through the darkest valley, I will not be afraid. You are with me. Your shepherd’s rod and staff comfort me. You prepare a feast for me right in front of my enemies. You pour oil on my head. My cup runs over. I am sure that your goodness and love will follow me all the days of my life. And I will live in the house of the Lord forever.” (NirV) Amen.”

DAY 4

Which of these situations make you feel alone? (Circle as many as you can relate to.)

WHEN YOU DON'T KNOW ANYONE IN THE ROOM

WHEN YOU GET IN TROUBLE

WHEN YOUR BEST FRIEND DOESN'T COME TO SCHOOL

Now find a parent and ask them which of the situations make them feel alone. Be sure and share your answers too. Talk through what it might look like to trust God in each of the situations that you said make you feel alone. Before you move on with your day, agree on a “trust word” (or a handshake or motion) that you can use to encourage each other when you feel alone.