

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: 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?
