The Safe Place: God is my strength

Joshua 6:1-16, 20

DAY 1

Stronger Than Fear

Read Joshua 5:13-15

Joshua was about to lead God's people into a huge battle. Jericho had tall walls and strong soldiers. Joshua may have felt nervous or unsure. Then he met the commander of the Lord's army. Joshua learned something important. God was already in control. Joshua did not have to face the battle alone.

Sometimes we face battles too. Maybe you feel worried about school, friends, sports, or trying something new. Those problems can seem really big. But God is bigger. He gives strength when we feel weak and courage when we feel afraid. You do not have to pretend you are brave all by yourself. God goes with you wherever you go. He helps you take the next step, even when things feel hard.

GOD IS STRONGER!

Write or draw one fear the wall. Then say, "God is stronger!"

DAY 2

Quiet Time Challenge

Read Joshua 6:1-5

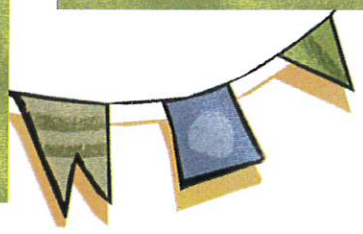
God gave Joshua unusual instructions for the battle. The people were supposed to march around the city instead of attacking right away. Joshua and the Israelites had to trust God's plan, even when it did not make sense yet.

Sometimes God asks us to trust Him one step at a time too. Maybe you have prayed for something, but nothing seems to change right away. Maybe you feel nervous about a problem that seems too big. It can be hard to wait and trust God when we cannot see the answer yet. But God sees the whole picture. He knows what is ahead. He is stronger than every fear, problem, and challenge we face. When we trust God, we can keep moving forward even when we do not understand everything.

Activity:

Build a wall using plastic cups or blocks. Then knock it down and shout, "God is stronger!"

Even when life feels confusing, God knows exactly what He is doing.



There's More! ⟶

DAY 3

God Fights for You

Read Exodus 14:13-14

Have you ever felt like giving up because something felt too hard? Maybe schoolwork feels frustrating. Maybe someone has hurt your feelings. Maybe you are worried about fitting in or making mistakes. Those struggles can feel like giant walls standing in front of you.

God reminded His people many times not to be afraid because He was with them. God did not expect them to fight every battle alone. He wanted them to trust Him and remember His power. God still helps His children today. He gives wisdom, strength, peace, and courage when we ask Him for help. Sometimes He changes our situation. Sometimes He changes our hearts so we can keep going. Either way, He never leaves us alone.

Reflection:

What is one battle you need God's help with today? _____

_____



DAY 4

Safe With God

Read Psalm 46:1

Psalm 46:1 says that God is our place of safety and strength. That means when life feels overwhelming, we can run to Him. God does not disappear when things get hard. He stays close and helps us.

Think about the people marching around Jericho day after day. The walls still stood there. Nothing seemed to change right away. But God was still working, even when they could not see it yet.

Sometimes we feel stuck waiting for things to get better too. Maybe you are dealing with friendship problems, sibling struggles, or fear about something ahead. God sees every part of it and promises to help you.

Safe Place Fort: Grab blankets, pillows, or chairs and build a small fort with your family or friends. Sit inside and talk about times when God helped you feel safe, strong, or brave.

Prayer:

"Dear God, thank You for being my safe place. Help me trust You when I feel afraid or worried. Give me courage to follow You and remember that You are stronger than every problem I face. In Jesus' name, Amen."

God is strong, so I can be brave.

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The Safe Place: God is my strength

Daniel 3

DAY 1

Stand Up

Read Daniel 3:16-18

Have you ever felt nervous about doing the right thing? Maybe everyone else wanted you to join in doing something wrong, and you felt stuck deciding what to do. Shadrach, Meshach, and Abednego faced a huge choice too. Everyone around them bowed down to the giant gold statue, but they stayed standing because they knew God was the only One they should worship.

That took courage!

Sometimes following God means making a different choice than everyone else. But the good news is that God is with you and gives you strength to do what is right..

Activity:

Stand up tall and freeze like a statue for 15 seconds. While you stand there, say: "God is with me, so I can stand for what's true."

When you trust God, He can help you be brave enough to make the wise choice.



DAY 2

Stronger

Read Isaiah 41:10

King Nebuchadnezzar wanted everyone to bow to his giant gold statue. Imagine hearing loud music, seeing everyone around you kneel down, and being the only one still standing. Shadrach, Meshach, and Abednego probably felt nervous, but they trusted that God was with them.

Sometimes we feel pressure too. Maybe friends want you to be mean to someone, tell a lie, or hide the truth. It can feel hard to stand out and do the right thing.

But God promises to help us when we are afraid. He gives us strength and courage when we need it most.

At-Home Activity:

Grab a balloon and squeeze it tightly in your hands. Does it feel like pressure? Now let it go and take a deep breath. Say, "God gives me strength when I feel pressure."

God is stronger than the pressure around you.

There's More! ⟶

DAY 3

God is There

Read Deuteronomy 31:6

When Shadrach, Meshach, and Abednego were thrown into the fiery furnace, they were not alone. God was with them right there in the fire! The flames did not hurt them, and they did not even smell like smoke afterward. That showed everyone how powerful God is.

God promises to stay with you too. You may never face a fiery furnace, but you might face hard days, scary moments, or situations where you feel left out. God never leaves you to handle those things alone.

Activity:

With an adult, make a campfire snack like s'mores or hot dogs. As you eat, talk about a time God helped you through something difficult or scary.

Even when life feels hard, God stays close to you.



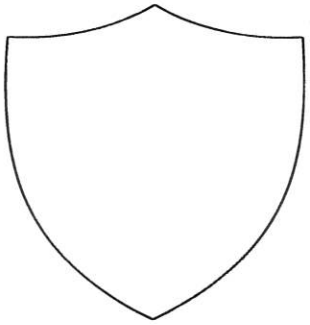
DAY 4

God Helps You

Read Ephesians 6:10

After King Nebuchadnezzar saw what God had done, he realized that no one is stronger than God. Shadrach, Meshach, and Abednego trusted God even when things looked impossible, and God helped them stand strong.

You can trust God like that too. When you feel nervous, pressured, or unsure what to do, remember that God's Spirit is with you. He can help you make wise choices, tell the truth, and stand up for what is right.



Inside the shield, write or draw ways God helps you stay strong, like praying, telling the truth, being kind, or reading the Bible.

Prayer:

"Dear God, thank You for giving me the Bible. Help me learn who You are as I read. Teach me to understand Your words. Help me keep coming back to read and talk with You. I want to know You more every day. In Jesus' name. Amen."

God is with me, so I can stand for what's true.

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The Safe Place: God is my strength

Mark 4:36-41

DAY 1

Trust God in the Storm

Read Mark 4:35-41

Have you ever been outside during a huge thunderstorm? Maybe lightning flashed, thunder BOOMED, and the wind shook the windows. Storms can feel scary! Jesus' disciples felt that way too when a giant storm rocked their boat. Waves crashed in, water filled the boat, and the disciples panicked.

Meanwhile, Jesus was asleep!

The disciples woke Him up, and Jesus spoke to the wind and waves. Instantly, everything became calm. That showed the disciples something amazing: Jesus is stronger than any storm.

Sometimes we face storms too. Maybe you feel worried, overwhelmed, lonely, or nervous about something happening in your life. But God is always in control, and you can trust Him no matter what.

God is in control, so you can trust Him.

DAY 2

God is with Me

Read Psalm 56:3

The disciples were terrified during the storm. Even though they had seen Jesus do miracles before, fear made them forget that Jesus was with them in the boat.

That happens to us too sometimes. When we feel nervous or upset, it can be hard to remember that God is still with us. But fear does not change who God is. He is still loving, powerful, and in control.

God wants us to bring our worries to Him instead of carrying them all by ourselves. We can talk to Him anytime about what scares us or makes us anxious.

Activity:

Draw three waves on a piece of paper.

Inside each wave, write or draw something you are worried about. Then draw a big heart over the waves and write: "God is with me."

No matter what kind of storm you face, God cares about you.

There's More! ⟶

DAY 3

God is Near

Read Joshua 1:9

Sometimes God calms storms right away, like He did for the disciples. Other times, God helps us stay strong while we walk through hard situations. Either way, God is always with us.

Maybe you are dealing with friendship problems, lots of homework, family struggles, or something that feels really difficult right now. You can trust that God sees you and cares about every part of your life.

The disciples learned that Jesus was more powerful than the wind and waves. We can trust Him with our "storms" too.

With an adult, place a small paper boat or toy boat in water. Blow gently to make waves. Then stop blowing and watch the water calm down. Talk about how Jesus brings peace during life's storms.

Even when life feels rough, God stays close to you.

God is in control, so I can trust Him.

DAY 4

Peace in the Storm

Read Philippians 4:6-7

Jesus' disciples thought the storm was going to sink their boat. But Jesus showed them that He was completely in control the whole time. The storm did not surprise Him at all.

Sometimes our problems feel really big too. We may wonder if things will ever get better. But God promises to give us peace when we trust Him and talk to Him about what we are feeling.

Prayer helps us remember that we are never alone. God listens when we pray, and He can calm our hearts even when life feels stormy around us.

Fill a clear water bottle with water and sprinkle in glitter. Put the lid on tight, shake it up, and watch the glitter swirl around like a storm. Then, watch it slowly settle and become calm again

Prayer:

"Dear God, thank You for being with me in every storm. Help me trust You when I feel worried or afraid. Please fill my heart with Your peace. In Jesus' name, Amen."



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The Safe Place: God is my strength

Joshua 6:1–16, 20

DAY 1

The Greatest Hero

Read John 16:33

Do you have a favorite hero movie or adventure story? Usually, the hero faces a giant problem, things look impossible, and then somehow good wins in the end. We love stories like that because deep down, we want to know that evil does not win forever.

The Bible tells the greatest rescue story ever. Jesus came to rescue us from sin, sadness, and death. Before Jesus went to the cross, He told His friends that life would still have trouble. But then He said something amazing: "Be encouraged! I have won the battle over the world."

That means fear does not win. Darkness does not win. Jesus wins!

Activity:

Stand like your favorite superhero for 10 seconds. Then say out loud: "Jesus is the greatest hero, and Jesus wins!"

No matter what hard thing you face, Jesus is stronger and He is always with you.

DAY 2

Jesus is Stronger

Read Romans 8:38-39

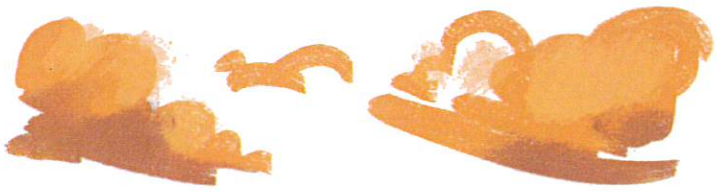
Sometimes life feels really hard. Maybe someone says something mean to you, your family is going through a difficult time, or you feel worried about something ahead. When hard things happen, it can feel like you are all alone.

But the Bible reminds us that nothing can separate us from God's love. Nothing! Not fear, sadness, mistakes, or difficult days. Jesus loves you so much that He came to rescue you, and He promises to stay with you forever.

Because Jesus rose from the dead, we know the ending of the story already. Jesus wins!

At-Home Activity:

Cut strips of paper and make a paper chain. On each strip, write or draw something God helps you through, like fear, sickness, sadness, or loneliness. Tape the chain somewhere to remind you that God's love never breaks.





There's More! ⟶

DAY 3

Greatest King Ever

Read Revelation 19:11-16

The Bible says that one day Jesus will return as the greatest King ever. He will make everything sad, broken, and wrong completely right again. No more sickness. No more pain. No more fear. Jesus wins forever!

That does not mean life is always easy right now. We still go through hard times because we live in a broken world. But Jesus promises to stay with us through every part of our story.

When you feel overwhelmed, scared, or upset, remember that the story is not over yet. God is still working, and Jesus is still King.



Decorate the trophy with stars, crowns, hearts, or bright colors. You can trust Jesus because He is stronger than every problem.

DAY 4

Peace from God

Read Philippians 4:6-7

Have you ever had a day where your thoughts felt all mixed up and stormy inside? Maybe you felt worried, upset, frustrated, or nervous about something happening at school or home. Jesus knows life can feel hard sometimes. That is why the Bible reminds us to bring our worries to God in prayer.

When we talk to God, He gives us peace deep inside our hearts. That does not always mean the problem disappears right away. But God helps us stay calm and remember that He is still in control. Because Jesus won the battle over sin and death, we can trust Him with every part of our story.

Write or draw a worry you want to give to God.

Prayer:

"Dear God, thank You for giving me peace when life feels hard. Help me trust You and remember that Jesus wins no matter what happens. In Jesus' name, Amen."

Jesus wins.

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