

TREK: Don't Stop, Don't Give Up—God's With You.

DAY 1: REVIEW

Visit the Parent Cue app (available for iOS and Android) to watch this week's Bible story.

Download it for free at parentcue.org/app.

Even if you already saw it at church, feel free to check it out again!

After watching So&So, write one thing that:

1. You liked:

2. You learned:

3. You'd like to know:

DAY 2: POWERED UP

Read Isaiah 40:31 (NIRV)

Have you ever played a game until your controller batteries died or your device hit one percent? Everything slows down. Nothing works right. That's kind of like what happens when we try to handle life on our own. God knows we get tired. School, friendships, sports, and emotions can wear you out. That's why God promises to give strength to those who trust Him. When you feel weak, God doesn't just tell you to try harder—He invites you to trust Him. Trusting God is like plugging into a charger that never runs out.

God renews your strength so you can keep going, even when things feel hard.

Try This: Stand up and do 10 jumping jacks. Now pause and take one deep breath. While you breathe, whisper this prayer: "God, I trust You."

Think About It: When do you feel most tired, physically or emotionally? How could trusting God help you keep going in those moments?

DAY 3: DON'T GET TIRED

Read 2 Thessalonians 3:13 (NIRV)

Doing the right thing can feel tiring, like being kind when someone is bothering you. Helping when no one says thank you. Choosing honesty when lying feels easier. God knows it can be hard, which is why He reminds us not to grow tired of doing what is good. On your faith trek, there will be moments when you want to stop trying. But every good choice matters, even the ones no one notices. God sees it all. He is proud of you—keep going!

Write one good thing you've done recently that felt hard:

Now circle one word that describes how you felt afterward

Happy • Proud • Relieved • Peaceful

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DAY 2: KEEP ASKING

Read James 1:5 (NirV)

Philip met a man who was reading Scripture but didn't understand it. Instead of pretending he knew everything, the man asked a question. God had sent Philip to help, and that shows us something important: God isn't afraid of your questions. He welcomes them.

When you follow Jesus every day, there will be moments when things don't make sense. You might wonder why God does certain things or what the Bible really means. That's OK! God sends help when you ask. He gives wisdom through the Bible, trusted people

in your life, and the Holy Spirit. Don't stop because you're confused. Keep going. Asking questions is part of growing stronger in your faith.

Write three questions you have about God or faith right now.

DAY 3: GOD SENDS GUIDES

Read Proverbs 3:5–6 (NirV)

A man from Ethiopia was reading the Bible, but he needed help understanding it. God guided Philip right to him at the perfect moment. Philip didn't rush or judge. He listened and explained how the Scripture pointed to Jesus. God knows when you need help too. When you feel stuck or unsure, He can send a guide to help you understand. That might be a parent, leader, teacher, or friend who follows Jesus. God uses people to help us stay on the right path. Climbing a mountain is easier when someone shows you where to step. In the same way, trusting God means letting Him lead you and accepting help along the way.

Circle one person God might use to help you grow:

Parent • Small Group Leader • Friend • Teacher

Write down their name here:

DAY 4: FLASHLIGHT FAITH

Read Psalm 119:105 (NirV)

Have you ever tried walking in the dark without a flashlight? It's hard to know where you're going. You might trip, bump into something, or take the wrong path.

That's why Psalm 119:105 says God's Word is like a lamp for your feet and a light on your path. God doesn't always show you the whole path at once. He usually shows you just the next step.

Sometimes you might want God to shine a giant spotlight on your situation and explain everything. But God often uses His Word like a flashlight on a hiking trail. It lights up the path just enough so you can keep moving forward.

So when you feel confused, worried, or stuck, open your Bible. God's Word can guide you, comfort you, and help you know what to do next.

Try This: Grab a flashlight tonight. Turn off the lights and walk carefully in one room. Notice how you can only see a little at a time.

Think About It: What is one "next step" you need God's help with right now?

DAY 5: GOD GOES WITH YOU

Read Isaiah 41:10 (NirV)

Have you ever read something in the Bible that you didn't understand? That's totally normal! God wants to help you understand. When something feels confusing, you can pray and ask for help. God is always with you! God promises to guide you, to give you strength, and help you grow as you learn more about Him.

Think about something you've always struggled to understand in God's Word. Maybe it's an event, like creation or Jesus rising from the dead. Maybe it's a specific verse.

Or maybe it's a prayer you feel hasn't been answered yet.

Take a moment to think about that question. Then use the prayer below to ask God for help.

Pray: "Dear God, sometimes I struggle to really hear You and understand what You're doing in my life and in the world. I especially need help hearing from You when it comes to:

Journal

Spend some time thinking about the question below and journal your thoughts or share them with a parent.

What questions do you have about God?

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DAY 2: WHEN GOD STOPS YOU

Read Proverbs 16:9 (NirV)

Saul thought he was doing the right thing. He was sure he understood God's plan. But on the road to Damascus, Jesus stopped him. A bright light flashed, and Saul realized he had been wrong. God helped Saul see things in a completely new way.

Sometimes God stops us too. We think we know what's right, but God shows us something different. That can feel confusing or uncomfortable, like hitting a steep part of a mountain trail. But God knows where the path really leads.

When you discover something new about God, it can change how you think, act, or treat others. God doesn't stop you to hurt you. He stops you to help you grow.

Write one way God might be helping you see something differently right now:

DAY 3: SHARING WHAT GOD HAS DONE

Read Psalm 119:18 (NirV)

Write your favorite Bible story or verse. Then explain how it has made a difference in your life or helped you think or act differently.

Now, go and share that with someone else. Ask them if they've heard the story or the verse, then tell them what it means in your life. But don't leave it there. Ask them what their favorite Bible story or verse is too!

DAY 4: PERSEVERANCE

Read 1 Timothy 4:8 (NirV)

Find a friend or a trusted adult who will exercise with you. Working out together can be more fun and help you stay motivated.

Choose an activity you can both do, such as:

- Go for a walk or an easy jog.

- Do simple circuit training (like 10 sit-ups, 10 push-ups, or holding a plank).
- Go roller skating or roller blading.
- Ride bikes.
- Or choose another activity you enjoy.

Before you start, read 1 Timothy 4:8 together. Talk about how God cares about both our bodies and our hearts.

While you exercise, discuss why it's important to train your spirit too. Training your spirit can look like praying, reading the Bible, worshiping, or helping others.

Share with each other which activities have helped you grow closer to God. Talk about how you can make those activities a regular habit, and encourage each other to keep going.

DAY 5: SEEING WITH COURAGE

Read Isaiah 43:19 (NirV)

Many people were afraid of Saul because of his past. But God was still working. Barnabas helped others see that Saul had truly changed. God used Saul in powerful ways to strengthen the church.

God can help you see yourself and others the way He sees them. He's always doing something new, even when you can't see it yet.

When you trust God, He helps you move forward with courage. You don't have to understand everything. Just keep going and let God open your eyes step by step.

What new thing might God be doing in my life?

“God, thank You for helping me see things in a new way. Open my eyes to understand You more, and give me courage to follow where You lead. In Jesus’ name. Amen.”

Journal

Spend some time thinking about the question below and journal your thoughts or share them with a parent.

When have you discovered something new about God?

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DAY 2: STORMS ON THE TREK

Read psalm 46:1 (NirV)

Paul was traveling when a huge storm hit the ship. The wind was strong, the waves were wild, and everyone was afraid. But Paul trusted God. God reminded Paul that He was still in control, even in the middle of the storm.

Sometimes bad things happen in our lives too. You might feel scared, confused, or upset. Don't give up on God. Trusting Him doesn't mean pretending everything is fine. It means remembering that He is with you and will help you through it.

On your faith trek, storms will come. But God is your shelter and strength when things feel out of control.

Write one word that describes how you feel when things go wrong:

Remember: don't give up—God's got it! And He's got you!

DAY 3: YOUR EFFORT MATTERS

Read 1 Corinthians 15:58 (NirV)

Have you ever worked really hard at something and wondered if it was worth it? God promises that when you do things for Him, your work is never wasted. Every prayer, kind word, and brave choice matters.

Sometimes progress feels slow, like climbing a steep mountain. But God sees every step you take. Even when you mess up, God keeps cheering you on.

Activity: Draw a mountain below. At the bottom, write one thing that feels hard right now. At the top, write one way God might be helping you grow through it.

DAY 4: GOD IS STILL WORKING

Read Romans 8:28 (NirV)

Paul's ship was destroyed, just like God said. But everyone made it safely to shore. God kept His promise. Even though

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DAY 2: A PROMISE WORTH TRUSTING

Read Romans 8:18 (NirV)

God gives us a picture of heaven that is full of hope. He promises a place where there will be no more pain, sadness, or tears. Everything broken will be made right. That promise reminds us why we can keep going, even when life feels hard.

On your faith trek, you may face moments that feel unfair or painful. God doesn't ignore those moments. He sees them and promises they won't last forever. Heaven reminds us that God's story ends with healing and joy.

Trusting God means believing His promises are true, even when you can't see them yet. God is faithful, and He will finish what He started.

Write one hard thing you can't wait to see God make right someday:

DAY 3: KEEP RUNNING

Read Hebrews 12:1

God compares following Him to running a race. Races take effort, practice, and perseverance. You don't stop just because you get tired. You keep going because the finish line matters.

Your race looks different from everyone else's. God has marked out a path just for you. He gives you strength when you feel worn out and encouragement when you want to quit.

Fill in the blanks: When following God feels hard, I can keep going by _____ and trusting _____.

At-Home Activity: Go for a short walk or run with a family member. While you move talk about ways God helps you keep going when life feels hard.

DAY 4: HOPE FOR THE JOURNEY

Read John 14:2-3

God promises to be with His people forever. Heaven isn't just a place. It's where we will be close to God with nothing in the way. That promise gives us the strength to keep going when the journey feels tough.

