



Resilience is getting back up when something gets you down.

DAY 1

Read Philippians 4:6-7

Have you ever been really worried about something? Maybe there's a mean girl at school that won't leave you alone. Or there's a class that's really hard and you've made a couple of low grades. Sometimes when we worry, we want to try to rush ahead and fix things on our own. We can become impatient, which just leads to more and more worry.

Read today's verses again. What should you do when you're worried? You can talk to God. God wants us to turn our worries into trust. God's answer might not come immediately. It might require some patience and waiting on our end. But even in the waiting, God is in control.

Name something you're worried about right now. Bow your head and pray about it. Ask God to show you what to do in this situation. When you're worried, trust God.

DAY 2



Read Philippians 4:19

Read the list of needs below. What's one way you've seen God meet each need in your life or your family's life?

Tired
Hungry
Cold
Sad
Lonely

God promises to meet all of our needs. And God always keeps promises. God has unlimited resources and power. And when you put your faith in Jesus, you have access to all of those same riches!

When it's hard to keep going, when you want to quit, when it seems like NO one else is making the wise choice, or that you're all alone, remember that God will give you what you need. God sent Jesus to meet your greatest need—to make a way for you to be forgiven and have a relationship with God forever. You don't have to worry because you belong to Jesus.



Read Matthew 6:25–27

Check out the birds in your backyard. Do you think they worry about where their next meal will come from? After all, there are no bird grocery stores stocked full of worms just down the street. Birds have to search for those worms. But they don't worry. They just get busy looking. And God provides what they need.

We are way more important to God than the birds. Yet sometimes, we let worry get the best of us. To worry means to focus on something that hasn't yet happened and assume the worst. But God doesn't want us to live that way. God is in control and promises to take care of us.

Trust Instead of Worry

Look at this verse again. Grab a pen or pencil and your Bible. Draw an "x" over the word "worry" each time it appears in these verses. In a blank space next to the verse, write the word "TRUST."

Read Matthew 6:33–34

Do you ever worry? Does that worry have the ability to make things better? When you're worried about something that MIGHT happen later on, can you focus on the fun you could be having right now?

Nope.

That's why Jesus said to stop that. Worry is really pointless. Because when you're worried about tomorrow, you can't be happy or content today. No matter what happens, even if you fail that test or you don't make the team or you miss all your dance steps, tomorrow is still going to happen. Trouble might come. Or it might not. And no amount of worry can change the outcome.

Worry List

Grab a piece of paper. List a couple of things that you might be worried about. Pray and ask God to help you. When you're done praying, wad up the paper and throw it away.

When you're worried,
trust God.