

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: 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.

