

EAGLE SQUAD EDITION

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WRITE YOUR NAME ON THIS LINE:

#### WRITE THE NICKNAME YOUR FRIENDS & FAMILY CALL YOU:

WOULD YOU RATHER BE KNOCKED OVER BY A WAVE OR A LARGE DOG?

WHAT IS ONE THING YOU'D LIKE TO DO THIS SPRING?

## LOST & FOUND

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

Yes

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 UNSHAKEABLE?

The Bible says those who trust in the Lord are as unshakeable and unmoveable as a mighty mountain! Think about that: a mountain is big and strong. In some places, mountains even wrap around towns, protecting the people who live there. God's presence is like that, too, and he invites us to trust him for his protection and strength.

#### DRAW ONE THING THAT IS STRONG AND MIGHTY:

The Bible helps us learn about who God is, so we can trust that he is good and kind and loving and just. And when we know this in our hearts, our faith becomes strong like a mountain! In this book, you'll learn some very important things about God's character, in good and hard times, so that you can build unshakeable faith!

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



# 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 the devotional and how you can do the things God is teaching you to do.

#### 3. EXPLORE

Complete the weekly "Hero Training" to explore how you can live out your God's Word each week.

#### 4. LEARN

Ask an adult to help you look up each Bible verse in the "Keep It Going" section to learn more about God.

#### 5. HAVE FUN

Use the doodle sections to write down any thoughts or questions you have about God and use the coloring sheets shake to have fun!

8

# TIPS & IDEAS



Think about how God is helping you to love other people.



Talk with your parents or siblings about what you learned and ask them to help you love them better 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!

WEEK I



### TALK ABOUT AMAZING!

Our LORD, we pray that your glory will last forever and that you will be pleased with what you have done. You look at the earth, and it trembles. You touch the mountains, and smoke goes up. Psalm 104:31–32

What do you think God is like? He's bigger than the tallest mountain. He's stronger than an elephant. He's smarter than all the people in the world put together.

He feeds lions. The forests are his gardens. He tells the moon and the stars where to go. He pushes the rivers around. He makes every good thing!

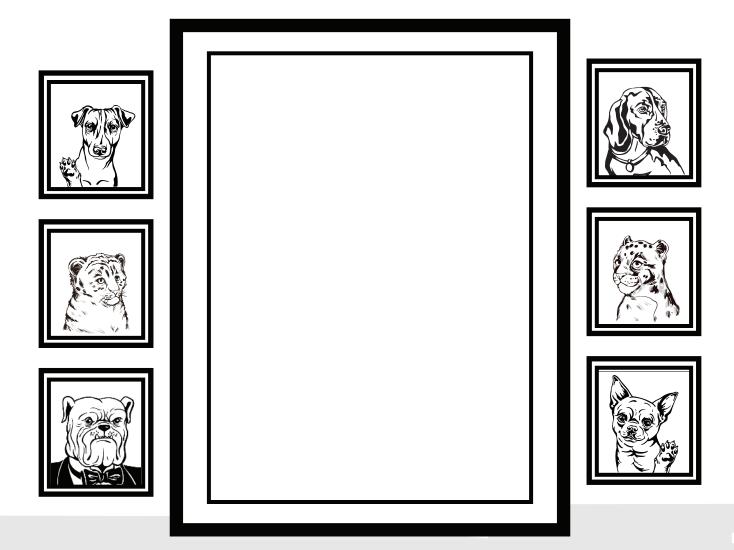
It is good to think about God. It's good to talk to him about how amazing he is. He doesn't need to be told that, but he deserves it. And it makes us feel wonderful. It's called praise, and it is our best and most important job to do. If we are feeling small, we can remember how big God is. If we feel forgotten, we can see all the things he made for us to enjoy. If we are afraid, we can think about how our God is unshakeable—and the world shakes if he just looks at it!

God made a world of good things, and we can spend our whole lives thinking about how incredible he is. He loves his creation, and we get to be part of it. God, you are amazing! The whole earth belongs to you. You made it all. Thank you!





What do you think is the most amazing thing God has made? Draw a picture of it and praise him for it!



**KEEP IT GOING THIS WEEK** Find out more by reading these verses.

 $\square$ 

Genesis I:31

 $\square$ 

Exodus 19:18

Hebrews 13:15 Revelation 4:9–11 ONE

11



A male lion can eat over 100 pounds of meat in a single meal.

(Just one of the big and mighty things God created!)



WEEK 2



#### A LIGHT FOR YOUR LIFE

You, LORD, are the light that keeps me safe. I am not afraid of anyone. You protect me, and I have no fears. Psalm 27:1

What's so great about light? It's how we can see! When we have light, we don't trip over things. Being in the dark can be scary, especially if you are not safe at home.

God says he is our light, and he protects us. Light brings joy, safety, and good things. Jesus brings those things to our life.

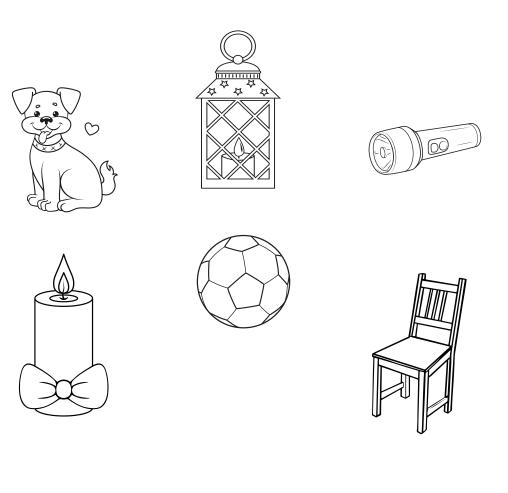
Hard things in the world can be like walking in a dark place. But when light shines in, the darkness goes away. With God as our light, we can get through hard things. because he is way more powerful than darkness. When he says bad things must go away, they do. With God as your light, you will know where to go and what to do. You can see!

That means there's nothing to be afraid of. Jesus will give you strength and keep you safe. He is your life's light. Thank you, God, for light! When hard things come, please be the light in my life. Only you can chase away the darkness.





Circle the things in the picture below that give off light. Thank God for his light while you color them.

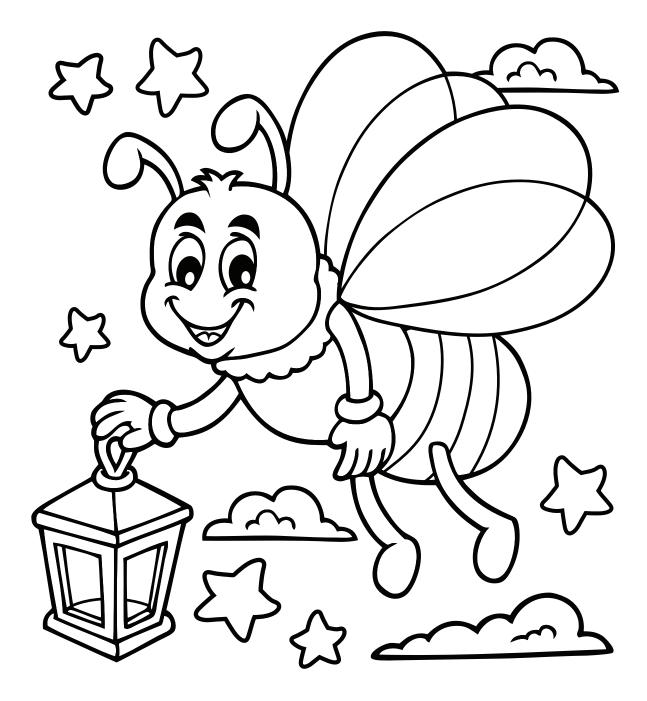


#### **KEEP IT GOING THIS WEEK** Find out more by reading these verses.

| Exodus 15:2 | John 1:3b–5 | WEEI |
|-------------|-------------|------|
| Isaiah 12:2 | John 8:12   | Two  |



God made some creatures that can make their own light, like lightning bugs!



WEEK 3



### WHEN YOUR WORLD SHAKES

The earth trembles, and its people shake; you alone keep its foundations firm. Psalm 75:3

When your parent is in the military, sometimes they have to leave suddenly to go fight bad guys. All of the change can shake your world!

You might worry about them being safe.

You might be sad because you miss them.

You might be mad that they're gone.

Here's some good news for you: God says when the time is right, he will make things right and punish the bad guys. And when it seems like your whole world is hard, God will hold it together.

No matter how much bad comes, God is still in control. He is on the throne! Nothing is too scary or hard for him.

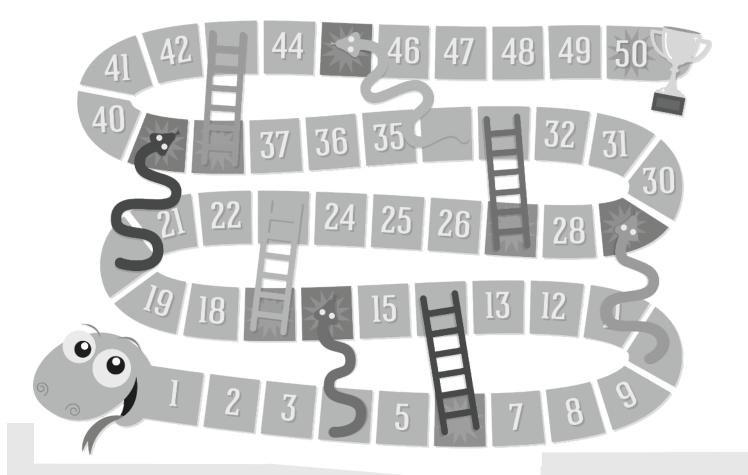
When your life feels like it is in an earthquake of bad things, hold onto God. He is the only solid ground, and someday he will make everything right.

UN SHAKE ABLE God, thank you for being with me in the bad times. You can't be shaken! I will hold onto you



## HERO TRAINING

Grab a spinner or some dice from another game and play a game of snakes and ladders below with your family. As you play, remember that whether you climb to the top on good days or slide down on bad days, God will always be your solid ground!



**KEEP IT GOING THIS WEEK** Find out more by reading these verses.

| 1 | Samuel | 2:8b-IC |
|---|--------|---------|
|   |        |         |

Philippians 4:6 

Job 38:4-7 

l Peter 5:7

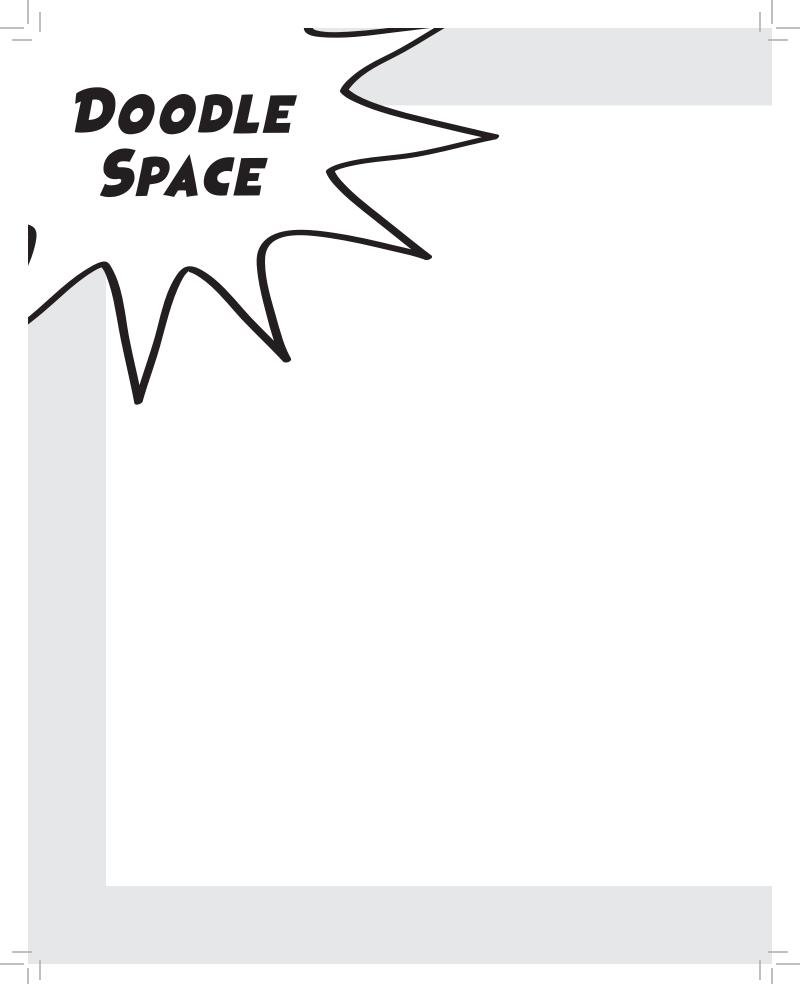
WEEK THREE



## Dogs can sense an earthquake coming.

(That must be scary for them, but God is with us when we are scared!)







WEEK 4



How to Get to Joy

You have shown me the path to life, and you make me glad by being near to me. Sitting at your right side, I will always be joyful. Psalm 16:11

We all run into times when we don't know what to do.

Maybe your friend is mad at you.

Or maybe your older sister always seems sad.

Who can teach us how to live well? The One who created life—God!

In Psalm 16, a man named David talks about how his life is good because he follows a good God. He sees that people who follow other gods have a lot of trouble. David knows his future will be great because he listens to God's teaching. Even when hard things come his way, God is always with him and that makes him joyful!

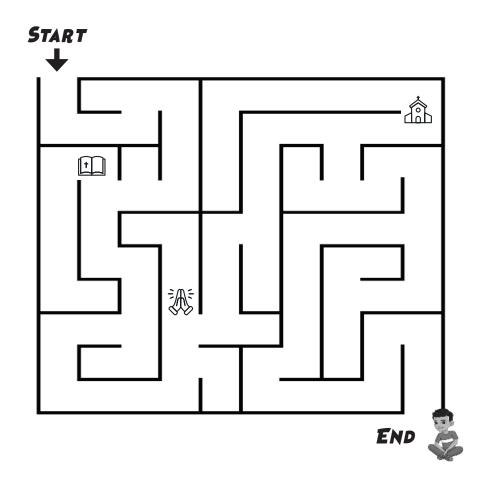
No matter what might be hard or confusing today, God can deal with it. If you listen closely to him and obey, he will show you the right way. The more time you spend with him, the more he'll help you know what to do—and the more joy you will have!

God, you know the way to a good life. Please help me listen to you and obey you so I can know what to do.



## HERO TRAINING

God will help you on the path of life. Find your way through the maze, and see what will help along the way.



**KEEP IT GOING THIS WEEK** Find out more by reading these verses.

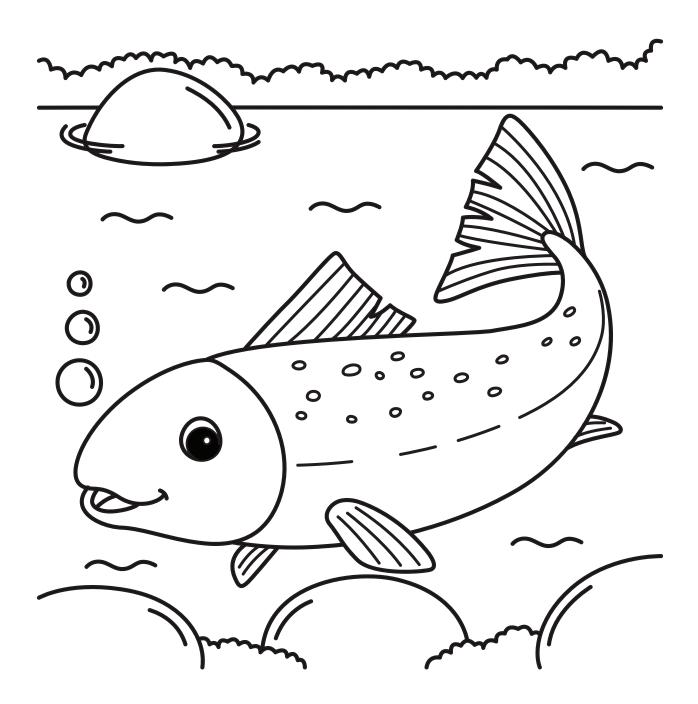
| Deuteronomy 5:32–33 | John 10:10 | WEE  |
|---------------------|------------|------|
| Joshua I:6–8        | John 14:6  | Four |

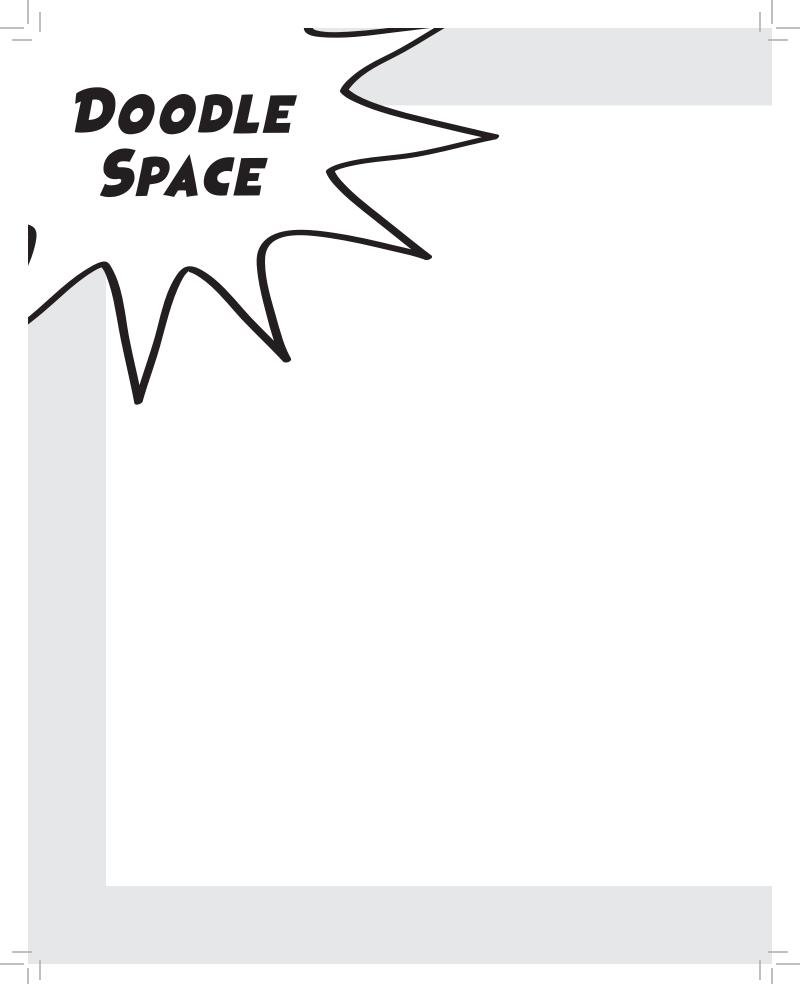


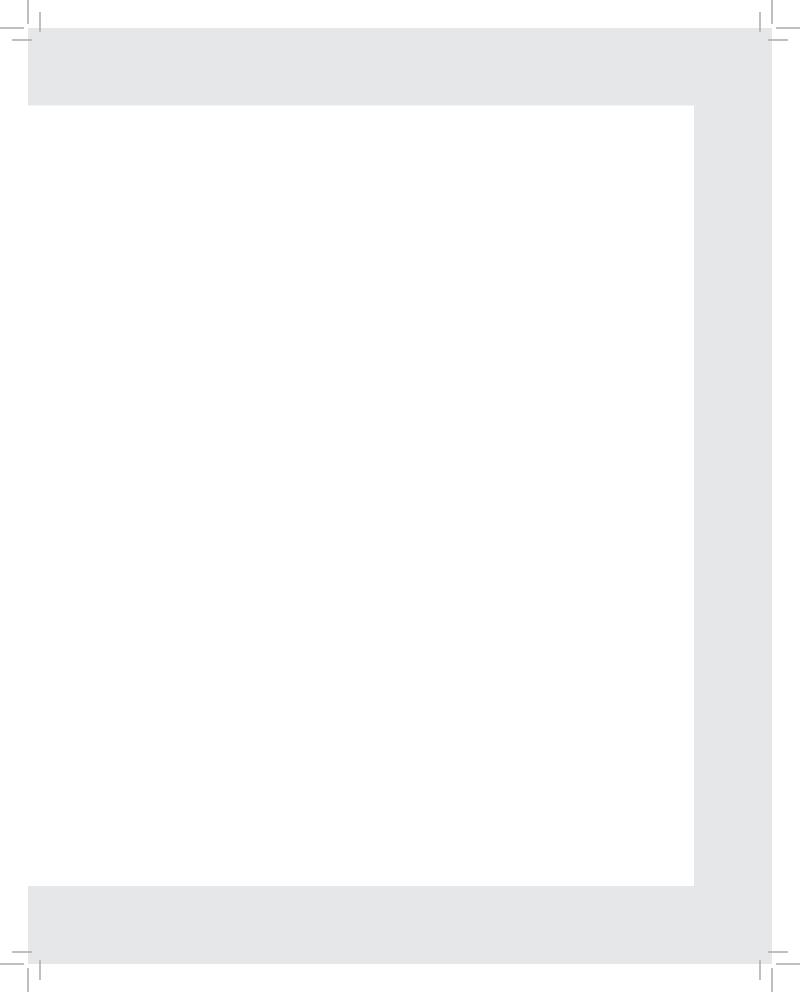
Baby salmon swim out to the ocean, live there for a few years and get big.

They swim back up the same creek where they were born to lay their eggs.

(God shows them the path for their life!)







WEEK 5



#### WHEN YOU NEED FORGIVENESS

Yet God was kind. He kept forgiving their sins and didn't destroy them. He often became angry, but never lost his temper. Psalm 78:38

Did you get mad and break your friend's toy? Did you take your brother's cookie? Did you start playing instead of cleaning your room like your mom asked?

We've all done things that hurt other people, even people we love. They might be mad at us and then it hurts because we want to be right with them. What do we do? We ask for forgiveness! Saying we are sorry starts making things right.

You know who else is sad when we make bad choices? God. We know we shouldn't be selfish or angry or disobedient because we learn this in the Bible. But when we act that way, God is saddened by our sin. Because we love him and want to do what he tells us, we have to ask him for forgiveness to make things right.

The good-great-amazing-wonderful news is that God does forgive us and still wants to be with us! We know that when we do something wrong, we deserve to be punished, but Jesus chose to take our punishment for us because he loves us so much. No matter what wrong thing we have done, we can be thankful that God will always forgive us when we ask him. God, I'm sorry I have made bad choices. I don't want to make you sad. Please forgive me.



## HERO TRAINING

When we are forgiven, we can be happy again. Thank God for his forgiveness while you trace over this week's verse three times, using three of your favorite colored pencils. You get extra points if you can memorize it!

Yet God was kind. He kept forgiving their sins and didn't destroy them. He often became angry, but never lost his temper. Psalm 78:38

**KEEP IT GOING THIS WEEK** Find out more by reading these verses.

Γ

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| Exodus 34:6–7     | I John I:9        | WEE  |
|-------------------|-------------------|------|
| 2 Chronicles 7:14 | Epheisans 4:30–32 | FIVE |



Dogs usually forgive quickly.

If one hurts another, it will crawl back with its head down and whine until the other dog wags its tail.



WEEK 6



#### STRONGER THAN THE U.S. MILITARY

Their strength and weapons were not what won the land and gave them victory! You loved them and fought with your powerful arm and your shining glory. Psalm 44:3

Imagine having the entire U.S. military on your side against a problem! Every airplane flying over and bombing it. Every soldier, ready to fight for you. Every ship coming your way. Every tank going before you.

That would be awesome power! You wouldn't be afraid of anything with them all around you. And you wouldn't be worried that you weren't very strong. It wouldn't matter because your friends were super strong!

And guess what's bigger than any military? God! And guess who is with you and will help you? God!

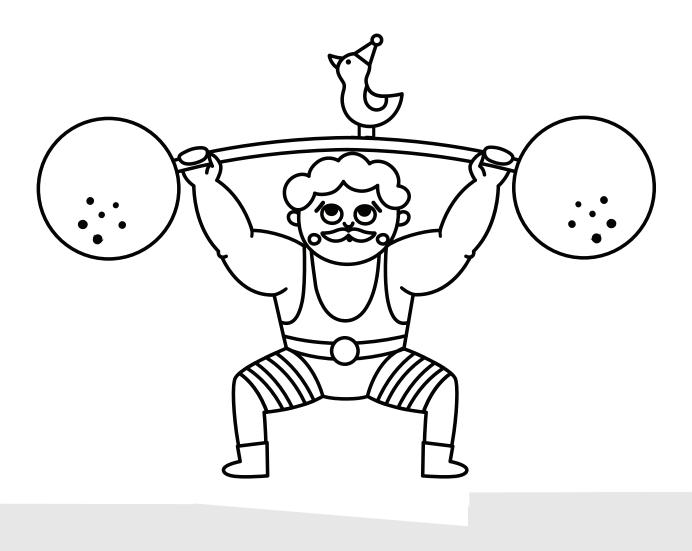
God will help you in the best way possible with any problem. You don't have to be smart or strong because God is watching out for you.

Maybe you need your dad to get home safely. Maybe you need your mom to feel better. Maybe you need new friends. No matter what the problem is, God is big enough to help you. God, you are stronger than all the militaries of the whole world! Thank you for helping me with all of my problems.





Think about God's power and thank him for all the battles he has already won for you as you color.



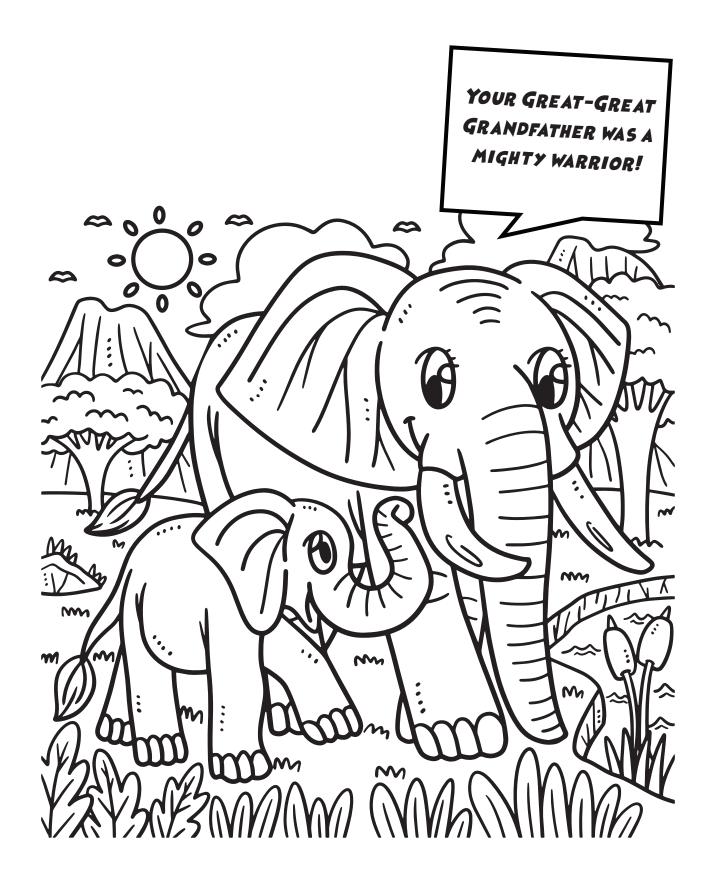
**KEEP IT GOING THIS WEEK** Find out more by reading these verses.

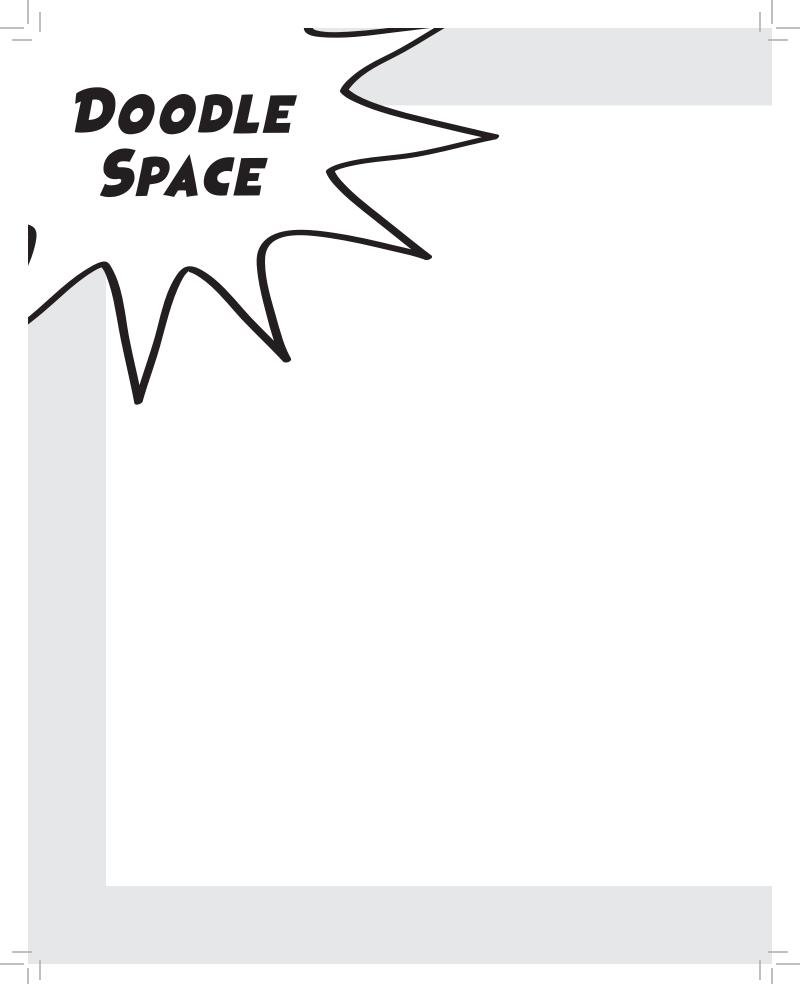
Deuteronomy 8:17–18Philippians 4:19WEEKZechariah 4:6–7aHebrews 13:5–6



# Many years ago, elephants were used to fight battles.

(That was awesome power.)







WEEK 7



ON SAD DAYS

l am almost blind because of my sorrow. Each day I lift my hands in prayer to you, LORD. Psalm 88:9

Sometimes, life gets really sad. Maybe you move away from your best friend. Your grandpa dies. Your parent deploys. Things like that make us want to cry. Nothing seems fun when we are missing someone. Our hearts feel broken.

God knows when we're sad. He feels sad with us, and he hates to see us hurt. Even if no one else understands, God does.

Sometimes it may not feel like God is with you. It can seem like no one is listening to your prayers. You might think you are all alone.

But that's not true. That's when you have to remember God loves you and he is with you. The writer of Psalm 88 is very sad, but in the very first verse of his song he says to himself, "God is the One who keeps me safe." Then he talks about how alone he feels. He keeps praying to God and trusting God will help him.

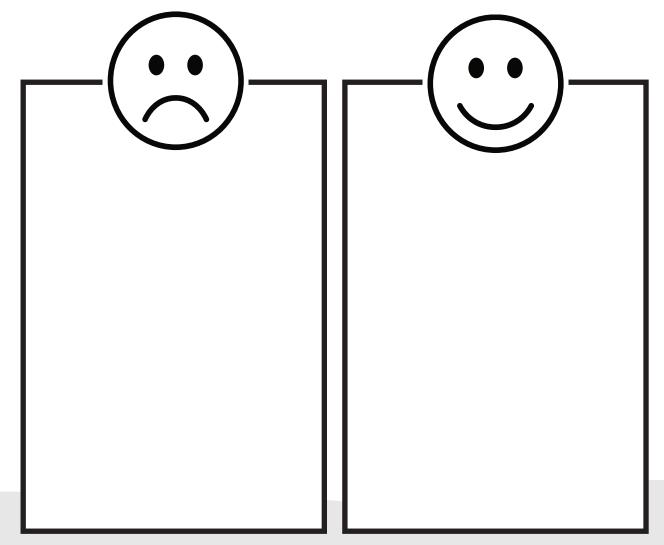
That's what we have to do too. Keep praying. Keep trusting God. Keep waiting for him to make life better. And watch for him to do it!

God, thank you for being with me on the sad days. When things are hard, I'm going to pray to you. I know you will help me.



UN SHAKE ABLE

Just remember, God is always with you! Under the sad emoji, draw something that makes you sad. Under the happy emoji, draw God standing next to you making things better.



**KEEP IT GOING THIS WEEK** Find out more by reading these verses.

| Job 13:15    | Luke 18:7–8     | WEEK   |
|--------------|-----------------|--------|
| Isaiah 65:24 | Revelation 7:17 | Se vel |



Animals make many people feel better in their hearts.

Hospitals often use therapy dogs to comfort sick patients.



WEEK 8



THE WOW GOD

The ocean is roaring, LORD! The sea is pounding hard. Its mighty waves are majestic, but you are even more majestic, and you rule over all. Psalm 93:3–4

What makes you go "wow!"?

Is it a waterfall that's bigger than your house?

A thunderstorm that rocks your whole body?

A grasshopper's jumping legs?

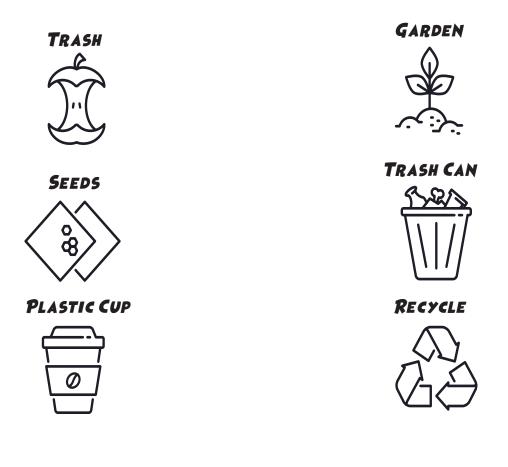
How about the hugeness of the ocean? That's what the writer of this week's verses thought of. The ocean is so big, you can't see the end of it. It's so powerful, it can carry mega-ships. The writer is amazed by it all, but he is even more amazed by God who made it. God is even bigger and stronger than the hugest ocean! Earth shows us what God is like because he made it.

God gave us an awesome world, and he asks us to take care of it. Sometimes we don't do a good job. But God helps care for our earth. We can praise him for the things he made and the things he does to take care of it. We can say, "Yay, God! I love it! Good job! You're awesome!" You are awesome, God! I love how you made things! Thank you for helping us care for our earth.



UN SHAKE ABLE

What are some things you can do to help take care of our world? Draw a line from an item on the left to the way we can care for our world on the right.





| 1 | Chronicles | 16:31 |
|---|------------|-------|
|   |            |       |

Luke 19:37-40

Romans 8:19

WEEK EIGHT

🗌 Isaiah 49:13

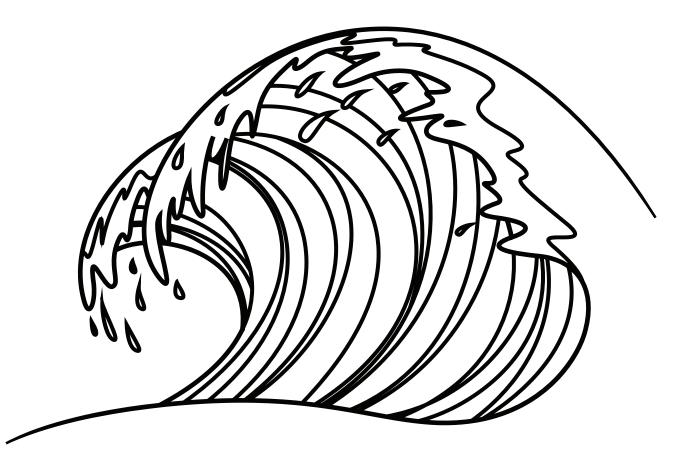
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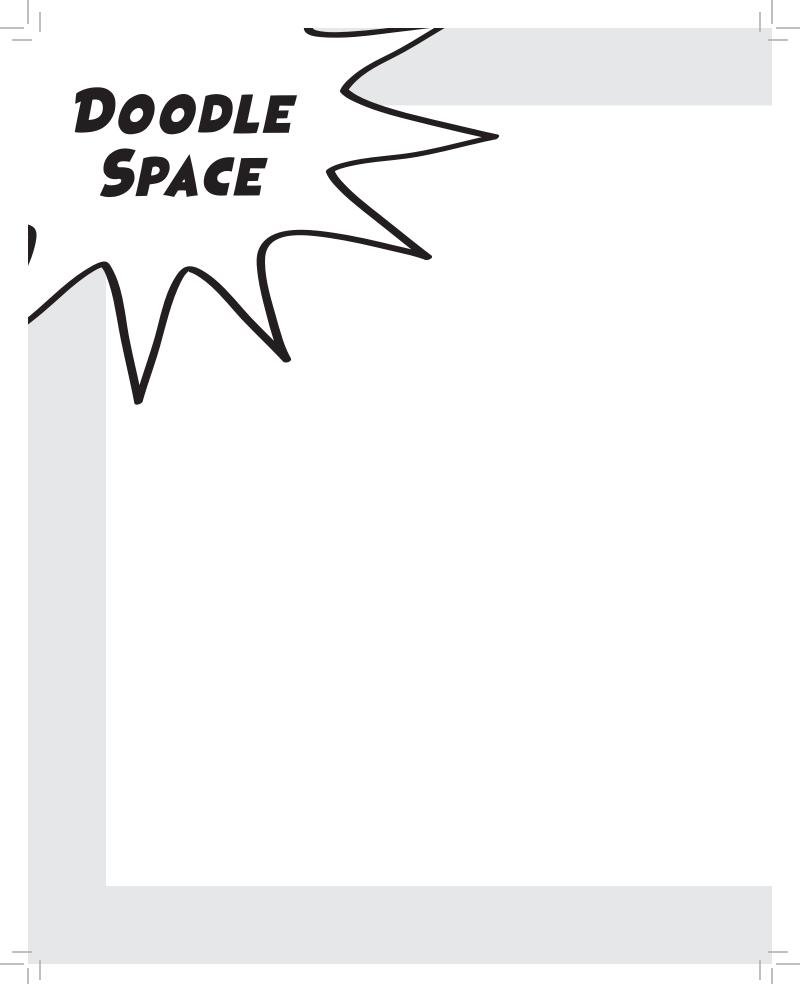
Tides and their waves are caused by the moon!

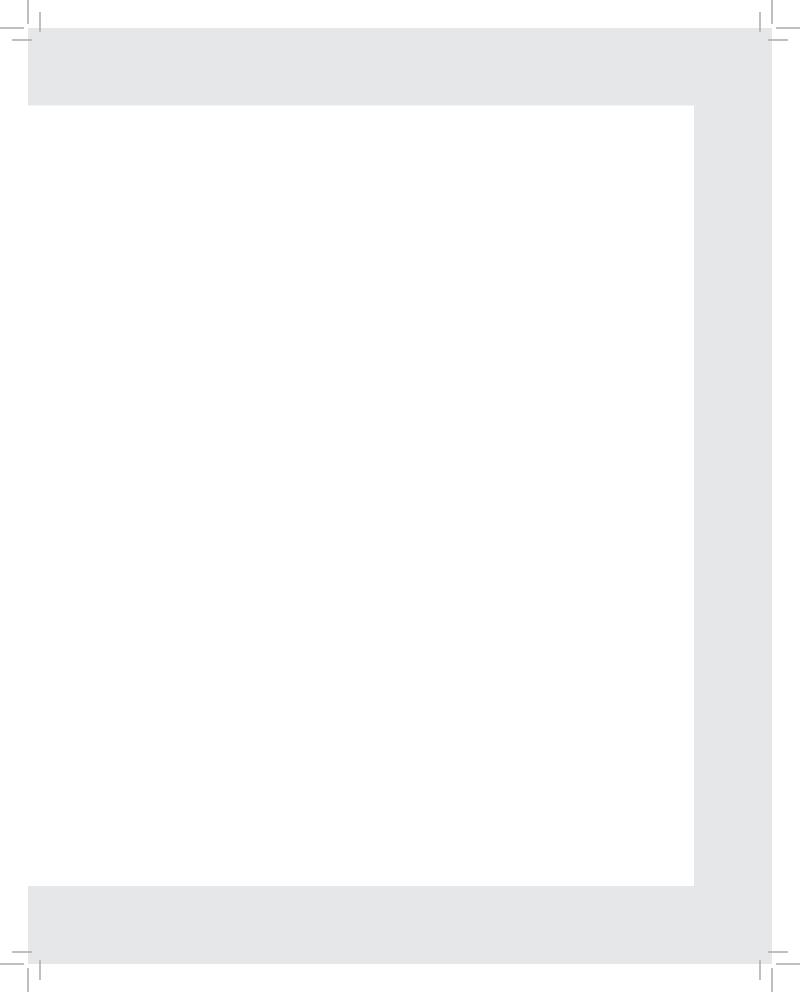
The oceans are constantly moving because the moon's gravity pulls the oceans' water.

(God's creation is amazing!)



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THE GOOD WAIT

Trust the LORD! Be brave and strong and trust the LORD. Psalm 27:14

Waiting, waiting, waiting. Whether you're sitting in the doctor's office, hanging around for suppertime, or counting days until your birthday, it's so hard to have patience! Then there are some really hard things to wait for, like your parent to come home from training or deployment.

What do you do while waiting? Sometimes all you can think about is when it will be over! Sometimes we get so impatient we whine ... or cry ... or even get mad and do things we shouldn't.

God has a better idea. He tells us to wait and trust him. Yes, that means we have to work on being patient. It also means we should focus on God and ask for God's help. Don't let fear or anger make you do things you shouldn't. When those feelings start to bubble up, choose to stop, take a deep breath, and give your feelings to God. He will help you calm down. Decide to be brave even if you don't feel like it. Trusting God means you believe he will take care of your family, no matter what.

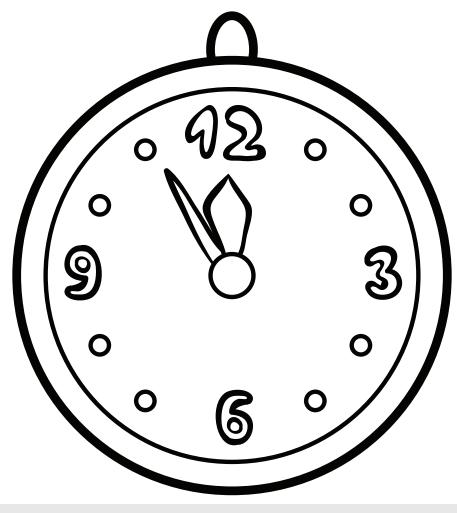
Waiting is really hard. But when we ask God, he helps us.

God, please help me when it's time to wait. I know you are in control. Help me be brave and patient when I don't feel like it.



UN SHAKE ABLE

Waiting is hard, but we know you can do it! Let's test your ability and see if you can win the silent game! Your parents are going to place 3 minutes on their cell phone timer. If you can sit quietly coloring the timer below and drawing a yummy treat next to it for the full 3 minutes, your parents will give you the treat. As you do, silently pray to God for help! The waiting will be hard, but the treat will be worth it!



**KEEP IT GOING THIS WEEK** Find out more by reading these verses.

| Proverbs | 3:5 |
|----------|-----|
|          |     |

Isaiah 40:30–31

| Romans 12:12 |
|--------------|
|--------------|

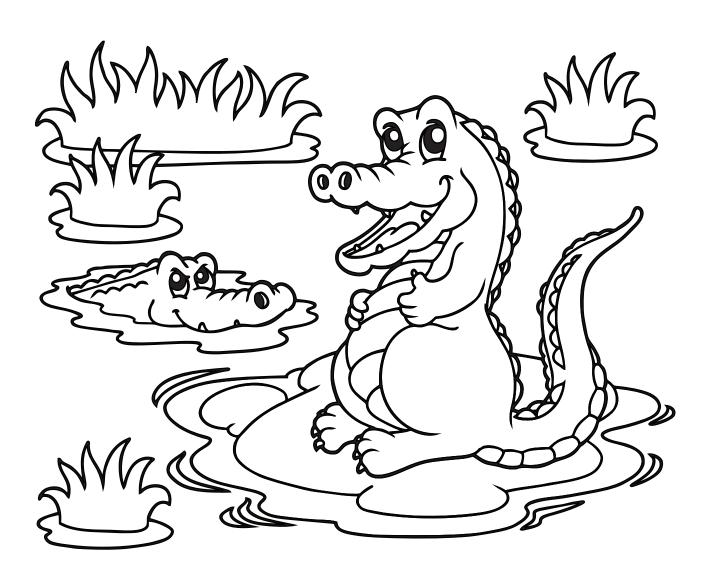
□ Hebrews 10:35–36

WEEK Nine



Alligator moms build nests, then wait a couple of months for the babies to hatch.

They gently carry their babies to the water and stay with them while they grow.



WEEK IO





Make me as happy as you did when you saved me; Make me want to obey! Psalm 51:12

l am sorry. I forgive you.

Whew! It feels so good to be forgiven. When we do things that hurt people, we feel guilty. They might be angry or sad because of what we did. But when we ask for forgiveness, and if they do forgive, we can have a good relationship again.

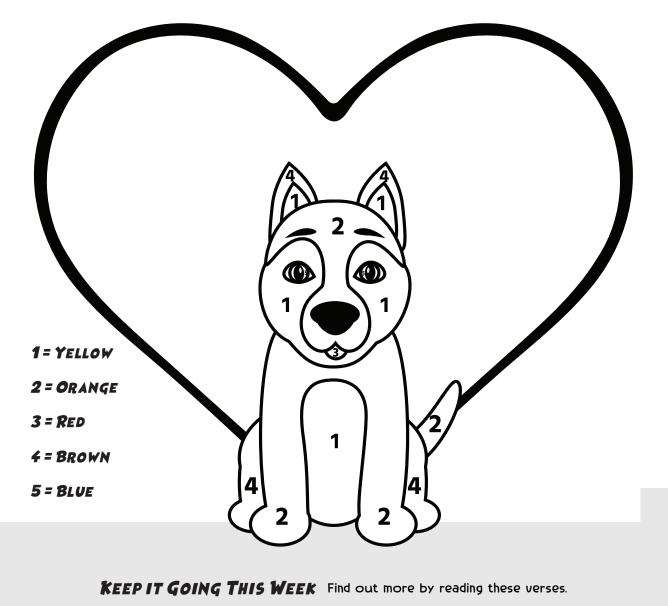
When we ask God to forgive us for the things we do that hurt people, he always forgives us. And then we can take another great step: we can ask God to help us not do it again. He can lead us to think the right thoughts and help us to do the right thing. He can help us make our relationships right, so everyone will be happy again.

Sometimes when we've done something wrong we don't even want to talk to God, or we're worried about what he will do. But God is always the way to making everything good again. Don't be afraid to ask him to forgive and help make things right. God, thank you for forgiving me and helping make things right. Keep helping me do the right things.



UN SHAKE ABLE

God can help us think good thoughts, like how to show people you love them. Ask God what you can do for someone today as you follow the steps to color the image below.



 □
 Isaiah I:18
 □
 2 Corinthians 5:17–18
 ₩EEK

 □
 Ezekiel 18:31–32
 □
 I John I:9
 TEN

55

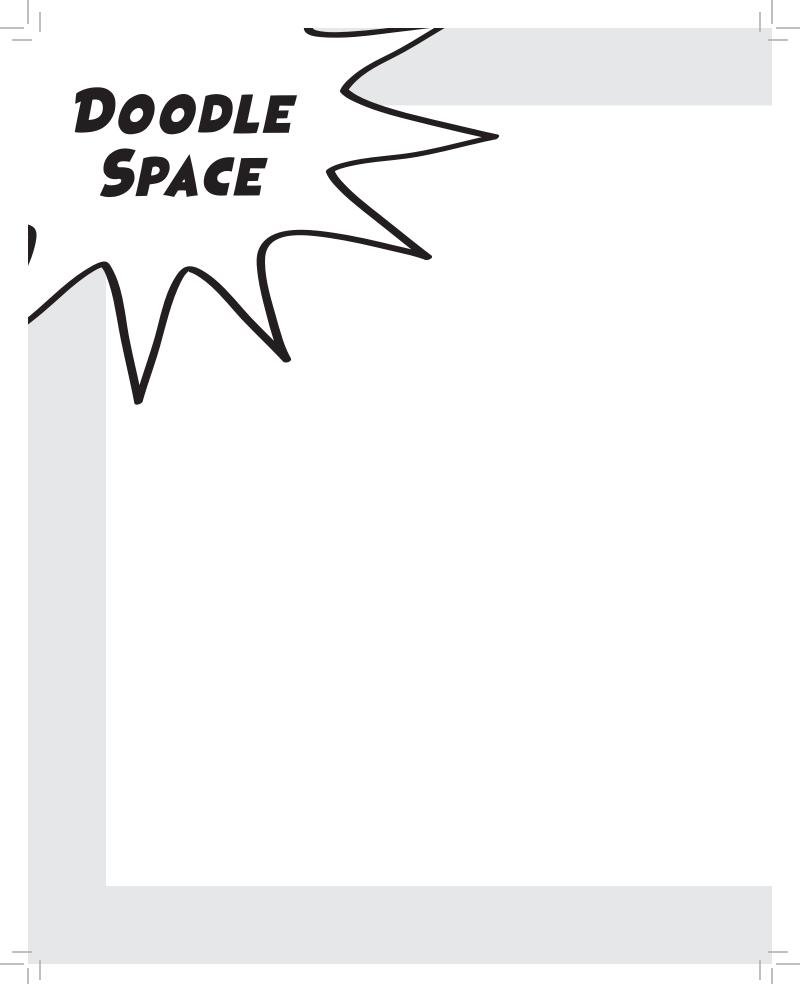


If a predator gets a gecko's tail, the tail breaks off so the gecko can get away.

Then the gecko grows a new tail!

(God makes all things new!)







WEEK II

RUST

#### Trusting God's PLANS

You, LORD God, have done many wonderful things, and you have planned marvelous things for us. No one is like you! I would never be able to tell all you have done.

Psalm 40:5

Hopefully you do not worry about whether or not the sun will come up tomorrow or whether or not you'll run out of air to breathe! We don't

have to worry about things like that because we know God is taking care of each day, and he is able to handle everything easily.

That's what trust is. We've seen God at work over and over. We know how powerful and reliable he is.

God wants us to trust him like that for everything we need. Do you worry sometimes? When you're facing changes like moving to a new place or starting school, choose to remember all of God's goodness. If we can trust God, we will have courage to do the things we need to do.

And the great news is, God will help us trust him. Pray and ask God to help you to be calm and not worry. Then if those worry thoughts come back, fight them with thoughts about how wonderful God is.

God, please help me trust you with all things. You do great things and have good plans for me.

UN SHAKE ABLE

When we sit in a chair, we trust the chair to hold us up. We can trust God like that with everything in our life. Play a game of musical chairs with your family. Each time you plant yourself in a chair, remember that God can be trusted with all of your cares!



**KEEP IT GOING THIS WEEK** Find out more by reading these verses.

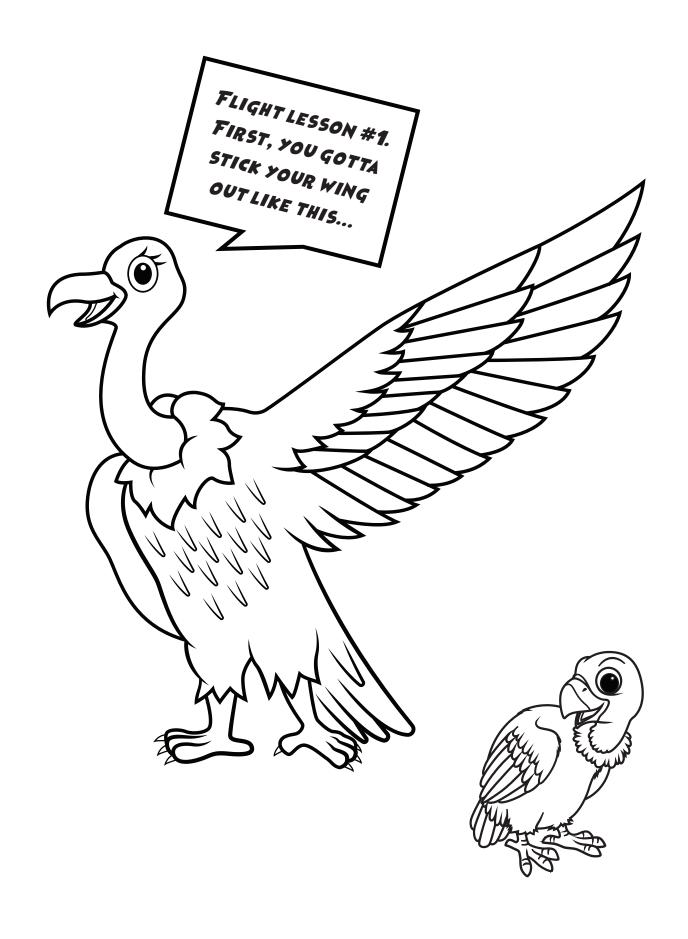
| Proverbs 16:9 | Romans 8:28    | WEEK   |
|---------------|----------------|--------|
| Isaiah 48:17b | Romans 8:38–39 | ELEVEN |



California condors nest in caves high on tall cliffs.

The babies have to trust their wings for their first flight—jumping into the wind.

(God takes care of them!)



WEEK 12





Please help me, LORD God! Come and save me because of your love. Let others know that you alone have saved me. Psalm 109:26–27

David had enemies.

People lied about him.

Some didn't want to help him or have him around.

Some even tried to kill him!

What could he do? David prayed. He asked God to deal with his enemies. David knew God saw the truth about him and that he didn't deserve to be treated so poorly. He trusted that God would do what was fair and would save him. He might have to go through some hard things, but he knew God would take care of everything in the end. Why? Because God loved him and David trusted God.

Do you have people being mean to you, too? What can we do? We can ask God to deal with those enemies. We can pray that God will save us. Even more, we can trust that God has great plans for our forever future with him!

UN SHAKE ABLE God, please keep us safe from our enemies. Thank you that we can pray to you and know you hear us.

When someone is mean to us, we have an opportunity to pray for that person. As you color the picture below, pray for someone who has been mean to you in the past and also ask God to keep your warrior parent safe from their enemies.



**KEEP IT GOING THIS WEEK** Find out more by reading these verses.

| 🗆 2 Samuel 22 | 2:18–19 |
|---------------|---------|
|---------------|---------|

 $\square$ 

Proverbs 20:22

Romans 12:17–19

□ 1 John 5:4–5

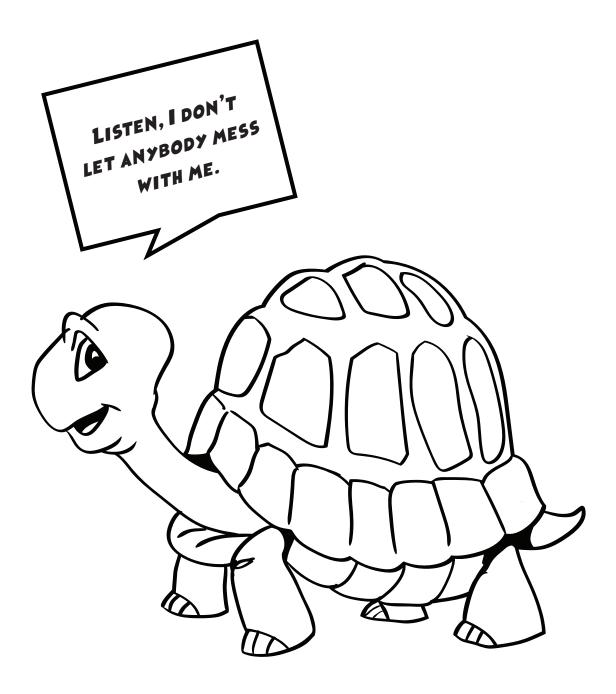
WEEK Twelve

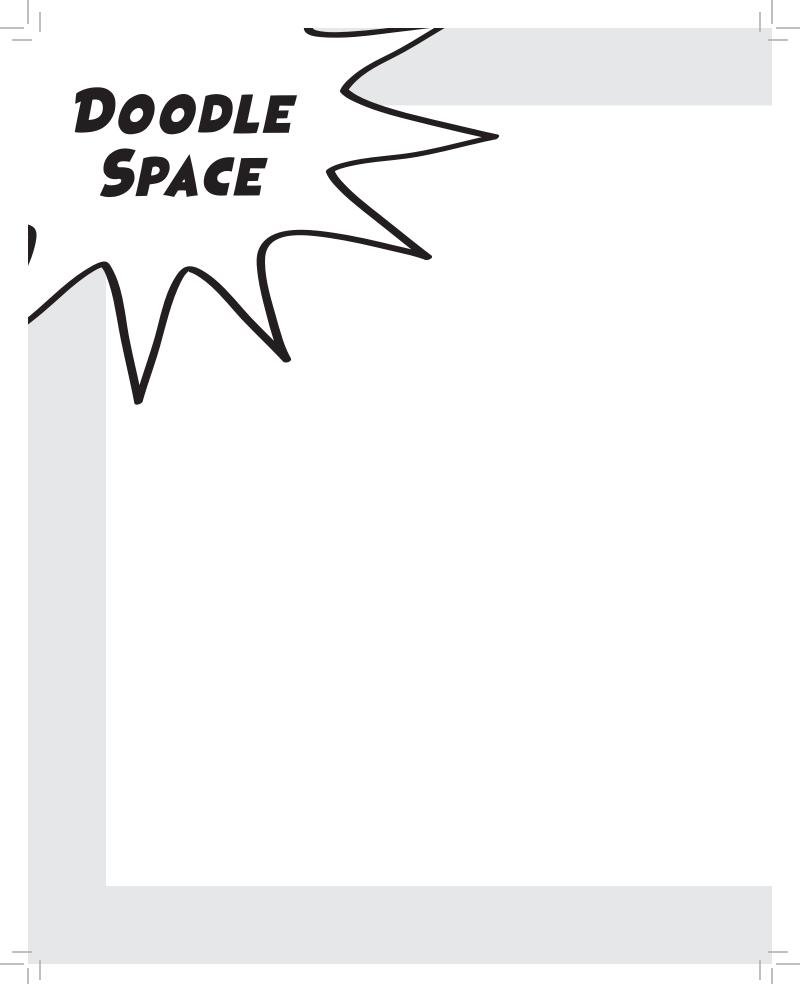


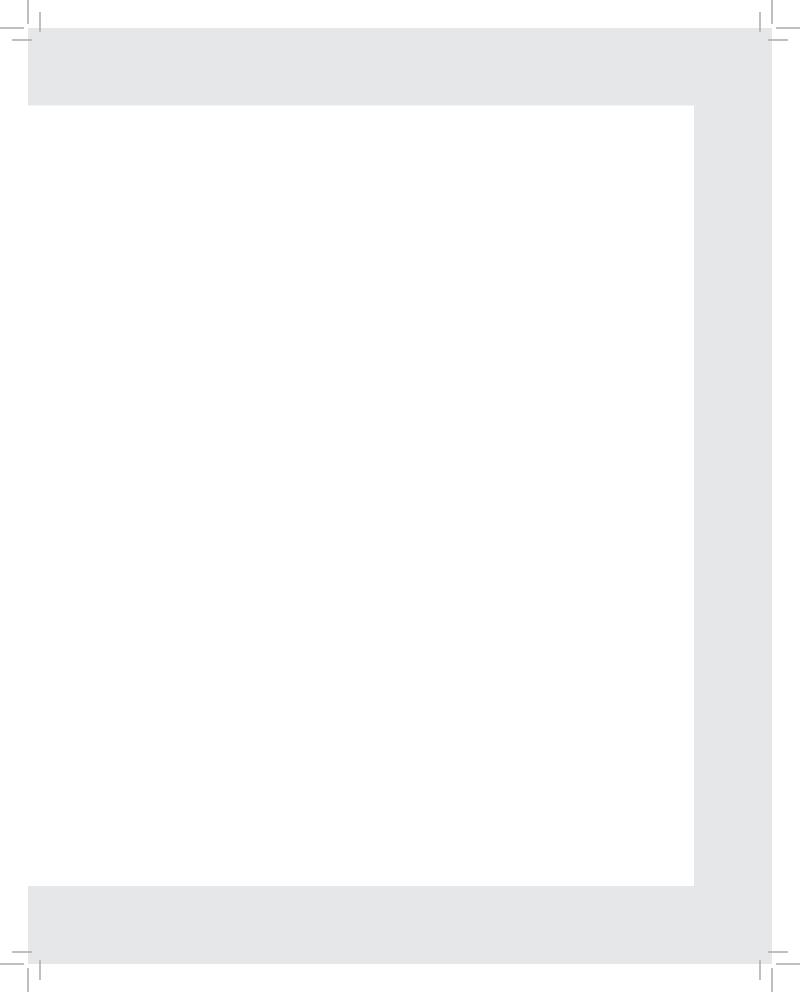
The box turtle carries its safe place with it.

When something tries to eat it, it just pulls into its shell and closes the door.

(But we don't need a shell, because God is our safe place against our enemies.)







WEEK 13



You should praise the LORD for his love and for the wonderful things he does for all of us. To everyone who is thirsty, he gives something to drink; to everyone who is hungry, he gives good things to eat. Psalm 107:8–9

Moving! It's exciting! And a little scary. So many new things to see and do. Your parents have to find a new home, and sometimes it takes a while, so you might have to stay in a hotel. It's fun for a bit, but you just want to get to your new room with all your things!

God's people the Israelites wanted to get to their new home, too. But they sinned, and so they had to wander around the desert for 40 years! Even still, God took care of them and eventually he brought them into their new land—and it was so good!

We need God to provide all the good things in our life. With him by our side, we are always home. He takes care of all of our needs and we should thank him for it.

You might feel stuck at times and get tired of waiting. Talk to God. He will help your parents find a place and help you to be patient. And when God gives you a new home, remember to thank him. God, thank you for taking care of us whenever we move to a new home. Thank you for always being by our side.

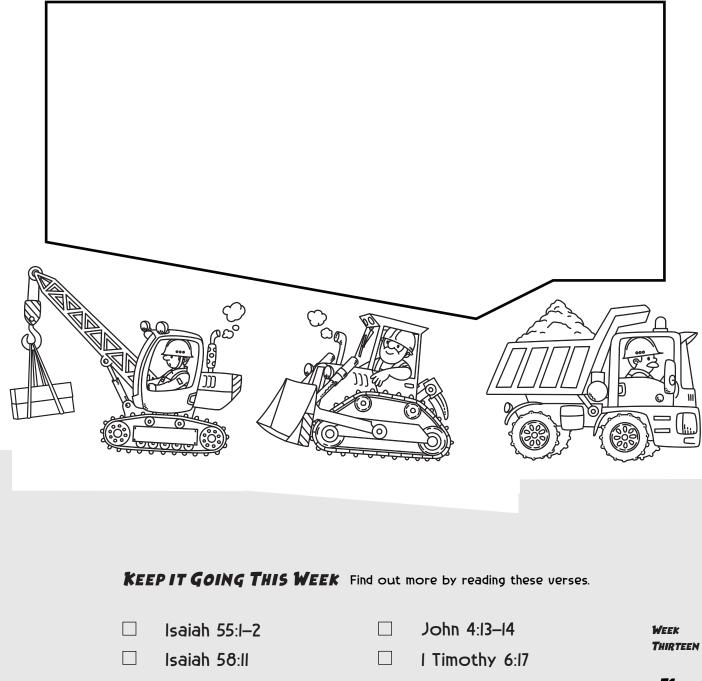


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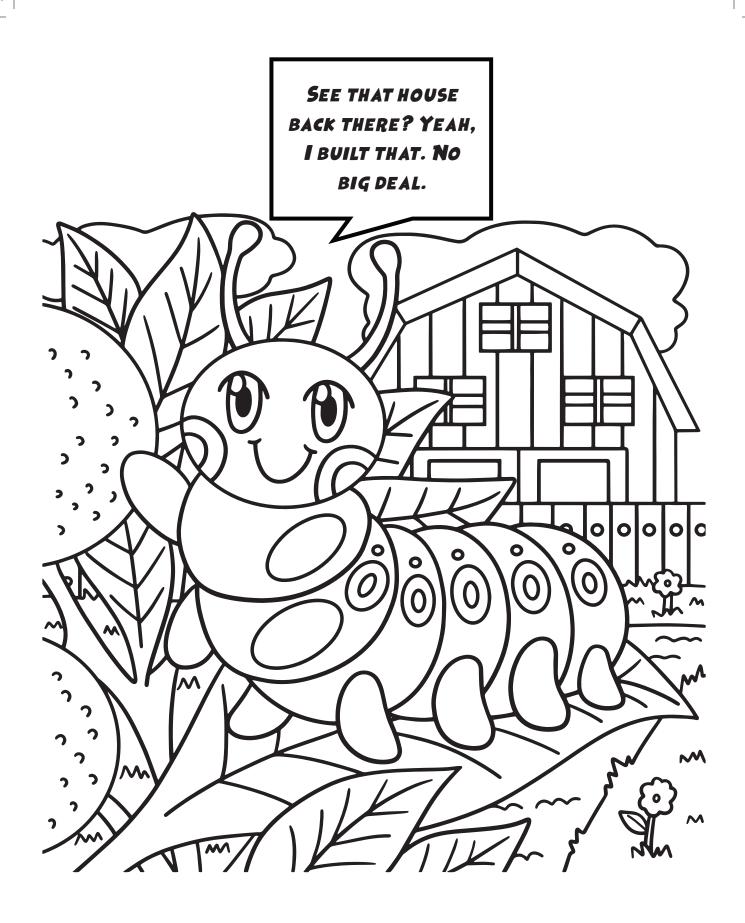
Draw the craziest, coolest house you can think of in the box below!





A bagworm moth caterpillar weaves a sticky cocoon around itself and attaches tiny pieces of wood to the cocoon for protection.

Sometimes, the wood gets stacked and looks like a little log house.



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