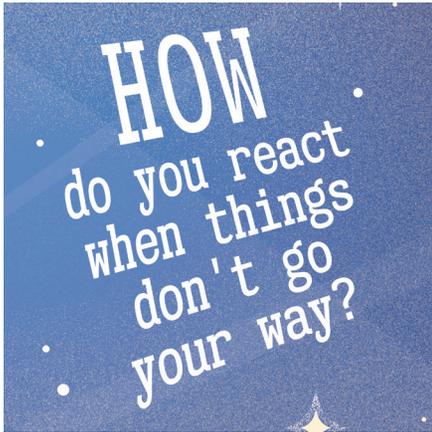


Spend some time thinking about the question below and journal your thoughts or share them with a parent.



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**Day 1**

After watching, write one thing that:

Go to [bit.ly/SundaysAtHomePreteen](https://bit.ly/SundaysAtHomePreteen) and watch this week's episode of The So & So Show.

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

**1. You liked:**  
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**2. You learned:**  
.....

**3. You'd like to know:**  
.....

## Day 2

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### Read Genesis 26:16–22, 26–31

Grab a sheet of paper and some markers and illustrate the scene of Isaac and the wells. Every time you read that Isaac had to open up wells or dig a new one, draw the well, and every time he gives the well a name, label your picture with the name as well. (If you need help drawing the well, you can do an internet search to find an example.)

It's one thing to draw wells; it's another thing to dig them! Can you imagine how frustrated and tired Isaac and his men must have been when, time after time, they had to abandon the well they worked hard to build and move on to dig another? And it wasn't just the work building the wells—it was also having to pack all those people and their belongings, all the animals too, and moving camp each time!

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Isaac could have fought back, but then he could have lost a lot of his people—or ended up becoming enemies with the Philistines forever. Instead, he kept trusting God no matter what. And eventually, his enemies came to him and proposed a peace treaty, leaving Isaac and his family to live in peace.

## Day 3

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**Isaac trusted God no matter what, even as he had to move around the land, finding new places to dig wells.**

Today, go on a prayer walk, moving around your house to a few different places like Isaac did. Stop in three different rooms to pray about situations where you need to trust God. It could be related to the room you're in . . . like, maybe at the kitchen table where you do your homework, you ask God for help with a subject you're struggling with in school, and in the family room, you ask God for help getting a lot with your sibling who is always annoying you, and in your parents' room, you pray for your mom or dad to find a job. As you end each prayer, close with this sentence, "God, I trust You no matter what."

## Day 4

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### Trust God no matter what.

Just like you went on a prayer walk yesterday, today, get ready to lace up those shoes. Find a walking partner who trusts Jesus too—it could be your mom or dad or sibling, or a neighbor or friend. You don't have to go on a long walk; it could just be around the neighborhood. Of course, if you're feeling adventurous, go on a hike nearby.

As you walk together, talk about different times in your life that are examples of God's trustworthiness, even when things weren't going your way. If you get stuck thinking of some examples, ask your walking partner for help. Dig deep into the examples you share with each other, looking for specific ways God took care of you and carried you through something hard.

When you get home, find a way to journal about your own experiences that you shared with your friend, as well as the ones they shared with you. You can just scribble some notes, write it out in story form, or draw a picture to illustrate it. Add this to the pile of trust reminders you've been collecting.



## Day 5

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### How do you react when things don't go your way?

Grab your pile of trust reminders that you've been adding to this month. Today you're going to create a "Trust Tracker"—a journal that you can continue adding to the rest of this month and beyond to remind you that you can trust God no matter what.

Figure out how you want your Trust Tracker to look. You can get several sheets of paper and fold them in half to create a little booklet that you can write in, tape or glue things, add stickers and sticky notes, etc. You can use an old notebook or journal that has some empty pages in it. However you make your Trust Tracker is up to you—just make it something that you can keep adding to as you experience more of God's faithfulness in your life!

The next time things don't go your way—you don't make the play, pass the test, or get the thing you really wanted for your birthday, jot it down in your Trust Tracker and then below it, write I can trust God no matter what. Then sit back and see what God does.