The Safe Place: God is my strength

Joshua 6:1-16, 20

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: STRONGER THAN FEAR

Read Joshua 5:13-15 NIrV

Joshua was getting ready for a huge battle at Jericho. He probably had questions, fears, and worries racing through his mind. Then he met the commander of the Lord's army. Joshua realized something important: God was already in control. Joshua did not have to fight alone.

Sometimes your battles are not against armies. Maybe you are battling fear, loneliness, peer pressure, or stress at school. Maybe you feel nervous about standing up for what is right. God may not remove every challenge instantly, but He promises to be with you through it all. God is stronger than every battle you face, even if it looks impossible.

Write one battle you need God's help with this week:

Remember: Bravery is not pretending you are never scared. Bravery is trusting God even when you are.

DAY 3: GOD GOES FIRST

Read Joshua 6:1-5 NIrV

Jericho looked impossible to defeat. The walls were huge, and Joshua's army probably wondered how they could ever win. But God already had a plan. It may not have made sense at first, but Joshua chose to trust God's instructions instead of relying only on what he could see.

Sometimes we want instant answers when life feels difficult. We want God to explain everything right away. But faith often means taking the next step even before we understand the full picture. God sees things we cannot see. He knows what is ahead and promises to guide us.

Fill in the blank:

"God is stronger than _____."

You do not have to have all the answers before obeying God. Trust begins with one step at a time.

DAY 4: START SMALL

Read Joshua 6:15-20 NIrV

The walls of Jericho did not fall because the Israelites were

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powerful. The victory happened because God is powerful. The people obeyed God, even when the instructions seemed unusual. They marched, trusted, waited, and watched God do what only He could do.

Sometimes we think helping others requires something huge or impressive. But often, God starts with small acts of obedience. A kind word, helping someone sitting alone, encouraging a friend, or praying for someone hurting can make a bigger difference than you realize. You do not have to wait until you are older to start meeting needs around you.

Ask someone at home, "What is one small way I can help our family this week?" Then do it without complaining.

DAY 5: GOD FIGHTS FOR YOU

Read Exodus 14:13–14 NIrV

There will be moments when life feels overwhelming. Maybe you feel pressure to fit in, pressure to succeed, or pressure to hide what you believe. In those moments, remember this truth: you are not fighting your battles alone. God is with you, and He is stronger than anything you face.

God does not always work the way we expect, but He is always faithful. Just like Joshua trusted God before the walls fell, you can trust God before your situation changes. God's strength gives us courage to keep going, even when life feels difficult.

Pray: "God, thank You for being stronger than every fear, problem, and battle in my life. Help me trust You, obey You, and notice the needs around me so I can help others too. In Jesus' name, Amen."

Journal

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

What is a battle that God can help you with?

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The Safe Place: God is my strength

Daniel 3

DAY 1: REVIEW

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3. You'd like to know:

DAY 2: STANDING ALONE

Read Daniel 3:4–6 NIrV

When the music played, everyone bowed to the giant gold statue except Shadrach, Meshach, and Abednego. Imagine how awkward and scary that moment must have felt. Thousands of people were doing the same thing, but these three friends chose to obey God instead of following the crowd.

Sometimes following God can make you stand out too. Maybe your friends are gossiping, cheating, or making fun of someone. It can feel easier to stay quiet and blend in. But God gives us strength to make brave choices, even when we feel alone.

Cirle one situation where it is hardest to stand for God:

Friends School Sports Online Family

Ask God to help you in that situation.

DAY 3: FAITH OVER FEAR

Read Daniel 3:9–12 NIrV

Some officials noticed that Shadrach, Meshach, and Abednego would not bow to the statue, so they reported them to the king. These three friends knew they could get into serious trouble, but they still chose faith over fear. They trusted God more than they feared punishment.

Fear has a way of making us want to compromise. We may stay silent about our faith or avoid doing what is right because we are worried about what others think. But courage grows when we remember that God is with us. He sees every hard choice and promises to help us through it.

Write down a time you have felt pressure to fit in.

You do not need to follow the crowd to belong. Your identity is found in God.

DAY 4: GOD IS WITH ME

Read Hebrews 4:12 NIrV

Grab a sheet of paper, scissors, a pen or pencil, and an empty jar or container. Then find several people who

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follow Jesus and ask them what Bible verses bring them comfort when they are facing tough situations or remind them that God is with them. Try to collect at least six or seven verses.

If you need more, look up these verses: John 16:33, Isaiah 41:10 and 13, Philippians 4:6–7, Romans 8:28, Joshua 1:9, Matthew 6:31–34, Proverbs 3:5–6, Romans 15:13, 1 Peter 5:6–7, and Psalm 94:18–19. Choose the ones that mean the most to you.

Write each verse on your paper, spacing them out so you can cut them into strips. Then place the strips into the jar or container and save them for tomorrow.

DAY 5: NEVER ALONE

Read Daniel 3:24–25 NIrV

When Shadrach, Meshach, and Abednego were thrown into the fiery furnace, they were not alone. God was with them in the fire. God did not abandon them during their hardest moment, and God won't abandon you.

Grab some paper cut into small strips, a pen, the jar filled with the verses you wrote out yesterday, and either construction paper with glue or a cork board with pushpins. Every time you face a challenging situation, write it down on one of the paper strips. Then glue or pin that strip onto the construction paper or cork board. Next, pull an encouraging Bible verse from the jar. If the verse encourages you in that situation, tape or pin it over the strip where you wrote your problem. If the verse does not seem to fit, place it back in the jar and choose another one. Whenever you face a challenging situation, go back and read the verse that encouraged you and remember that God is with you in every situation.

Prayer: ""God, thank You for staying with me through every difficult situation. Help me trust You, stand strong, and notice people around me who need encouragement and kindness. In Jesus' name, Amen."

Journal

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

What things have you seen that are wrong or broken?

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The Safe Place: God is my strength

Mark 4:36–41

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3. You'd like to know:

DAY 2: INVISIBLE STORMS

Read Mark 4:35–41 NIrV

The disciples panicked when the storm hit the boat. Waves crashed around them, and they thought they were going to sink. Jesus was right there with them, but fear made it hard to remember that. Once Jesus calmed the storm, the disciples realized something important: Jesus had power over everything around them.

You may not face storms on the ocean, but everyone faces invisible storms. Anxiety, loneliness, stress, or pressure at school can feel overwhelming. The good news is that Jesus is present in every storm you face. He is stronger than fear and stronger than your circumstances.

Write down one invisible storm you are facing right now:

DAY 3: CHOOSING TRUST

Read Mark 4:38–40 NIRV

The disciples were terrified during the storm, even though Jesus was in the boat with them. They focused more on the wind and waves than on the Savior beside them. Sometimes we do the same thing. We focus on problems so much that we forget God is in control.

Trusting God does not mean pretending everything is fine. Trust means believing God is bigger than what you are facing. When you choose to focus on God's presence instead of your fear, your perspective begins to change. God may not calm every storm immediately, but He promises to stay with you through it.

What usually gets your attention more, your problems or God's promises?

Finish this sentence: "I can trust God when _____

DAY 4: START HELPING

Read Galatians 6:2 NIrV

Sometimes the people around you are fighting invisible storms too. A friend may seem happy but actually feel lonely, stressed, or discouraged inside. One of the best ways to follow Jesus is by noticing needs around you and helping however you can.

You do not have to wait until you are older to make a

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difference. Small actions matter. Sitting with someone, helping, or praying for a hurting friend can remind people they are not alone. God often works through simple acts of kindness and courage.

Write one way you can help someone this week:

_____

_____

When you help others through storms, you reflect the love of Jesus.

DAY 5: PEACE IN THE STORM

Read John 16:33 NIrV

Jesus never promised life would be easy, but He did promise peace. Real peace does not come from perfect circumstances. Real peace comes from knowing Jesus is with you no matter what happens.

There will be moments when life feels confusing or stressful. You may not understand why certain things happen, but you can trust God's character. He is faithful, loving, powerful, and present. Just like Jesus calmed the storm for the disciples, He can calm your heart too.

Doodle and decorate the word peace?

PEACE

Prayer: "Jesus, thank You for being with me through every storm in life. Help me trust You when I feel afraid and notice people around me who need encouragement, kindness, and hope. In Jesus' name, Amen."

Journal

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

What is something you can trust God with right now?

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John 16:33; Revelation 19:11-16

DAY 1: REVIEW

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After watching So&So, write one thing that:

1. You liked:

2. You learned:

3. You'd like to know:

DAY 2: TROUBLE DOESN'T WIN

Read John 16:33 NIrV

Have you ever had one of those days where everything feels annoying? Maybe your friends are being dramatic, school feels stressful, your family is frustrating, or you just feel overwhelmed. Jesus knew His followers would have hard days too. That is why He said, "In this world you will have trouble." But He did not stop there. Jesus also said, "Be encouraged! I have won the battle over the world."

That means trouble does not win. Fear does not win. Drama does not win. Jesus wins.

Because Jesus is stronger, you can face hard situations with confidence. You do not have to follow the crowd, panic, or give up when life feels difficult. God is with you and gives you strength to stand for what is true, even when it feels uncomfortable.

Color the emoji that rates your stress level today:



DAY 3: LOOKING TO THE RIGHT KING

Read Revelation 19:11-16 NIrV

The world tells us to look for power in popularity, success, money, or fitting in. But Revelation gives us a different picture of power. Jesus is the true King, and His victory lasts forever.

A lot of things compete for your attention every day. Friends, sports, grades, and opinions from others can easily become the loudest voices in your life. None of those things are wrong, but they should never become more important than following Jesus. When you keep your eyes on Him, you begin to see life differently. Following Jesus does not mean being perfect. It means choosing Him again and again, even when distractions pull at you.

What distracts you most from focusing on God?

Write one way you can focus more on Jesus this week:

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DAY 4: START NOW

Read 1 Timothy 4:12 NIrV

Sometimes preteens think they need to wait until they are older before God can really use them. But God can work through your life right now. Your words, kindness, courage, and choices can point people toward Jesus today.

Maybe someone around you feels invisible, discouraged, or alone. You do not need a huge platform to make a difference. A small act of encouragement can completely change someone's day. God often uses ordinary people who are simply willing to care.

Make list of needs you notice in your school, church, or neighborhood. Pick one small need you can help meet this week.

Jesus already won the battle. Because of that, you can live boldly and help others with courage.

DAY 5: SAFE PLACE

Read Psalm 46:1 NIrV

Fill in the blanks: "God is our place of_____.
He gives us _____. He is_____
there to _____ us in times of trouble."
Psalm 46:1 NIrV

Everyone needs a safe place. Safe places help us relax and breathe when life feels stressful.

Psalm 46:1 reminds us that God is the safest place we can run to. He is not distant or too busy for our problems. God is close when life feels overwhelming, confusing, or scary. Whether you are stressed about school, friendship drama, pressure to fit in, or problems at home, God promises to help you

Pray: "God, help me listen when You speak. Give me the courage to say yes and act right away. Use me to be a light in this world and show Your love wherever I go. In Jesus' name. Amen."

Journal

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

How does believing Jesus wins change how you see things?

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