

# BRAVE

WEEKLY DEVOTIONALS

**Learning to be Fearless through God's Word**

BY TONIA STACEY GÜTTING

**★HERO  
SQUAD**  
JV EDITION

Brave, Boys JV Edition, Spring Issue

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WRITE YOUR NAME ON THIS LINE:

WRITE THE NICKNAME YOUR FRIENDS & FAMILY CALL YOU:

WHO IS SOMEONE YOU THINK IS VERY BRAVE?

WHAT IS YOUR FAVORITE SPRING ACTIVITY?

## Lost & Found

IF SOMEONE FINDS YOUR BOOK, DO YOU WANT THEM TO RETURN IT?

☐

YES, CALL THE  
NUMBER BELOW!

☐

NO, JUST KEEP IT.

WRITE A PARENT OR ANOTHER ADULT'S PHONE NUMBER ON THIS LINE:



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# HOW DOES GOD'S WORD MAKE US **BRAVE?**

Brave

Ever wish you could be fearless like your favorite super hero? Turns out, you can! With the out-of-this-world power that God gives, you can face the unknown and scary things in life—like a new duty station—with courage and bravery. It’s amazing what you can do with God by your side!

**WRITE THREE THINGS THAT MAKE YOU FEEL BRAVE:**

God’s Word helps you to be brave! It teaches you God is always with you and loves you. Through his strength, you can do anything! In this devotional series, you’ll be introduced to strong and courageous leaders who followed God’s Word. And you’ll discover how you can be brave with God’s help, too!

**WHAT ARE THREE THINGS YOU WANT TO LEARN FROM GOD THIS SPRING?**

*EXAMPLE: To learn about how brave Jesus was*

# How to Use this Book

This book is created especially for Military children, like you, who face unique battles in life. Follow these simple guidelines to get the most out of this book.

## 1. READ

Read the devotional each week to learn more about loving God, yourself, and other people.

## 2. REFLECT

Think about how the devotional applies to your life and what you are feeling right now.

## 3. EXPLORE

Complete the weekly “Spiritual Fitness Training” to explore how you can live out God’s Word each week.

## 4. LEARN

Look up each Bible verse in the “Keep it Going” section to learn more about God.

## 5. EXPRESS

Use the notes and doodles sections to write down any thoughts or questions you have about God or any ideas you have to live out God’s Word each week. Use these pages to express yourself in your own unique way, like the unique masterpiece you are!



# Tips & Ideas



Think about things you might want to change in your life.



Talk with your parents or siblings about what you learned and ask them to help you with live out God's Word each week.



If you don't understand something you read, don't be afraid to ask an adult to help you understand it.



Memorize the Scripture verse each week.



Have fun and mark up this book with your own thoughts and doodles!

# Joshua

WEEK ONE

## But What If?



*I've commanded you to be strong and brave. Don't ever be afraid or discouraged! I am the Lord your God, and I will be there to help you wherever you go.*

Joshua 1:9

Sometimes the *what-ifs* attack us. What if no one likes me? What if my parent gets hurt? What if I try and everyone sees me fail?

Military kids have to face a lot of what-ifs. But you also get to see a powerful God take care of you! He can turn the what-ifs into amazing things: What if you meet your new best friend? What if your parent does something great? What if you try playing tuba and end up performing well in concerts?

The Bible tells the story of Joshua. He was the kind of man who viewed the what-ifs through God's eyes. Others were saying things like, "What if we lose the battle?" Still, Joshua charged ahead yelling, "God has given us the land!"

In this week's Bible reading, God puts Joshua in charge of the nation of Israel and sends him into enemy territory. God commands Joshua to ignore the what-ifs. "Be strong! Be brave!" God says.

You don't have to feel brave to be brave. We can conquer our feelings and act in brave ways when God is nudging, pushing, telling, commanding us to step forward.

So, tell those negative what-if feelings to hush. Tell them the Lord is with you and will help you. Then go be brave!

***You don't have to feel brave to be brave.  
The Lord will help you.***

Brave

# Spiritual Fitness Training

See how many words from this week's verse you  
can fit into this grid, crossword-style.

				D							
				I							
				S							
				C							
			C	O	M	M	A	N	D	E	D
				U							
				R							
				A							
				G							
				E							
				D							

**Keep It Going This Week** *Find out more by reading these verses.*

- ☐ Joshua 11:23
- ☐ Psalm 27:1
- ☐ Matthew 28:20b
- ☐ Ephesians 6:10

**Mind Blower**

Most lists of brave, fearless, or tough animals rank honey badgers at the top. Though only 20 pounds, this tough little animal wins battles against the most ferocious predators.



**Write Your Thoughts Here**



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**God, I can get pretty worried about all the what-ifs.  
But you are powerful, so I can be brave.**

**Week  
One**

Jesus

WEEK TWO

## Ordinary Greatness



*In the beginning was the one who is called the Word. The Word was with God and was truly God. . . . The Word became a human being and lived here with us. We saw his true glory, the glory of the only Son of the Father.*

John 1:1, 14a

So, you weren't *Top Junior Chef* by the age of eight. Maybe you like to sing, but you worry you're not good enough to join the choir. Or you think soccer could be fun, but since you haven't been playing since you were little, you probably won't make the travel team.

And . . . *breathe*.

You don't have to be the best at anything. God had you in mind before the first star twinkled, and his master plan includes all your ordinary ways.

In today's Bible passage, the writer, John, introduces us to Jesus. He is called the Word and has always been with God, and he is God. This is hard to understand. But in later verses John explains that God created everything with the Word and that this same Word became a human being—Jesus, God's Son.

So, yeah, the same Jesus that would have to die on the cross for the punishment of our sins was there in the beginning, creating the world. He made you, too, and he always had a plan for your life. He doesn't need you to prove to other people that you are great. You were made by an intelligent God who designed you with great care and love.

And that makes you extraordinary!

***An intelligent God made you by his design.  
That makes you extraordinary!***

Brave

# Spiritual Fitness Training

You are far more than ordinary! Think of the special things God designed uniquely in you. Your big brown eyes? Your talent at a sport? Your ability to make something cool? Your brain that can figure out math really quickly? Write these things below as you remember that God will always view you as his loved, extraordinary child!

EXTRA  
^ ORDINARY

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**Keep It Going This Week** *Find out more by reading these verses.*

☐ Genesis 1:26

☐ Acts 17:24–26

☐ Job 38:4

☐ Colossians 1:15–16

**Week  
Two**

"God wants intimacy with you.  
Christ has done all the hard  
work in the cross to make it  
possible. All he requires is that  
you believe in him."

—Jon Bloom, writer for the  
website [desiringGod.org](http://desiringGod.org)





**Write Your Thoughts Here**



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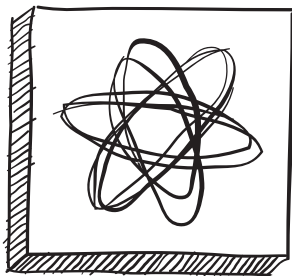
**Jesus, you are great! Thank you for who  
you are—the mighty Son of God!**

**Week  
Two**

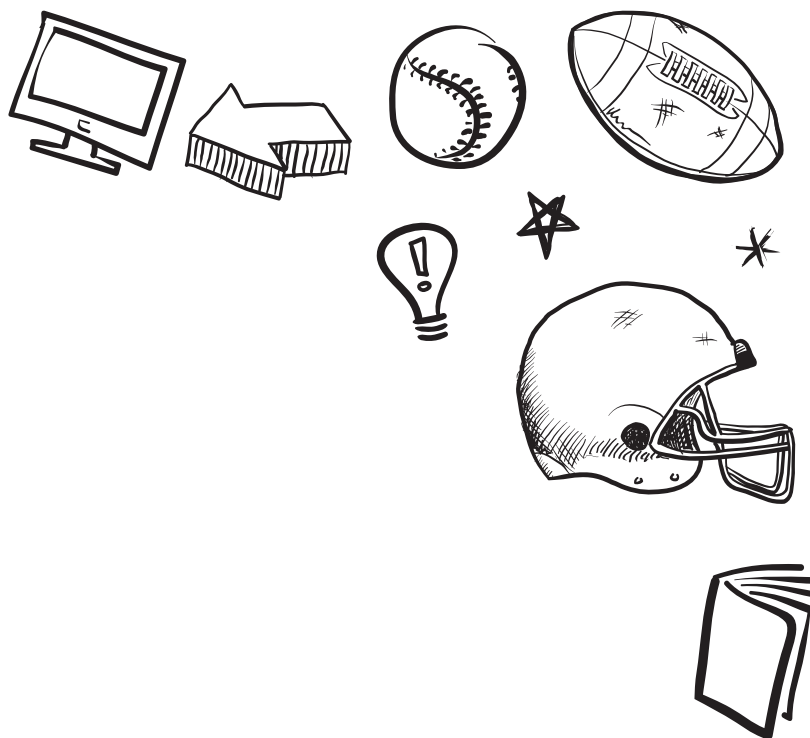
# Doodle Space



Our God is amazing!  
Use this space to  
write down some  
things that make him  
extraordinary.



Brave



Moses

WEEK THREE

## Staring at Waves



*But Moses answered, "Don't be afraid! Be brave, and you will see the Lord save you today. These Egyptians will never bother you again. The Lord will fight for you, and you won't have to do a thing."*

Exodus 14:13–14

Ever feel like you're stuck in the middle of a big sea? Is there something you have to get through, but all you see are big waves keeping you down? Maybe a deployment, or figuring out who you are, or algebra? Are you starting to lose hope?

That's where the Israelites found themselves. God's people had just been miraculously set free from slavery to the Egyptian rule. People who had never known freedom were unchained and given supplies and gifts. They praised God in the open land!

But when they camped beside the sea, the Egyptian army came to capture them again. Racing horses, fast chariots, and angry men thundered toward the babies, grandparents, and families. There was nowhere to run for safety, nowhere to hide.

And that's when God did a miracle!

As Moses could find no way through, he turned to God. The Lord promised to fight for them. God told them to step forward towards the churning waves of the sea—in faith. And God parted the waters and made a safe, dry road for them to walk to safety and freedom.

So, what do you have to get through? Is God telling you to be brave and step forward? You can step out knowing that God will always make a way for you. He is for you!

***When there's nowhere to run,  
God does miracles.***

Brave

# Spiritual Fitness Training

Fill in the blanks of this week's Scripture passage, and pray about what the words mean and what God is telling you through them.

But \_\_\_\_\_ answered, “\_\_\_\_\_ be  
\_\_\_\_\_.! Be \_\_\_\_\_, and you will  
see the \_\_\_\_\_ save you \_\_\_\_\_.  
\_\_\_\_\_ Egyptians will never \_\_\_\_\_  
you again. The \_\_\_\_\_ will \_\_\_\_\_ for  
\_\_\_\_\_, and you won't have to \_\_\_\_\_  
a \_\_\_\_\_.”

—Exodus 14:13–14

**Keep It Going This Week** *Find out more by reading these verses.*

☐ Exodus 14:24–25

☐ John 10:10

☐ Psalm 46:9–10

☐ Galatians 4:7

**Week  
Three**

*"When God steps in,  
miracles happen."*

*—Author unknown*



**Write Your Thoughts Here**



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**God, I don't see any way around this sea of mine, and it feels like an army is coming. Please make a way for me!**

**Week  
Three**

Cornelius

WEEK FOUR

## Looking In



*This is the same message that God gave to the people of Israel, when he sent Jesus Christ, the Lord of all, to offer peace to them.*

Acts 10:36

Some days it may feel like no one really gets you. Maybe your parents seem frustrated with you or distracted. Friends are okay as long as you agree with them. And God? Maybe you feel like you're never good enough for him, either. You just want to fit in.

A man named Cornelius must have felt that way, too. The Bible tells us he was a Roman centurion in Israel. The Romans ruled over Israel, so he was surrounded by people who hated him simply because of his nationality and job. He believed in their God, but he could only follow him as an outsider.

God sees outsiders like Cornelius and cares for them very much. So Jesus sent his disciple Peter with a message to tell Cornelius and his family, friends, and servants. Peter told them that Jesus died on the cross and rose from the dead so that anyone who believes in him can be forgiven of their sins and have peace with God. They all believed what they heard, and their lives were completely changed!

Peace with other people will often be hard to keep, though we must work toward it. But we can have peace with God because of Jesus. Cornelius would tell you that's what truly matters!

***If we believe Jesus, we have peace with  
God—and that's what truly matters!***

Brave



# Spiritual Fitness Training

Do you know anyone who feels like an outsider? How can you show them God's love and help introduce them to God? Pray about it as you color or doodle on this page.

PEACE  
OF  
GOD

**Keep It Going This Week** *Find out more by reading these verses.*

☐ Deuteronomy 10:17

☐ John 3:16

☐ Job 34:19

☐ Acts 10:34-35

**Week  
Four**

**Mind Blower**

In 2015, bush fires in Australia burned the paws of many koala bears. Rescuers asked for cloth mittens for the injured animals, and people from many different nations sent them—even enemy nations.

(That's the love of Jesus in action!)



**Write Your Thoughts Here**



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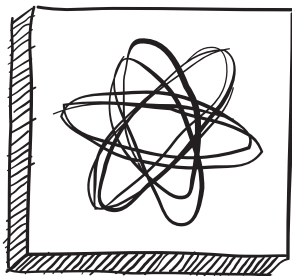
**Thank you, Lord Jesus, for breaking through  
walls to love me. I believe in you.**

**Week  
Four**

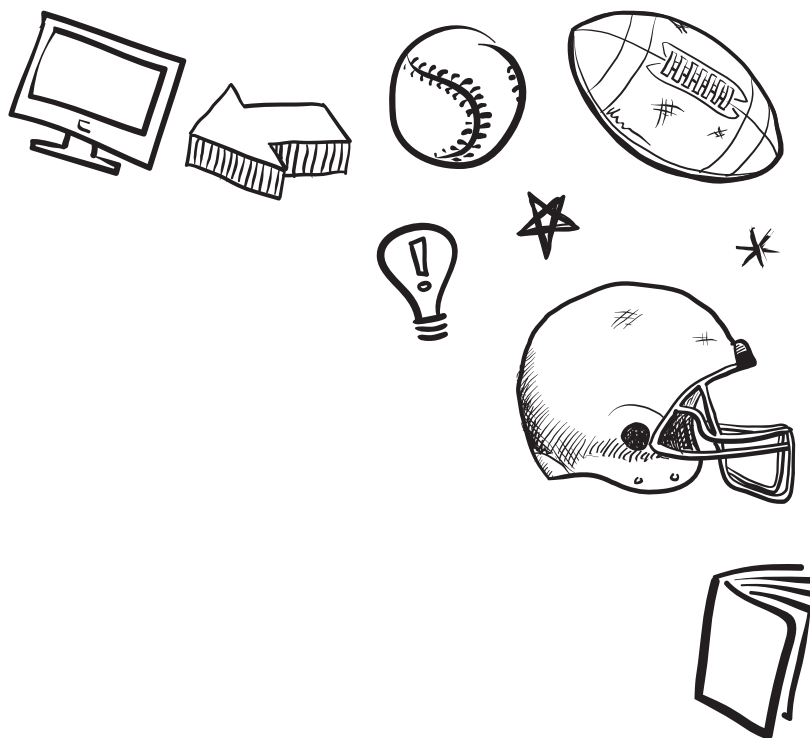
# Doodle Space



What makes you feel peaceful? Draw a picture of it below.



Brave



# Amanda Berry Smith

WEEK FIVE

## No Way!



*Honor the Lord! You are his special people.  
No one who honors the Lord will ever be in need.*  
Psalm 34:9

Ever feel like nothing is going right, and nothing ever will? Like there's no way your impossible dreams will ever come true?

Amanda Berry Smith must have felt discouragement many times in her life. Born a slave in 1837, her family was separated from her dad on another plantation. However, with her grandmother's prayers and father's hard work, they earned their freedom. Still, they were poor. Amanda married a soldier and had a baby, but then he died in the Civil War. Talk about hard times!

Amanda kept believing in a mighty God. Eventually she became a traveling Bible teacher telling people in America about Jesus. An opportunity came to go to England, and within a week she was on a ship headed there. She preached in England for over a year when a door opened for her to go to India... and then Africa! This former slave and poor widow had no way to make these things happen. But God did! She honored him, and he took care of her.

When you feel like there's no hope, you can pray to the same God as Amanda. Are you going to give up, or keep asking and watching for how the Lord will work? Where there is no way, God can make a way!

***Where there is no way,  
God can make a way!***

Brave

# Spiritual Fitness Training

Make up a doodle-code for each key word or phrase in our verse, such as a cross shape for Lord. Then write this week's verse in doodles.

**honor =** .....

**Lord =** .....

**you =** .....

**special =** .....

**people =** .....

**no one =** .....

**need =** .....

.....

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**Keep It Going This Week** *Find out more by reading these verses.*

☐ Psalm 23:1

☐ 2 Corinthians 9:8

☐ Isaiah 58:11

☐ Philippians 4:19

**Week  
Five**

"To stay and disobey God—I  
can't afford to take the  
consequence. I would rather go  
and obey God than stay here and  
know that I disobeyed."

—Amanda Berry Smith, freed slave,  
Army widow, missionary





**Write Your Thoughts Here**



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**All-powerful God, thank you for taking  
care of me. When things seem hopeless,  
please show me the way.**

**Week  
Five**

Jesus

WEEK SIX

## All Caught Up



*Jesus stood up and asked her, "Where is everyone? Isn't there anyone left to accuse you?" "No sir," the woman answered. Then Jesus told her, "I am not going to accuse you either. You may go now, but don't sin anymore."*

John 8:10–11

You got caught! Stolen test answers in hand. That mean trick hurt someone more than you meant. The hateful words busted out, showing your heart.

The shame sets in and other kids might even scream at you. Kids might call you mean. They might make fun of you in class or on social media.

But then Jesus comes.

In this week's Bible passage, a woman was caught doing wrong, and those who accused her were ready to kill her by throwing rocks at her. They pushed her to Jesus, expecting him to throw the first stone. Instead, he said that only the perfect people could start throwing stones. Suddenly, everyone who was pointing fingers at the woman left. They all realized they were not perfect either!

No one is perfect. *Only Jesus*. When we do wrong things—sin—we deserve death. But Jesus took that punishment for us when he died on the cross. Jesus can forgive us because he paid the price.

But he doesn't just leave us there. He sends us back with orders to not sin anymore. We shouldn't keep sinning and asking forgiveness in a bad cycle. We need to be sorry enough to want to stop.

Jesus is involved every step of the way. He forgives. He releases us from our guilt. And he helps us quit sinning. You can go from caught in sin to all caught up in God's grace and love!

Brave

***Jesus forgives, takes away our guilt,  
and helps us quit sinning.***

# Spiritual Fitness Training

What keeps tripping you up? What sin do you keep doing? Below are some things you can try to help you break the cycle. Put a checkmark next to each one as you try it, this week and beyond. God is with you!

- ☐ **Pray**
- ☐ **Walk away**
- ☐ **Memorize a Scripture verse and repeat it**
- ☐ **Ask for help from your parent or pastor**
- ☐ **Talk with friends who can encourage you**
- ☐ **Don't go to where temptation happens**
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

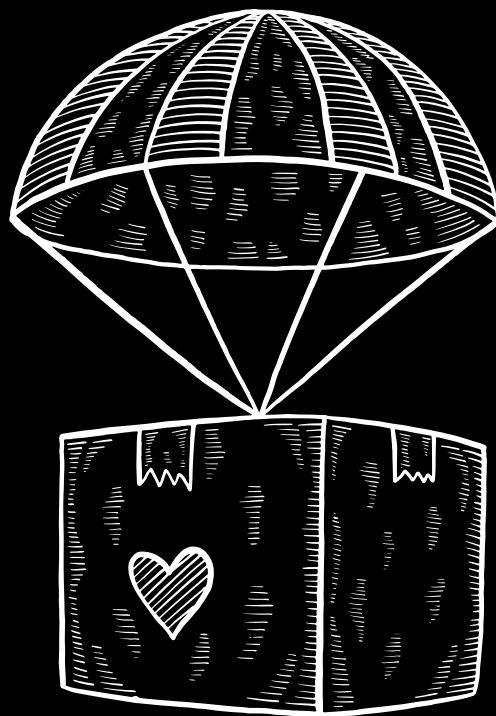
**Keep It Going This Week** *Find out more by reading these verses.*

- |  |                                     |
|--|-------------------------------------|
| <input type="checkbox"/> Nehemiah 9:17 | <input type="checkbox"/> Acts 3:19  |
| <input type="checkbox"/> Psalm 51:1–2  | <input type="checkbox"/> 1 John 1:9 |

**Week  
Six**

"We deserve punishment and get forgiveness; we deserve God's wrath and get God's love."

—Philip Yancey, American author



**Write Your Thoughts Here**



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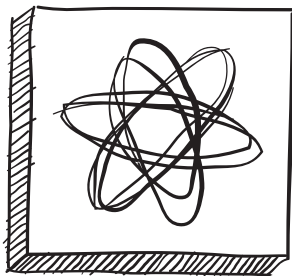
**Lord Jesus, thank you for forgiving me of all the wrong things I do and think. Please help me quit.**

**Week  
Six**

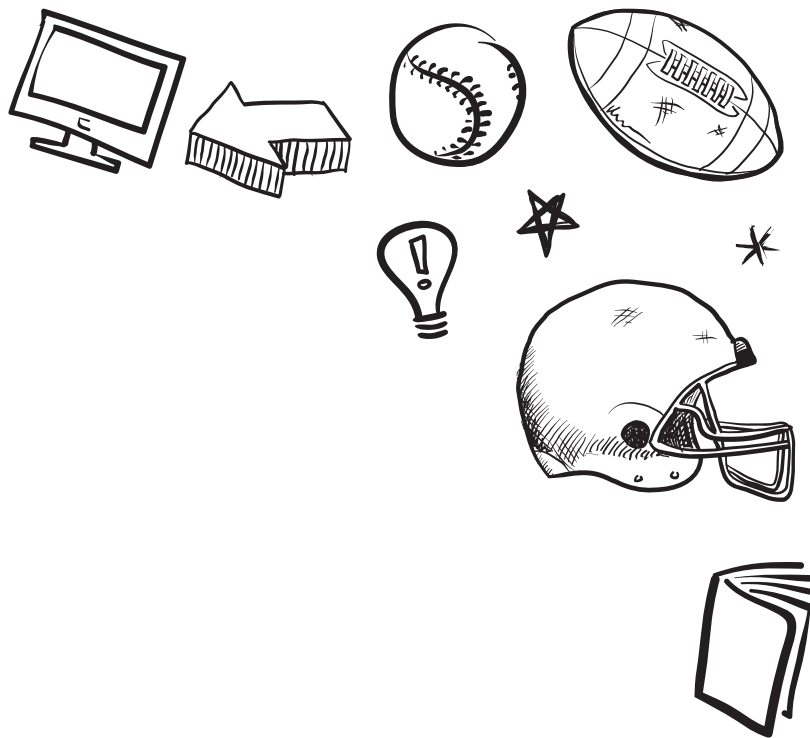
# Doodle Space



Draw the word  
"FORGIVE" in big  
letters and decorate it  
as a reminder that Jesus  
forgives all your sins.



Brave



God

WEEK SEVEN

## Survival of the Humble



*Though I live high above in the holy place, I am here to help those who are humble and depend only on me.*

Isaiah 57:15b

Does it seem like only the selfish get ahead? Only the flashy, the loud, the bullish get the part, get the attention, and get their way? Do you feel like you must have it all together to win in this life?

Well, God sees it differently. He does not honor the proud. He does not expect you to succeed because of your strength or looks or skills. He does not operate on the idea that “only the strong survive.”

No, instead God blesses the humble, the honest, the hard working. He honors those who put others first. He lives with the ones who aren’t self-centered. You don’t have to prove yourself to God.

It often feels like you have to push your way to the top or put others down in order to be the best. But that is just not true. Really, do you want to get as high as you can reach, or do you want to get as high as God can reach? Imagine him in all his glory in heaven!

So, instead of buying into culture’s idea of what is best, trust God to help you with every step you take. Because every step you take with God is definitely the best decision you can make . . . and he will honor you for it!

***God honors the humble. You don’t have to prove yourself to God.***

Brave



# Spiritual Fitness Training

Color the Bible verse below. While you do, think about how God helps you every day, in every situation. Then thank him for it!

THOUGH I LIVE HIGH  
ABOVE IN THE HOLY  
PLACE, I AM HERE TO  
HELP THOSE WHO ARE  
HUMBLE AND DEPEND  
ONLY ON ME.

ISAIAH 57:15B

**Keep It Going This Week** *Find out more by reading these verses.*

☐ Psalm 25:9

☐ Matthew 11:28–30

☐ Proverbs 3:34

☐ Matthew 23:11–12

**Week  
Seven**

*Mind Blower*

The Central Park Tower in New York City is the highest apartment building in the world. It has 98 floors. That's a long climb to the top! (Thank God for elevators.)



**Write Your Thoughts Here**



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**Lord, thank you for loving the humble and for helping me. Remind me to think of others first.**

**Week  
Seven**

part

WEEK EIGHT

## Brave through Change



*Keep alert. Be firm in your faith. Stay brave and strong.*

1 Corinthians 16:13

Military kids have to be brave in a lot of ways that other kids might not experience. They often have to move to new places, say goodbye to their parents when they deploy, and leave friends.

“Be brave!” people tell you.

But how?

Paul, the writer of this week’s Bible verse, knew about being brave. He frequently said goodbye to friends as he travelled to preach about Jesus. He never knew what was going to happen. Many times, he was punished for his faith—beat up and jailed.

So, he knew what he was talking about when he wrote a letter to his friends in the city of Corinth. He told them to be brave. And he gave them a tip on how to do it—by being firm in their faith.

To be firm in the faith means your relationship with God is stable in good times and bad. Think of a lighthouse on an island rock. The waters are always changing around it, but it is steady, unshaken. Even when things change around us, we can be brave because we know God has us in his hands and won’t let us go.

Paul wasn’t brave because he was sure he was strong enough to handle everything. He was brave because he knew God was in control.

Brave

***You can be brave because God has you  
in his hands and won’t let you go.***

# Spiritual Fitness Training

Why is it sometimes hard to trust in God? In those times, it's helpful to remember who God is. In the lighthouse below, write things you know about God. Then thank him for being who he is!



**Keep It Going This Week** *Find out more by reading these verses.*

☐ Deuteronomy 31:6

☐ Mark 13:13

☐ Psalm 37:23–24

☐ Ephesians 6:10

**Week  
Eight**

**Mind Blower**

Cape Hatteras Lighthouse  
in Buxton, North Carolina,  
was built in 1870 using  
about 1.25 million bricks.  
It still stands at  
200 feet tall,  
and its light  
can be seen  
for almost 20  
miles.



**Write Your Thoughts Here**



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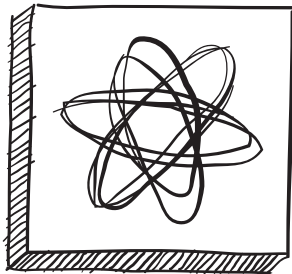
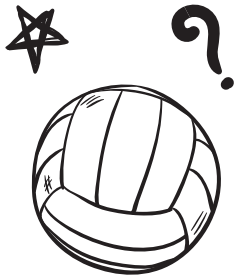
**God, sometimes I don't even know how  
to be brave. Help me to rely on you.**

**Week  
Eight**

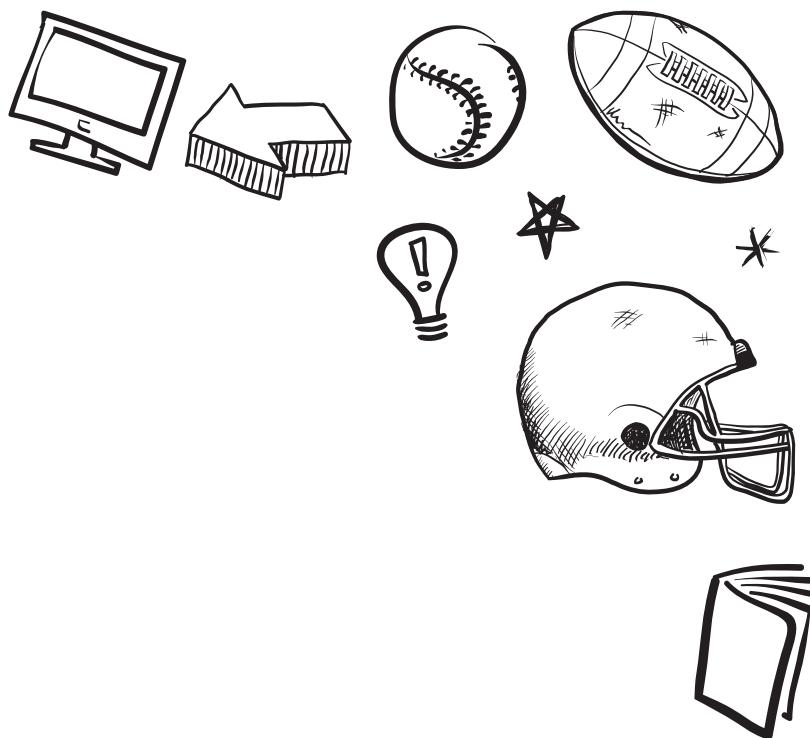
## Doodle Space



Draw a picture of a  
boat being guided by the  
light of a lighthouse.  
Remember that God will  
show you the way through  
hard things!







## The Heart Swap



*I will take away your stubborn heart and give you a new heart and a desire to be faithful. You will have only pure thoughts, because I will put my Spirit in you and make you eager to obey my laws and teachings.*

Ezekiel 36:26–27

Is someone making your life miserable? Maybe a bully or maybe even someone you love but just can't seem to get along with? Do you just wish it could all change?

You have a taste, then, of what a man named Ezekiel was going through. He was a prophet—someone who carries messages from God to people. His people, the Israelites, were in rebellion against God, doing whatever they pleased. They had rejected the warnings of earlier prophets, and now everyone was being punished.

Ezekiel must have felt despair and hopelessness, thinking people will never change.

But God spoke to Ezekiel and showed him things of heaven, of God, and of the future. And God gave many hopeful promises to Ezekiel, including today's verse.

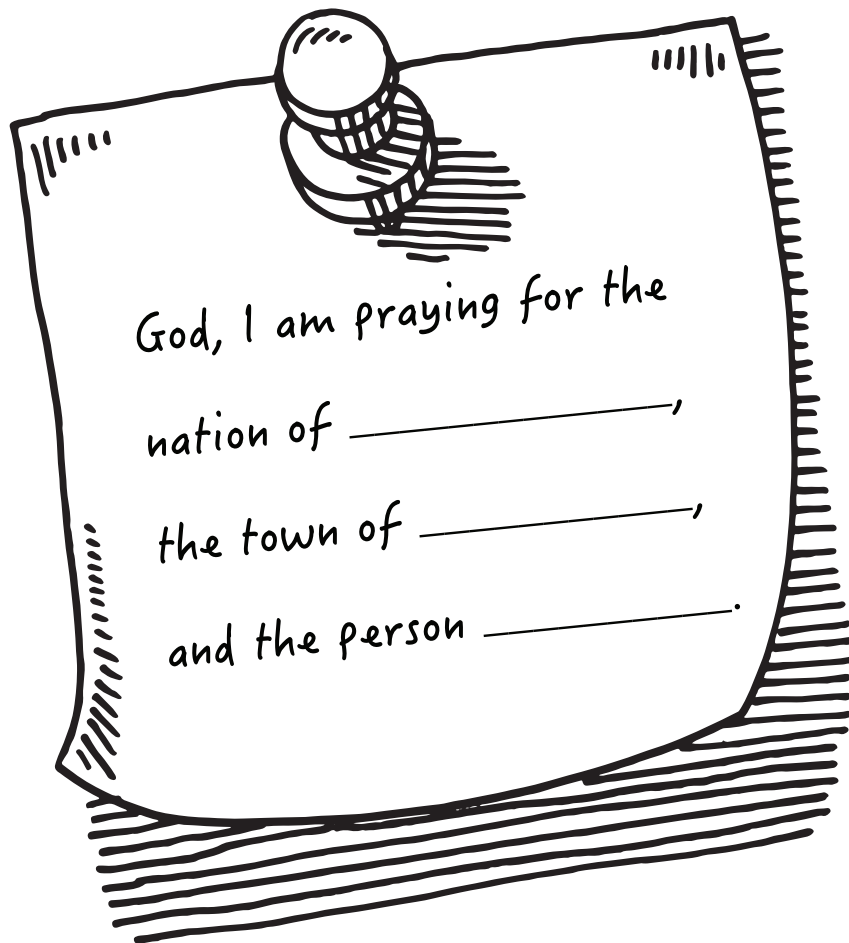
We also get to experience the change God tells Ezekiel about. With Jesus's help, people can receive a brand new heart and completely change. It's the great heart swap! That bully, or that stubborn person, or even your own rebellious heart can turn in a new direction when Jesus comes in.

Don't underestimate the power of faithful prayer for God to draw people near to him and change their hearts. When the hardest heart asks Jesus to come in, amazing things happen.

***When the hardest heart asks Jesus  
to come in, amazing things happen.***

# Spiritual Fitness Training

Who do you want to see change? Ask God to change them and give you courage to tell them about Jesus. Look at your heart, too. Are there areas that you could use God's help to change? Talk to him about it. He is always there to help you.



**Keep It Going This Week** *Find out more by reading these verses.*

☐ Psalm 51:10

☐ Matthew 22:36–38

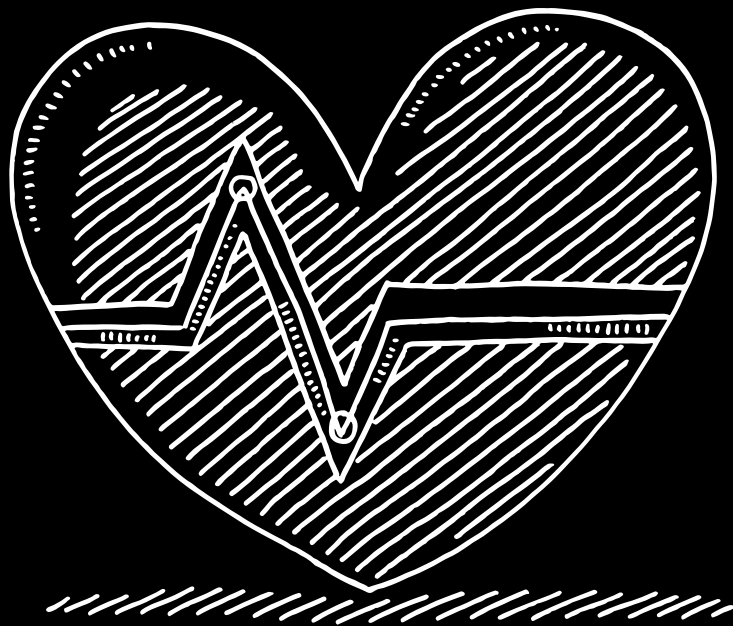
☐ Jeremiah 24:7

☐ Hebrews 8:10

**Week  
Nine**

 **Mind Blower**

The human heart  
beats over 100,000  
times per day.



**Write Your Thoughts Here**



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**Lord Jesus, thank you for giving us the hope of change. Because of you, we can be made new!**

**Week  
Nine**

Jesus

WEEK TEN

## Help with Grief



*I give you peace, the kind of peace only I can give. It isn't like the peace this world can give. So don't be worried or afraid.*

John 14:27

When we lose something special to us, we grieve. Loss of a friendship or community, a dream, or losing a pet or person to death sends us into a cycle of sadness. We may try to bargain with God for another chance, pretend that what happened didn't affect us, get angry, or get depressed. But eventually we must accept our losses and the sadness they bring.

In the Military life, there is a lot of loss and grief. Often, Military people have to be busy or strong and they don't really get the chance to deal with their sadness. Grief can pile up and get worse.

So how are we supposed to work through grief? The best way is to go straight to Jesus. When Jesus was telling his disciples that he would die soon, he said he would give them peace—not like the temporary peace that is so easily broken, but a deep sense of knowing things will be okay.

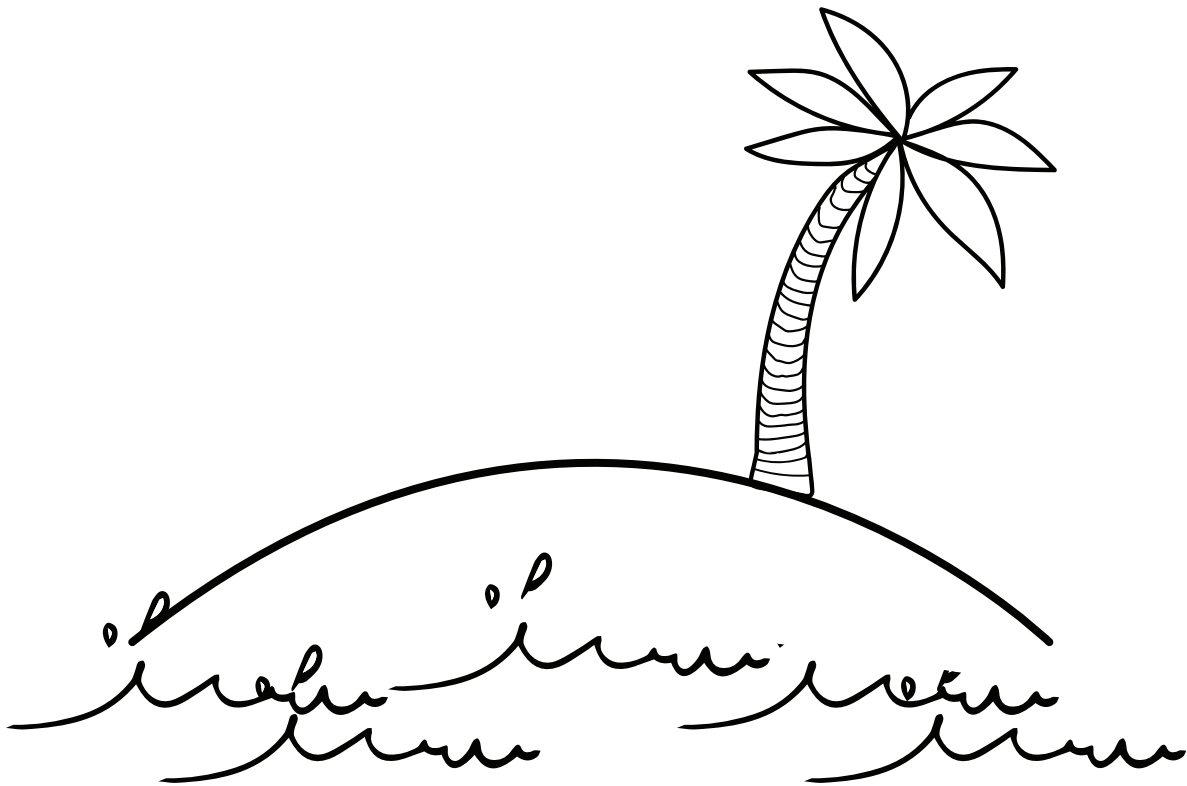
This world's idea of peace is fragile, or unstable. It does not last. But knowing God loves you and you love him creates a stable confidence that God will bring you through all the troubles, and he will make things right again someday. Peace from Jesus makes all loss and pain endurable.

***The best way to work through grief  
is to go straight to Jesus.***

Brave

# Spiritual Fitness Training

Jesus is your one, true peace. Where is the most peaceful place you know? How about a private, tropical island? Decorate your own island in the space below. Palm trees, a lounge chair, an umbrella . . . be creative!



**Keep It Going This Week** *Find out more by reading these verses.*

☐ Psalm 23:1–2

☐ John 16:33

☐ Isaiah 26:3

☐ Philippians 4:6–7

**Week  
Ten**

*"Christ alone can bring lasting  
peace—peace with God—peace  
among men and nations—and  
peace within our hearts."*

*—Billy Graham, American  
evangelist of the late 1900's*





**Write Your Thoughts Here**



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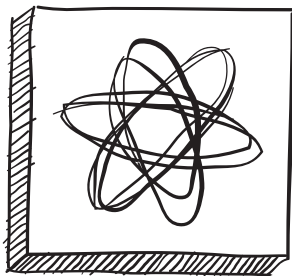
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**Lord Jesus, a lot of things bring loss and grief.  
I need your peace. Thank you for taking  
care of me through my sadness.**

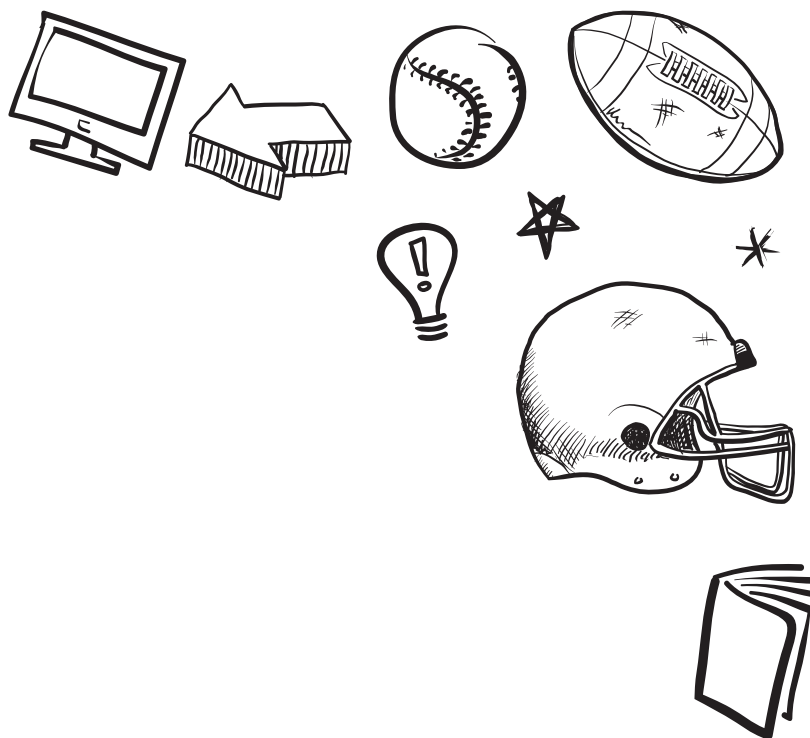
**Week  
Ten**

# Doodle Space

Draw a picture of something that makes you feel better when you're sad.



Brave



## How to Please God



*"Tell me," Samuel said. "Does the Lord really want sacrifices and offerings?  
No! He doesn't want your sacrifices. He wants you to obey him."*

1 Samuel 15:22

What would make God happy? Make a million bucks when you grow up and give it all to him? Build a super beautiful church? Work in a poor country helping people all your life?

Actually, God wants something simpler: he wants you to obey him. That means no rolling your eyes at your parents, or fighting with your brother, or being selfish with your friends. Obeying God means living out his kindness and goodness in all areas of your life.

King Saul, in this week's Bible story, learned that lesson the hard way. God told him to fight against an enemy nation and not take anything the people owned. But when Saul and his warriors saw the good sheep and cattle, they said they would give them to the Lord. Sort of sounds like a good idea, but that was not what God wanted. Because they disobeyed, God's messenger Samuel told King Saul God would no longer be with him and he would no longer be king.

Our focus needs to be on obeying God's words to us more than giving him big gifts. We need to read God's Word so we know what to do. We need to make godly choices every day. When we slip up, thankfully we can ask for forgiveness and keep trying our best to obey God.

***God wants obedience  
more than gifts.***

# Spiritual Fitness Training

Check up: How are you doing on obeying God's commands? Some examples are listed below. If there are any you're struggling with, check the box and then talk to God about it. Ask him for forgiveness for the times you've messed up, and ask him to help you be strong in the future! He will!

- ☐ **Don't worship other gods**
- ☐ **Don't misuse God's name**
- ☐ **Respect your parents**
- ☐ **Don't steal**
- ☐ **Tell the truth**
- ☐ **Don't desire other people's things**

**Keep It Going This Week** *Find out more by reading these verses.*

- |   |  |
|---|--|
| <input type="checkbox"/> 1 Samuel 15:23 | <input type="checkbox"/> John 6:38     |
| <input type="checkbox"/> Psalm 40:6     | <input type="checkbox"/> John 14:23–24 |

**Week  
Eleven**

"If you do not plan to live the Christian life totally committed to knowing your God and to walking in obedience to Him, then don't begin, for this is what Christianity is all about ..."

—Kay Arthur,  
American writer  
and speaker



**Write Your Thoughts Here**



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**God, please forgive me for the many times I don't  
obey. Help me to do what you ask.**

**Week  
Eleven**

### God Sees the Little Guy



*God is the one who began this good work in you, and I am certain that he won't stop before it is complete on the day that Christ Jesus returns.*

Philippians 1:6

Ever feel like a little kid in a big world? How can God keep track of you when he's got bigger things going on? Zhang Boli knows that feeling.

In 1989, Zhang and thousands of others in China met in Tiananmen Square, Beijing. They were protesting the government and demanding freedom when suddenly the authorities sent in tanks and troops. They killed hundreds and hunted down the ringleaders.

Zhang fled to the north and hid with an old farming woman. He met Jesus when she asked him to read her handwritten copy of the book of John from the Bible. When he later tried to flee China for safety, he got lost in a blizzard and almost died. How scary! Trudging through the snow, he promised God he would serve him if he lived through the night. He did survive and kept trudging on.

Despite a few additional bumps in the road, he finally made it to America, where he became a pastor. Today, he continues to help the Chinese people. Out of all his troubles, God worked out his plan for Zhang.

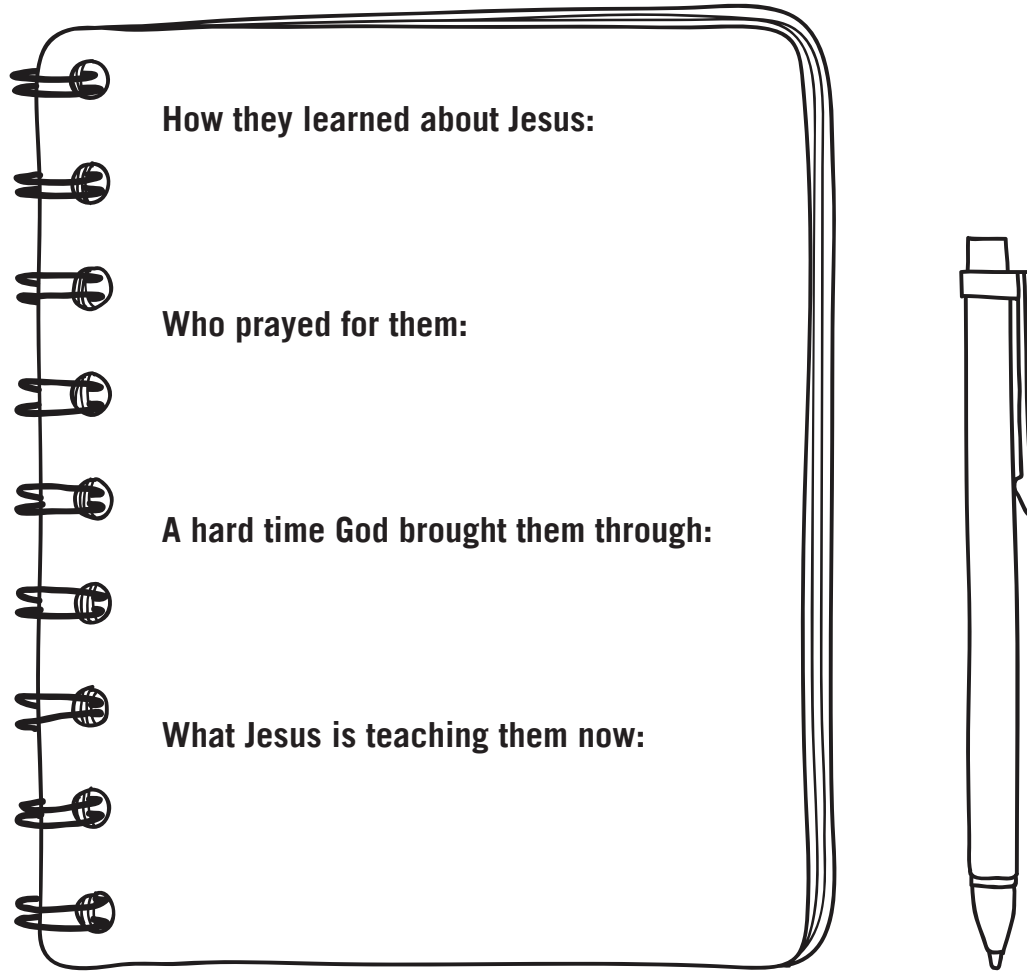
So, keep trusting God. Even though you are young, God sees you and is using everything in your life to help you grow in Christ.

***God sees the little guys and works to help them grow in Christ. Trust him.***



# Spiritual Fitness Training

Know someone who is a strong Christian? Ask them how God has used their experiences to make them who they are. Write about those turning points in their lives.



A spiral-bound notebook is shown with four prompts written on its pages. To the right of the notebook is a simple line drawing of a pen. The prompts are:

- How they learned about Jesus:
- Who prayed for them:
- A hard time God brought them through:
- What Jesus is teaching them now:

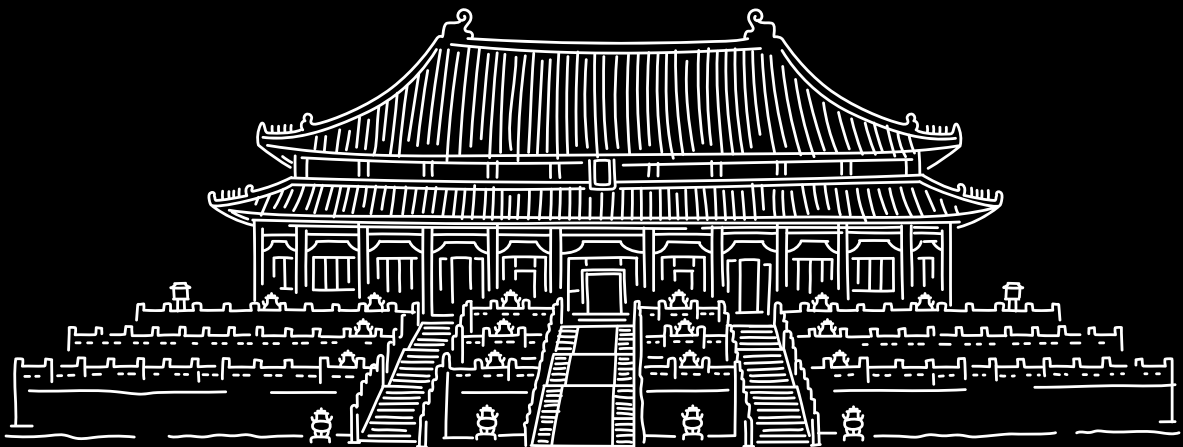
**Keep It Going This Week** *Find out more by reading these verses.*

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|--|--|
| <input type="checkbox"/> Psalm 40:5      | <input type="checkbox"/> 1 Corinthians 1:7-8 |
| <input type="checkbox"/> Isaiah 55:10-11 | <input type="checkbox"/> Philippians 1:9-10  |

**Week  
Twelve**

"I realized that my  
involvement in Tiananmen  
Square was no coincidence;  
I was being influenced and  
guided by God."

—Zhang Boli, Chinese American pastor



**Write Your Thoughts Here**



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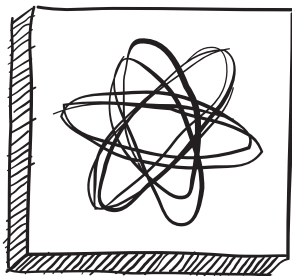
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**Lord, thank you for what you do for others  
and me. Please keep leading and growing me.**

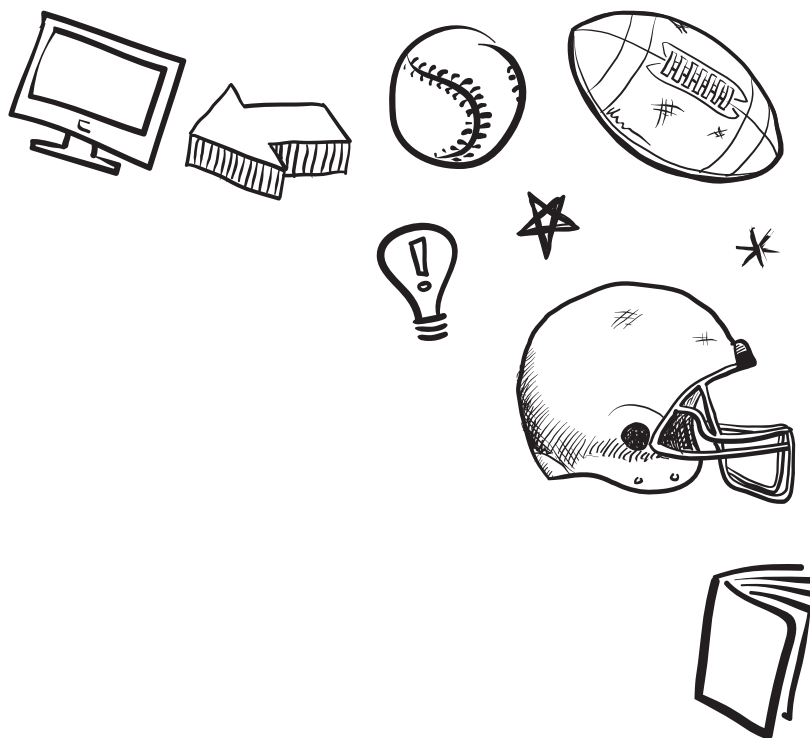
**Week  
Twelve**

## Doodle Space

Draw a picture of an old handwritten Bible, like what Zhang Boli read to lead him to Christ.



Brave



# Abigail

WEEK THIRTEEN

## The Brave Peacemaker



*David told her: I praise the Lord God of Israel! He must have sent you to meet me today. And you should also be praised. Your good sense kept me from taking revenge and killing innocent people.*

1 Samuel 25:32–33

One person said something, and then the other person got mad and yelled back an insult, and now all your friends are fighting. Ugh! It takes bravery to be a peacemaker—or someone who brings peace into the world around them. And one brave peacemaker in the Bible is named Abigail.

Abigail and her husband owned a large farm and had lots of people working for them. Things had been going well because a warrior named David and his men had been protecting them from invaders and thieves.

But, one day, when David and his men were hungry, they asked the farmer for food. The farmer insulted them, sending them back empty-handed. David was so angry that he was ready to kill.

Thankfully, Abigail stepped in. She sent loads of food and apologized. David accepted her gift and stopped himself before he did a terrible thing. He also thanked God for sending Abigail to stop the conflict!

When there are arguments, the brave peacemaker will ask God for wisdom about what to do. They will go out of their way to make things right—even if that means asking for forgiveness and forgiving others.

We need more brave peacemakers. Will you be one?

***Peacemakers ask God for wisdom, they ask forgiveness, they forgive, and they make things right.***

Brave

# Spiritual Fitness Training

Find the words from this week's Bible passage in the puzzle below. As you do, pray to God, asking him to help you be a peacemaker in all you do.

A	X	L	O	P	I	M	S	T	R
N	P	R	A	I	S	E	E	F	S
B	O	C	L	K	R	E	M	N	D
N	L	J	I	H	A	T	S	G	I
O	S	E	N	S	E	N	X	O	E
Q	P	M	K	G	L	O	R	D	F
A	R	E	Y	O	C	A	K	I	U
H	I	B	E	W	I	S	E	Z	O
A	F	W	T	O	E	M	D	U	V
X	U	J	I	E	U	I	A	G	O

**PRAISE**  
**ISRAEL**  
**LORD**  
**GOD**  
**MEET**  
**SENSE**

**Keep It Going This Week** *Find out more by reading these verses.*

- ☐ Leviticus 19:18
- ☐ Matthew 5:9
- ☐ Joshua 1:7–8
- ☐ Romans 12:17–19

**Week  
Thirteen**

"To be a peacemaker,  
you must know the  
peace giver."

—Billy Graham, American evangelist





**Write Your Thoughts Here**



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**Lord, make me a peacemaker. I need your wisdom  
to help bring peace where there's conflict.**

**Week  
Thirteen**

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**Keep It Going!** 

Great job!  
Check your mailbox for  
your next book!

(It's coming soon!)

