

## READ PSALM 91:14-15

## DAY 1

Write out Psalm 91:14-15 and circle all the words that have to do with how God keeps you safe.

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How many words did you circle? You should have around six things circled. So many ways that God promises He will keep us safe! What a gift to know that Jesus is always with us. We can face anything with Him by our side!

**THANK** God for always being with you and keeping you safe.

## READ PHILIPPIANS 4:13

## DAY 2

Fill in the blanks below using the letter bank to reveal things that make you stronger and more powerful.

V \_ \_ \_ E \_ \_ \_ B \_ \_ ES  
\_ \_ \_ ER \_ \_ ISE  
P \_ O \_ E \_ N  
\_ \_ E \_ \_ \_ HTS  
\_ \_ \_ D  
J \_ \_ \_ U \_ \_

Yes, it's true that taking care of our bodies with the things we eat and the exercises we do can make us stronger. But did you know that spending time with Jesus can make you stronger in other ways? When Jesus is with you, you are strong enough to face anything!

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**ASK** God to help you rely on Jesus for your strength today.

## READ 1 CORINTHIANS 10:13

DAY 3

Walk around your house and count all the ways you could “escape” your house if you needed to. How many doors, windows, doggie doors, or garage doors do you have? \_\_\_\_

Even if you only have one or two, that’s really all you need, right? And the great news, when it comes to life, is that God has promised to give you all you need to escape temptation. If there is something you know you shouldn’t be doing, but you aren’t sure how to stop or if you have a friend who is always asking you to do something you know isn’t good, God has promised a way out for you. You can walk out of the situation with confidence that Jesus is with you always!

**THANK** God for providing an escape route whenever temptation comes knocking.

## READ ISAIAH 41:10

DAY 4

Take a dry erase marker into the bathroom and look in the mirror. As you look at your reflection, think about the things that you are facing right now that are hard, or something you are nervous about that is happening soon. Make a worried face in the reflection.

With a parent’s permission, write Isaiah 41:10 on the mirror, above where your face’s reflection is. Then, look in the mirror again and strike a confident pose. Whatever it is that you’re facing right now, you can face it with confidence because Jesus is with you!

**KNOW** that when Jesus is with you, you can face anything!

WHEN  
**JESUS**  
IS WITH YOU,  
YOU CAN FACE  
ANYTHING.

