



DAY 5

Pick up something in the room that's heavy (but not so heavy that you get hurt!), and walk around with it. As you walk around, imagine that what you are carrying is actually the one thing that you need to trust God with right now.

NOW, KEEP HOLDING IT, BUT SIT DOWN IN A CHAIR. THE OBJECT YOU'RE CARRYING ISN'T ANY LIGHTER, BUT SUDDENLY, YOU FEEL STRONGER, DON'T YOU?

When we trust God with the things that are weighing us down, our problem won't necessarily get lighter, but we will feel His strength. And just as you trusted that chair would hold you up (and help you carry your load), you can trust God when the pressure is on.

Pray and thank God for helping you carry your load, and then as you let go of the heavy object you're carrying, ask God to help you let go of your problem too.

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 41:15-16

It's hard to imagine the pressure that Joseph felt the day he was called out of prison and into Pharaoh's palace. And then to stand in front of Pharaoh and be expected to interpret his dream! What if he couldn't?! Or, perhaps worse—what if the dream was an awful one? Would he be killed for delivering bad news to the king?

Thankfully, Joseph knew he wasn't alone as he stood in front of the Egyptian monarch. That knowledge gave Joseph the courage he needed.

"I can't do it," Joseph replied to Pharaoh. "But God will give Pharaoh the answer he wants." (NirV)

Keep reading a bit more in Genesis 41 (verses 17-32). As you read about Pharaoh's dreams, draw your interpretation of the strange visions. Whether you draw cows and heads of grain in various sizes, or hamburgers and baguettes, create something you can hang up in your room or bathroom remind you that you that, just like Joseph, you can trust God when the pressure is on.

DAY 3

If you have an un-inflated balloon around the house, grab it, as well as a marker. If not, a zip-top bag can work in a pinch. Blow up the balloon (or blow air into the bag). Hold it closed with one hand while you write with the other. Write three to four things that can stress you out or put pressure on you.

Begin to talk to God about those things. As you pray and ask God for help, begin to let some of the air out of the balloon or bag, releasing the pressure. **WHEN YOU'RE DONE PRAYING, RELEASE ANY ADDITIONAL AIR. IT'S HARD TO READ YOUR PROBLEMS NOW, ISN'T IT?**

Just because you pray, doesn't mean your problems will go away. But when you put your trust in God, it will make your problems a lot less scary and maybe even harder to see!

DAY 4

Ask someone to join you and bring a pillow. Take turns shouting into a pillow, venting your frustrations about any problems you have. Try to decipher what the other person is saying as they shout into the pillow.

THEN TAKE A FEW MINUTES TO TALK THROUGH THE PROBLEMS TOGETHER AND FIGURE OUT HOW YOU CAN TRUST GOD EVEN WHEN THE PRESSURE IS ON.

Sometimes shouting into a pillow can relieve some pressure, and talking to a friend or family member can help too. But most importantly, when the pressure is on, trust that **GOD IS WITH YOU!**