

A Journey Through the Book of Psalms

UNSHAKEABLE

Firmly Planted in God's Word

BY TONIA STACEY GÜTTING


HERO
SQUAD
JV EDITION

Unshakeable, Girls JV Squad Edition, Spring Issue

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WRITE THE NICKNAME YOUR FRIENDS & FAMILY CALL YOU:

WHAT DOES *FIRMLY PLANTED* LOOK LIKE TO YOU?

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
UNSHAKEABLE?**

Un
Shake
Able

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

WRITE THREE THINGS THAT ARE STRONG AND MIGHTY:

The Bible teaches us who God is, so we can trust 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?

EXAMPLE: To learn about how good God is

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 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!

Praise

WEEK ONE

Our Best Work



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

Do you know anyone who makes people scared just by frowning? Maybe a commander, or a WWF fighter, or your big brother? Just think—if God frowns, the whole world shakes!

The writer of Psalm 104 points out how powerful God is. God is the one who tells the rivers where to go. He feeds the lions. He pushes the moon onto the night stage and arranges where the stars should be. Because he is the master gardener directing the sun, the rain, and the ground, food grows for all the animals.

It is amazing to think of all the wonderful things the Lord has made, and how much we need him. It makes us praise him, which means we tell him how great he is. He doesn't need us to tell him that, but he knows we need to say it. Why? When we remember how powerful God is, it changes us! Our big-world problems shrink in the hands of a God who cares for us and all his creatures. God can control earthquakes with his look, and volcanos with his touch!

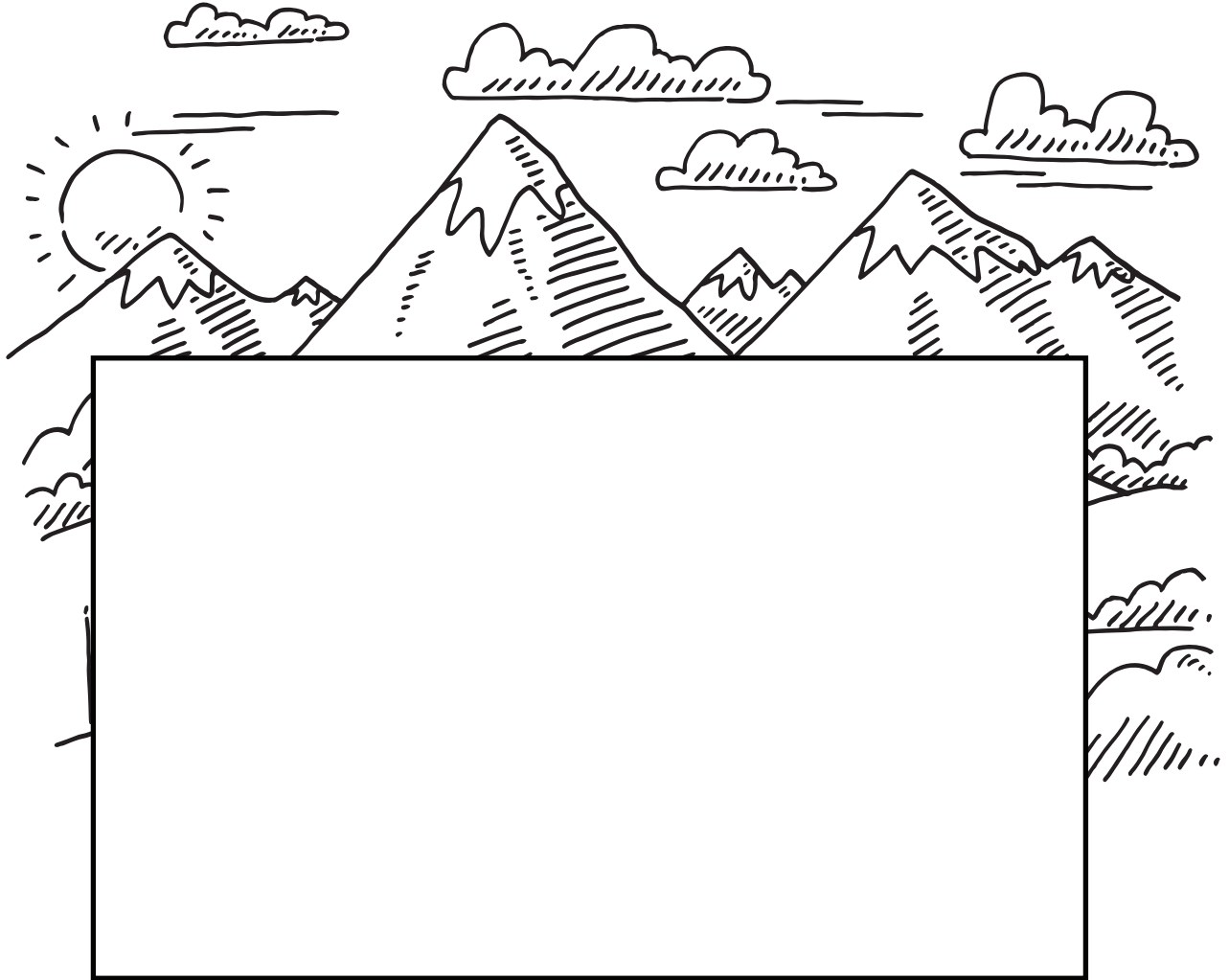
So take time every day to praise God. It is our best work!

Un
Shake
Able

***Our best work we have is to
praise God every day.***

Spiritual Fitness Training

When you think about today's verse, what image comes to your mind?
Draw it or write about it here.



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

Genesis 1:31

Hebrews 13:15

Exodus 19:18

Revelation 4:9-11

**Week
One**

Mind Blower

The world has about 1,300 active volcanoes, not counting the ones under the ocean.



safety

WEEK TWO

Celebrating God's Light



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

David squinted into the darkness, looking for movement in the grass. There he saw it, the unmistakable silhouette of a lion. The sheep behind David pushed together. He gripped his spear.

Okay, so we don't know for sure if it was at night, in the dark. But we do know David in the Bible killed a lion while taking care of his father's sheep. And lions often hunt at night.

So we can see why David would write a song of praise to God that calls him his light. Whether he was caring for animals, struggling with enemies, or even feeling really lonely, David knew God's light and protection were his lifeline.

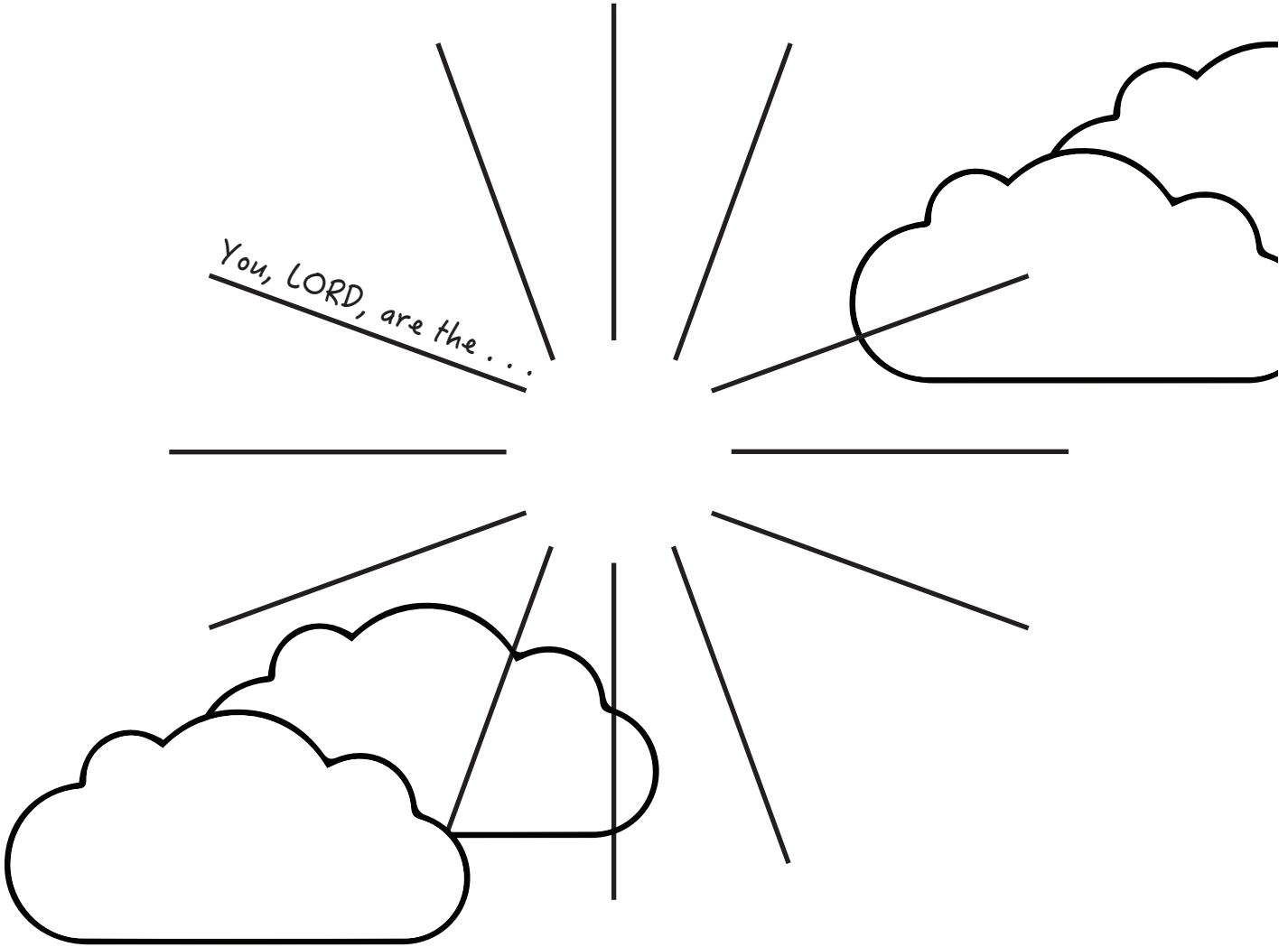
David trusted God's protection for his body and his spirit. Our spiritual enemy, the devil, wants us to live in darkness and fear, waiting for a deadly attack. But God gives us light and life, both now and for eternity. We can join with David in celebrating God's light that drives away our fears!

Un
Shake
Able

***God gives us light and life
to drive away our fears!***

Spiritual Fitness Training

Copy the verse onto the light rays.



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

Exodus 15:2

John 1:3b-5

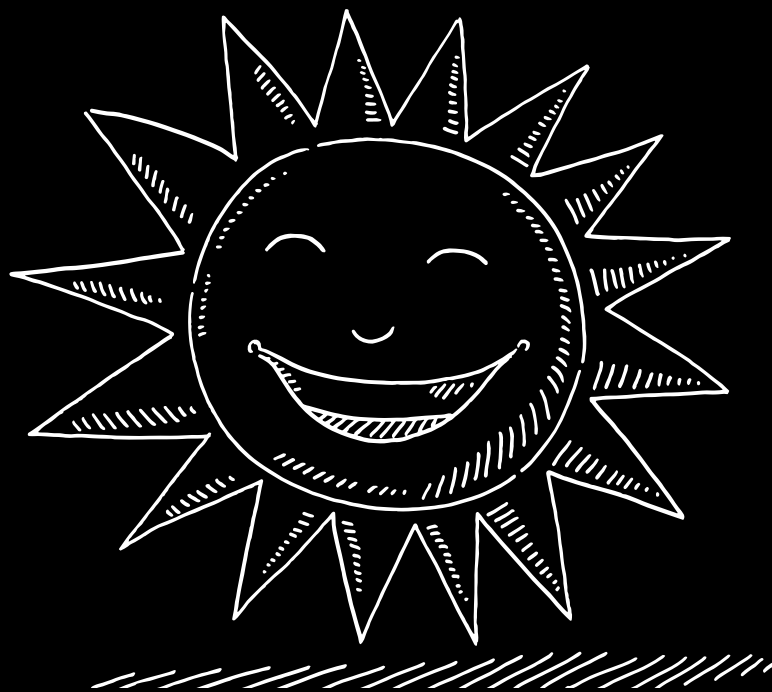
Isaiah 12:2

John 8:12

**Week
Two**

Mind Blower

It takes about 8 minutes
for the light of the sun
to reach earth.



Write Your Thoughts Here

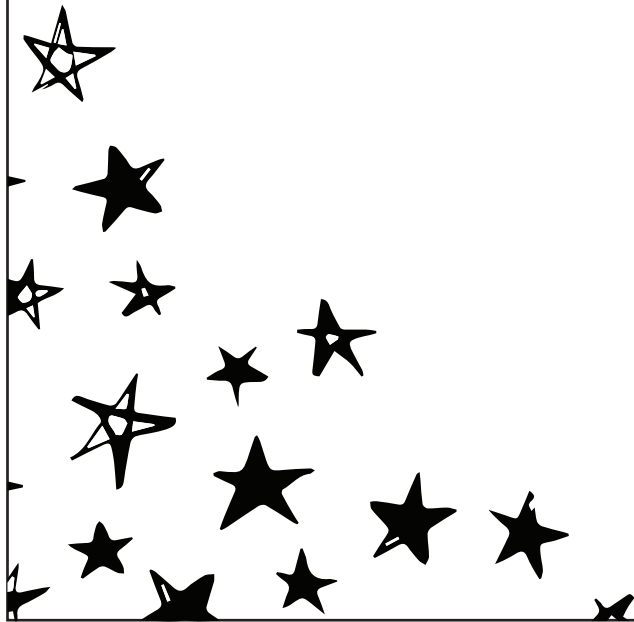


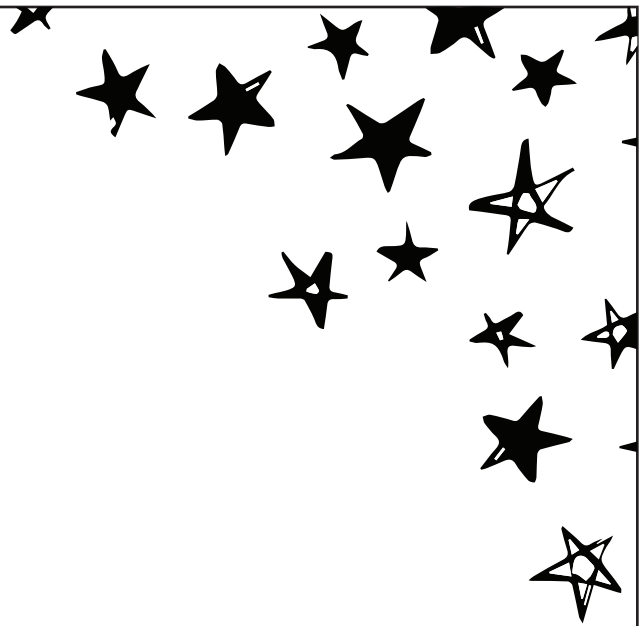
God, some of my problems feel like lions attacking me at night. Thank you for being my light.

Doodle Space



*Draw pictures of things
that give off light to
help you remember
that God's light chases
away your fears.*





Distress

WEEK THREE

When Evil Rattles You



*The earth trembles, and its people shake;
you alone keep its foundations firm.*

Psalm 75:3

You hear the adults talking about the possibility of war and whether or not we would win. Your favorite store gets robbed. Your brother's school has a lockdown because of a threat.

The world can feel like a dangerous place. As a military family, you have to deal with danger more than most when your parent gets deployed.

So where can you turn when evil shakes your world? Who can fix this awful mess?

God can, and Psalm 75 shows us what God says! He knows his judgment is coming, and when. He will judge fairly, and then he will punish all the wrong. When it feels like our enemies are winning and the world is being destroyed, remember that God says he will steady it, keep it together, and someday make it right.

Until that day, we can run to God. Like a daddy picking up a toddler who needs him, God can hold us. We can have peace that everything will be okay even when it doesn't look like it now. We can fill our minds with how great God is instead of how awful the world can be.

Un
Shake
Able

***When the world shakes, remember God will
steady it, keep it together, make it right.***

Spiritual Fitness Training

Get a large glass of water and an orange. Place the whole orange in the water. What happens? Now, take out the orange, peel it, and place the whole peeled orange in the glass. What happens this time? Oddly, the orange only floats when it is whole with the peel. God makes you whole and will help you stay afloat, even when the world shakes!



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

1 Samuel 2:8b-10

Philippians 4:6

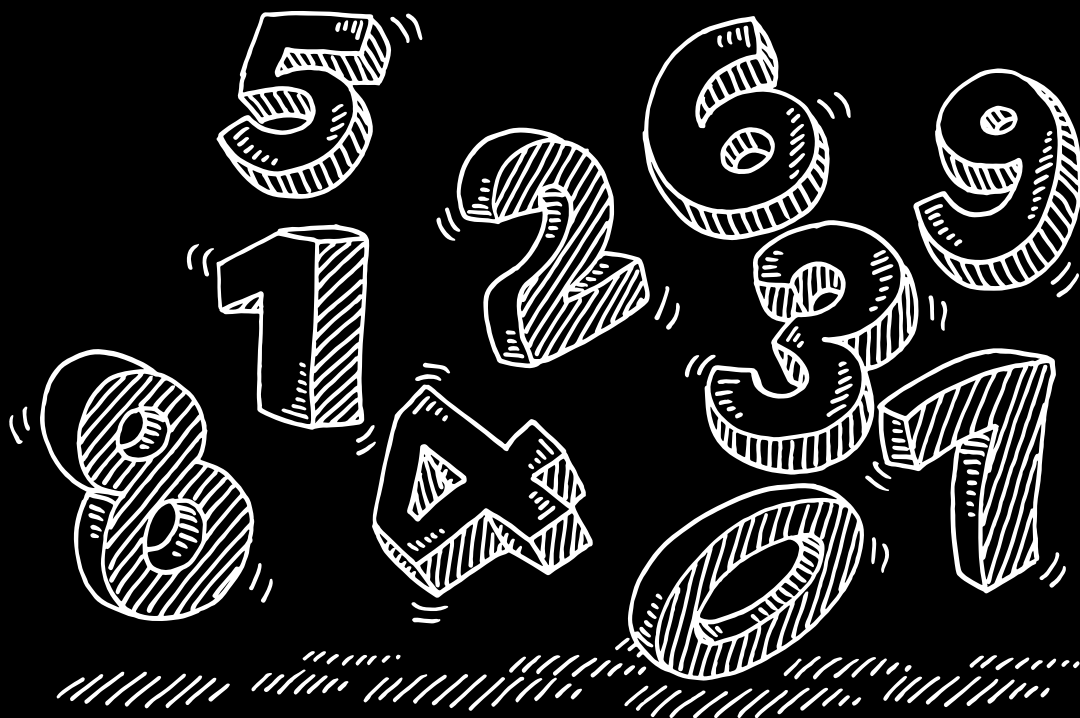
Job 38:4-7

1 Peter 5:7

**Week
Three**

Mind Blower

If you write a 6, then put 21 zeroes after it, that's about the mass of the earth in tons.



Write Your Thoughts Here



A series of ten horizontal dashed lines providing space for writing thoughts.

God, when my world gets shaken, please hold me close. You can't be moved. I trust you.

Joy

WEEK FOUR

Instructions for a Joyful Life



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

How can you be joyful? When life throws hard things at you, it's hard to stay upbeat. No one really wants to be miserable—and staying sad is exhausting. But you can learn to face everything with joy. How?

Consider this: when you want to build a Lego set, you follow the instructions until your pile of bricks looks like the image on the box. God made you, and he knows the amazing image on your life's "box." What's more, he shows you the "path to life." As you follow it, God walks near you, strengthening you and making you glad about what you're building together.

You'll also find God at the journey's end. The guy who wrote Psalm 16, David, understood this. He knew that true joy is found in God. He reminds us that a joyful life and a bright eternal future begin by learning to love God as we follow God's paths. Along the way you'll meet other "gods"—like success or fame or comfort—but they do not lead to lasting joy. The satisfaction they bring is temporary and they often lead to sorrow or stress.

Join David on a path through life that puts God first. Follow God's instructions, even when you don't yet see what he's building, and watch God provide lasting joy.

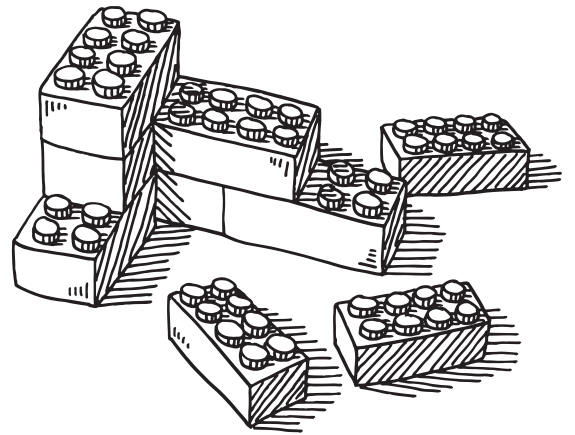
Un
Shake
Able

***Follow God's instructions and watch
God provide lasting joy.***

Spiritual Fitness Training

Ask God where you're at with life. Should you quit going down a path? Should you take steps forward in another way? Listen to what God tells you as you doodle and color the verse.

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

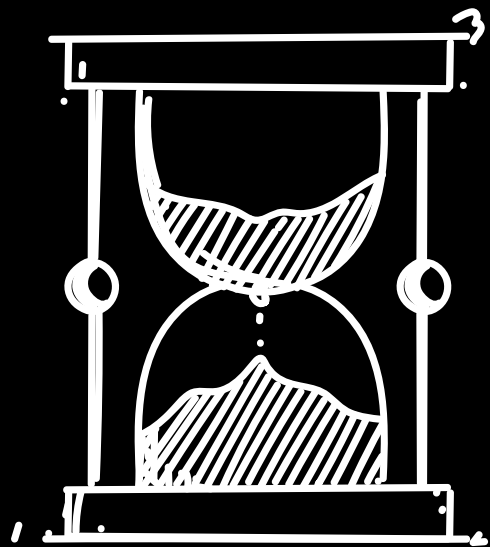
Keep It Going This Week *Find out more by reading these verses.*

- | | |
|--|-------------------------------------|
| <input type="checkbox"/> Deuteronomy 5:32–33 | <input type="checkbox"/> John 10:10 |
| <input type="checkbox"/> Joshua 1:6–8 | <input type="checkbox"/> John 14:6 |

**Week
Four**

"You may think you need something to make your life complete, but God says, 'Just wait on me. I have something better planned for you.' It won't always come quickly, but God promises to show up if you will trust in him."

—Sadie Robertson Daughter on the show *Duck Dynasty*, speaker and author



Write Your Thoughts Here



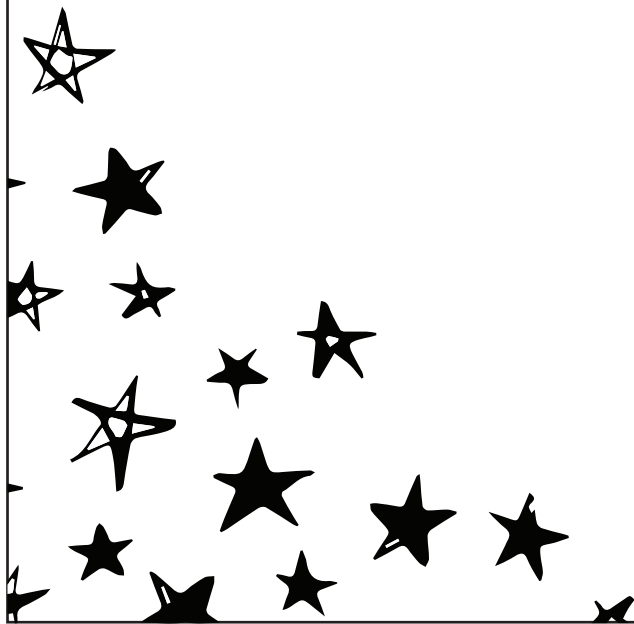
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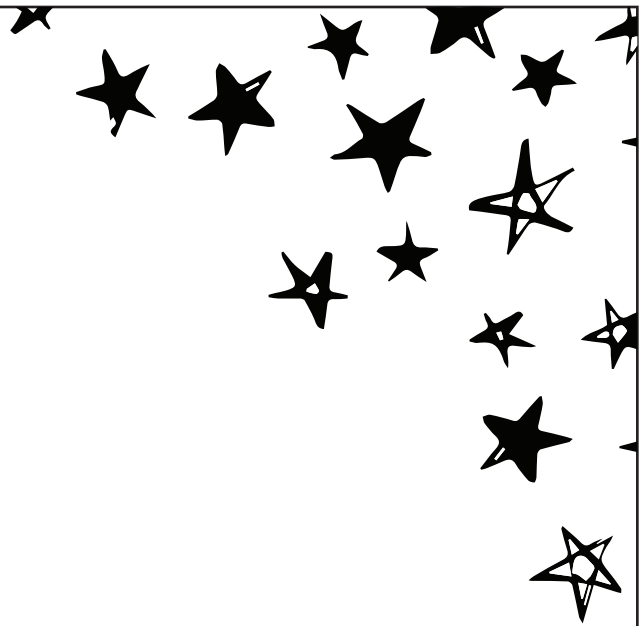
God, be near me on the hard days. Make me glad and show me your path.

Doodle Space



Draw a picture of something that gives you joy. As you do, thank God for his joy that never ends!





Mercy

WEEK FIVE

Forgiven and Not Alone



*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

Do you know what it's like when someone can't or won't forgive you? You screwed up. You hurt them. Now they're not talking to you. You feel guilty. You feel alone.

That's a small taste of how you might feel if you offend God. Anything we do wrong, against others or against ourselves, is sin—and all sin is really against God. This week's verse shows God's attitude toward sin: he gets angry. And deep in your heart, when you sin you will feel guilty and alone, and it's depressing. But we can't stop there. Now, we can begin to see how amazing God's forgiveness is. In the past, God forgave his people over and over (and over) again. And he hasn't changed. He still forgives.

The result of sin is death and destruction. God can't just ignore sin, and say, "That's okay, no big deal." BUT in his love and kindness, he sent Jesus, who took sin's consequences for us instead. Because Jesus died for us, we can be completely forgiven and back in the good relationship with our loving God, as soon as we confess our sins.

Un
Shake
Able

***Because of Jesus, we can be forgiven and back
in good relationship with God.***

Spiritual Fitness Training

What are some things you have done to hurt people or grieve God? Follow the instructions below to see how the blood of Jesus covers all these sins and more when we ask for forgiveness. Then spend some time thanking him for his sacrifice on the cross.

What You'll Need	Instructions
<ul style="list-style-type: none"><input type="checkbox"/> Coffee filter<input type="checkbox"/> Red food dye<input type="checkbox"/> A pencil<input type="checkbox"/> A paper plate	<p><i>Using a pencil, gently write on the coffee filter some words or pictures about ways you have hurt others or disobeyed God.</i></p> <p><i>Place the filter on a paper plate and drop several drops of food dye on the filter.</i></p>

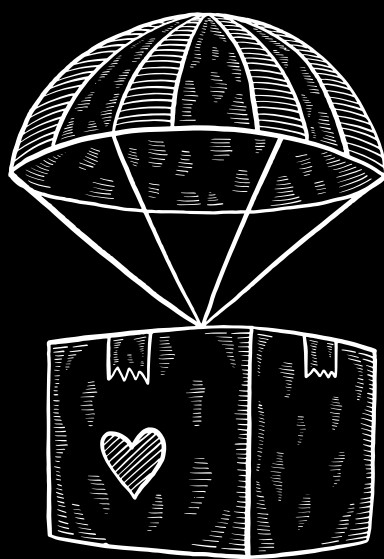
Keep It Going This Week *Find out more by reading these verses.*

- Exodus 34:6-7
- 1 John 1:9
- 2 Chronicles 7:14
- Ephesians 4:32

**Week
Five**

"When God promises to forgive his people when they repent, he is not playing games. If he says he will forgive you, then he will forgive you. And if God forgives you, you are forgiven."

—R. C. Sproul



Write Your Thoughts Here



A series of ten horizontal dashed lines providing a space for writing thoughts.

**God, I have hurt people and disobeyed you.
I'm sorry. Thank you for forgiving me.**

Help

WEEK SIX

Doing the Impossible



*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

We all have limitations. Maybe you can't fix a relationship. Maybe you are struggling with your schoolwork. Maybe you have a bad habit you can't control. You might be thinking destructive thoughts. We all have things we feel we can't fight.

That's why we need a mighty God. Over and over again we see stories in the Bible where the impossible happens. For example, Psalm 44 is talking about a time when the Israelites needed help. They were slaves under a powerful empire. They were weak, with no hope of freedom. But God brought them out.

God led them to a good land, which he had promised, where they could live freely, but this little nation had no way to win the battles it would take to secure the land on their own. They were outmatched. But God was with them and they conquered it. They had to step out in faith, but it was clear God brought the victory because he loved them.

What is your promised land? What impossible thing do you need God to do? Don't try to do it alone. God still does the impossible. God loves you too, and he can do the impossible for you.

Un
Shake
Able

***God still does the impossible
and he loves you.***

Spiritual Fitness Training

Got an impossible situation? Got a friend with an impossible situation, too? Agree to pray for each other regularly, asking God to help the other person through it. Write it down when he does!

My Impossible

_____, **My Friend's Impossible**

God's Possible

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

- Deuteronomy 8:17-18
- Philippians 4:19
- Zechariah 4:6-7a
- Hebrews 13:5-6

Week Six

"Trust God for the impossible—
miracles are his department. Our
job is to do our best, letting the
Lord do the rest."

—David Jeremiah, contemporary
American pastor and author



Write Your Thoughts Here



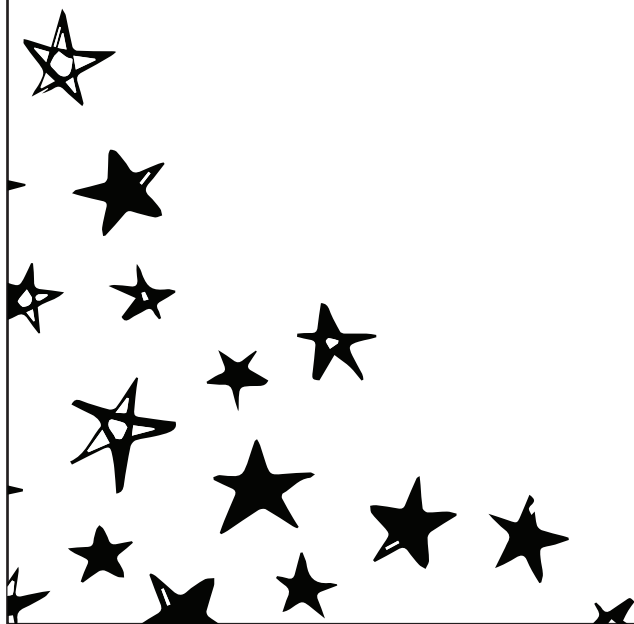
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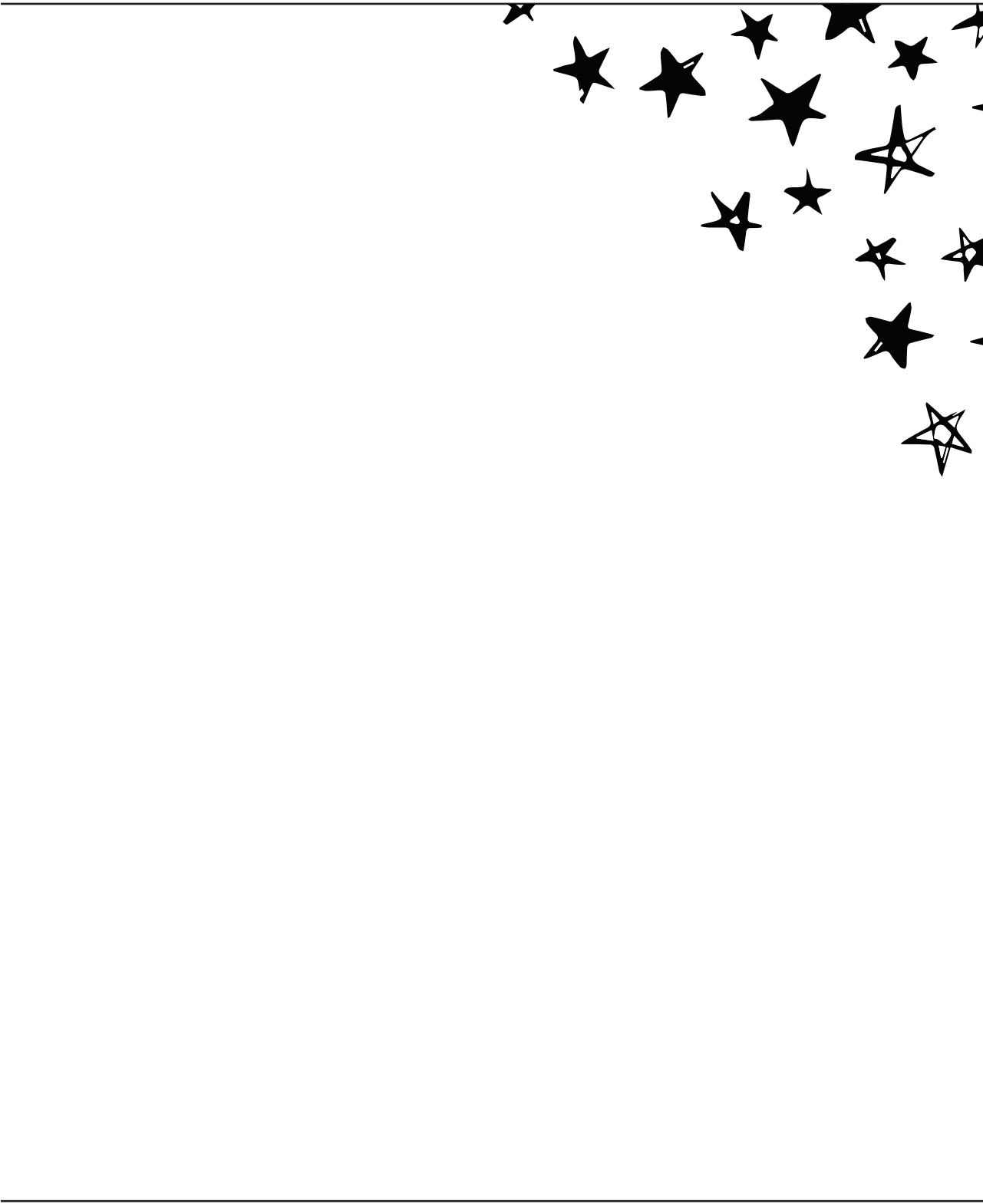
God, thank you for helping the underdogs. I don't have what it takes, but you do. Please help me.

Doodle Space



Draw the word
"impossible" in big letters.
Then cross out "im" and
underline "possible" to
remind you that with God,
anything is possible.





**Week
Six**

grief

WEEK SEVEN

Somebody Knows Your Troubles



*I am almost blind because of my sorrow. Each day
I lift my hands in prayer to you, LORD.*

Psalm 88:9

Some days, nothing seems right in the world. Maybe you failed an exam at school. Your team lost. Your friends aren't there for you. Your parents seem disappointed. You feel alone in the world. You feel like no one understands.

"Nobody knows the trouble I've seen"—a verse in an old song. Since sin entered the picture, everybody feels like the world is against them sometimes. But the song goes on to say, "nobody knows, but Jesus." More than anyone, Jesus understands what it's like to feel like the world is against you.

The writer of Psalm 88 was having one of those days. But he also remembered God. He starts his whole complaint reminding himself that God is the One who saves him. Then in his prayer, he's completely honest with God about how hurt, frustrated, lost, and upset he feels.

But, also note, the writer keeps praying. Deep down in his heart, he keeps hoping and trusting and having faith that God will bring him through.

God knows your troubles. He wants you to tell him how you feel—all the feels. He helps those who are honest and who trust him no matter how bad it seems.

Un
Shake
Able

***God knows your troubles. He wants
you to tell him how you feel.***

Spiritual Fitness Training

Write down something that is troubling you on the left, and something about God that helps you on the right.

	TROUBLES		GOD
<input type="radio"/>	<i>EX: Parent gone again for training</i>	<input type="radio"/>	<i>EX: God can give me peace</i>
<input type="radio"/>		<input type="radio"/>	
<input type="radio"/>		<input type="radio"/>	

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

Job 13:15

Luke 18:7-8

Isaiah 65:24

Revelation 7:17

**Week
Seven**

“Even in the midst of our worst times, God has not abandoned us. We may feel overwhelmed by our problems and sorrows—but God is never overwhelmed, nor do they take him by surprise.”

—Billy Graham, world-renowned evangelist in the late 1900s



Write Your Thoughts Here



**God, you know how hard this is. You see my tears,
and you care. Thank you for drawing close to me.**

Praise

WEEK EIGHT

Good to Be Small



*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 things make you feel small? A horse? A tree? The night sky? How about the ocean?

Sometimes we need to remember we are small and God is big. Our problems, which can seem so overwhelming to us, are like a grain of sand in the sea to God. And if we start thinking we are strong and smart and don't need God's help, we should look at the vastness of the ocean, the mountains, or the sky, and remember how little and fragile we are.

Praise helps us with that. When we tell God how amazing he is, it reminds us how we compare to God. That puts things in the right place. God is powerful; we are not. He is perfect; we sin every day. He is wise; we can barely understand long-division, much less our own heart.

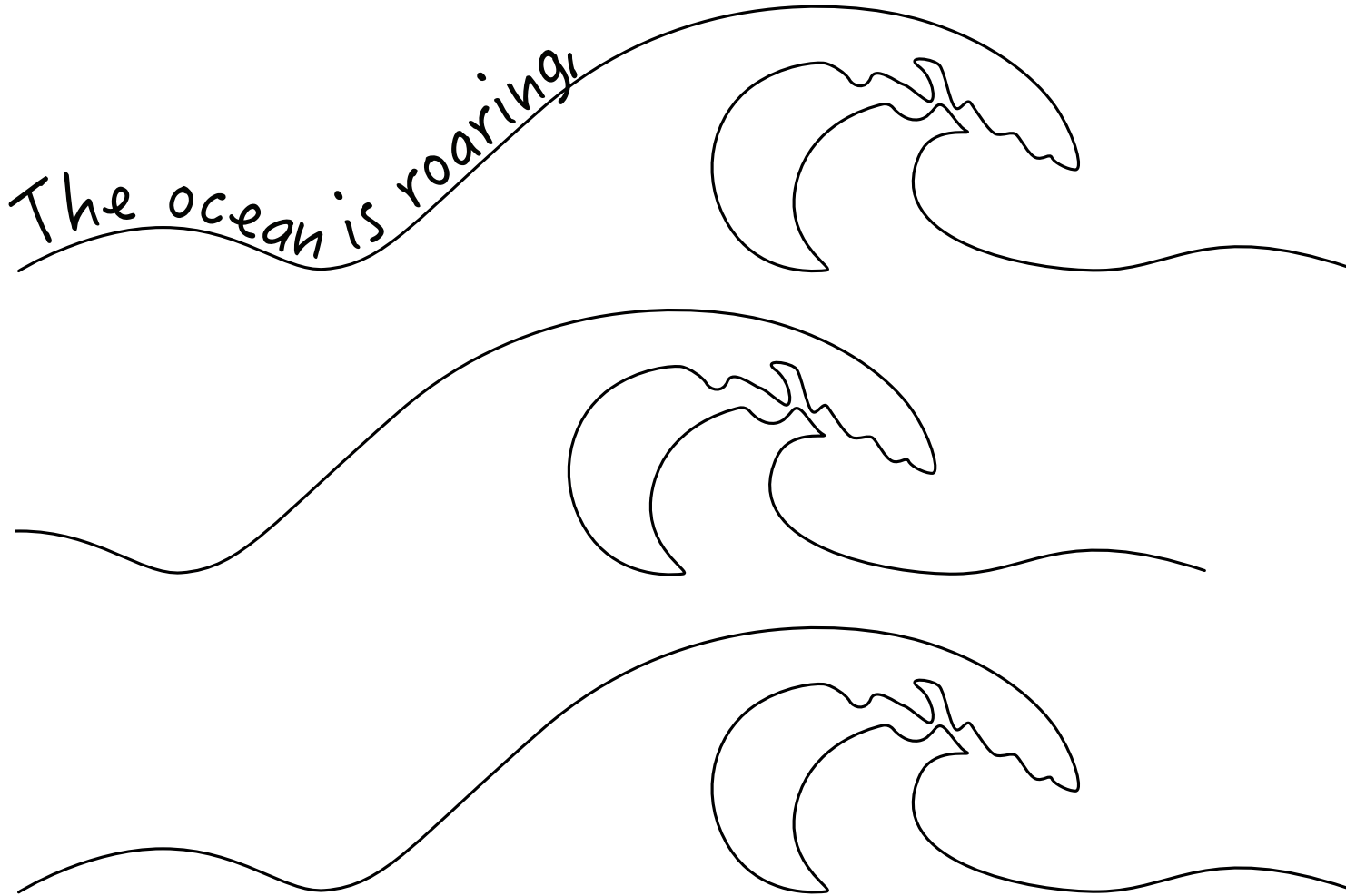
Each day, take time to think about how amazing God is. Tell him how wonderful it is that he controls the world. Read this week's verse (or a similar psalm like Psalm 8, 19, or 139) and pray the words back to God. Praise will change your attitude and your perspective. Praise will lift your emotions. God is that awesome.

Un
Shake
Able

***Every day, think about how amazing God is.
Praising him changes things.***

Spiritual Fitness Training

While you are thinking about how big God is today,
write this week's verse along the waves below.



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

1 Chronicles 16:31

Luke 19:37–40

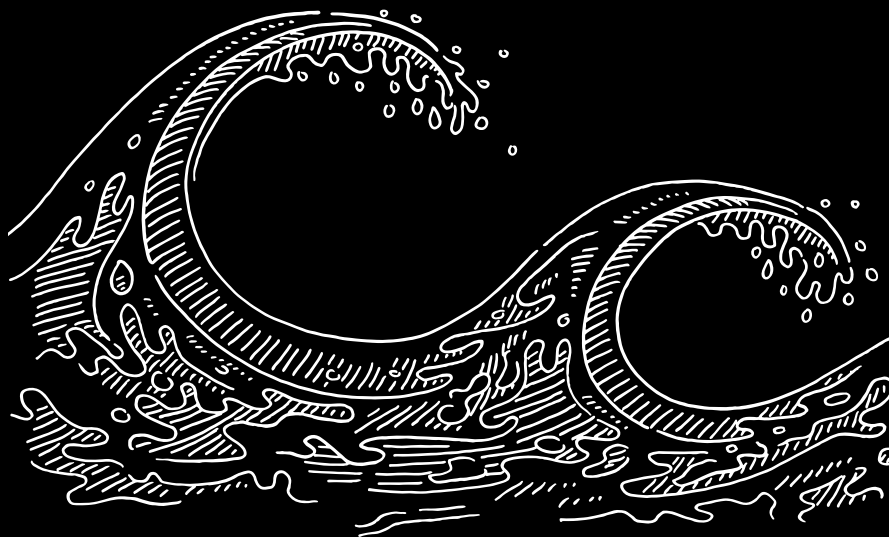
Isaiah 49:13

Romans 8:19

**Week
Eight**

Mind Blower

The largest recorded tsunami happened in Alaska in 1958. It was over 1,700 feet high—taller than the Empire State Building. It was big enough to level trees on the mountainsides.



Write Your Thoughts Here



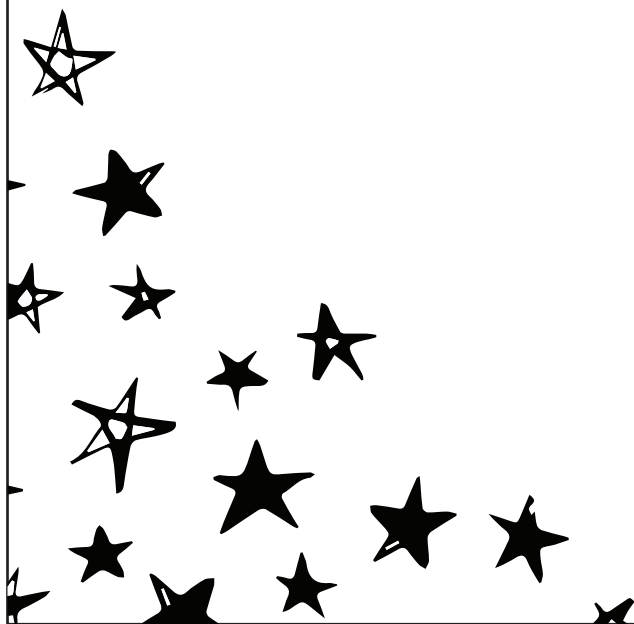
**God, I am so small and you are so powerful.
Thank you for loving me, just the way I am.**

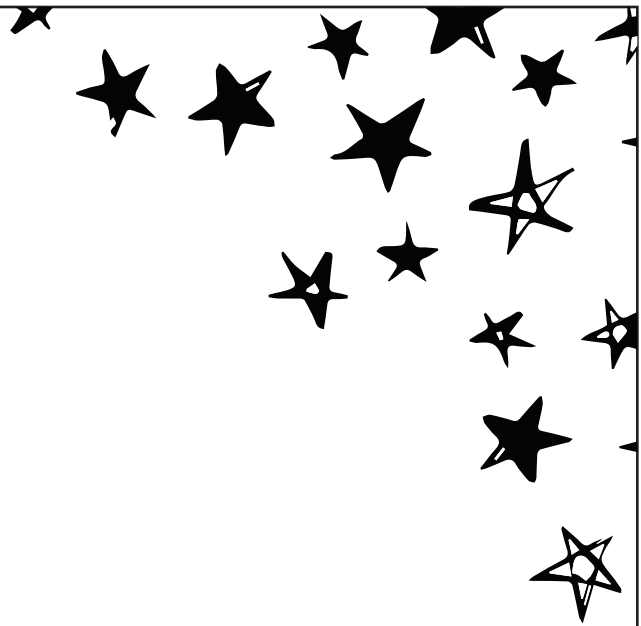
Doodle Space



Did you know the Bible says even the wind and the waves obey God?

Draw a picture of a windy ocean and praise God for how amazing he is!





patience

WEEK NINE

Trusting God in the Waiting



Trust the LORD! Be brave and strong and trust the LORD.

Psalm 27:14

When your parent deploys (or is gone for training), do people tell you, “You’re brave!” or “Be strong!” or “Wait patiently!”? Do you wonder how you are supposed to do that? Do you ever just want to break something, or run away, or simply cry?

During times of waiting like this, we can lash out—and not always know why. You fight with your brother and hurt his feelings. You wonder if anything really matters so you don’t do your homework. You’re angry at the world so you break things. Your heart hurts so badly you try distracting yourself with physical pain.

God has a better way to wait. And it’s not just pretending to be happy. Instead, God offers strength, bravery, and patience straight from the source—himself. He wants you to come to him, with all the messiness and heartache, and trust him. Read this week’s Psalm and see how King David stops to remember who God is. Like David, trust that God will get you and your parent through this hard time. Trust that he knows how you feel and that he will comfort you. Trust that he will help you cope.

So, when you are staring down the worry and sadness of separation from a parent, ask God to give you his strength, courage, and patience.

When you have to wait, ask God to give you his strength, courage, and patience.

Un
Shake
Able

Spiritual Fitness Training

One way God helps us is giving us battle buddies. Find someone who is going through or has gone through a similarly hard thing like you. Talk about what is hard for you. Agree to pray for each other.



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

Proverbs 3:5

Romans 12:12

Isaiah 40:30–31

Hebrews 10:35–36

**Week
Nine**

Mind Blower

Dogs who are trained to serve in the military are patient and loyal; they will wait for extended times for their handlers.



Write Your Thoughts Here



**God, I don't want to be patient, brave, or strong.
But thank you for helping me get through this.**

Refresh

WEEK TEN

So, Now What?



Make me as happy as you did when you saved me;

Make me want to obey!

Psalm 51:12

Sooner or later, we are going to mess up. And when we do, someone is going to get hurt ... or mad ... or both. We cannot be a perfect friend, child, or human.

Thank God for forgiveness! It is the way to get back in good relationship with people and with God. Actually, even if people won't forgive us, God always will.

God offers even more than that. When we feel guilty because we've done wrong, we want to go back to the way things were. We want to be happy and carefree in our relationships again. God is the One who can restore like that. He can make us want to do the right things. He can take away our guilt and bring back the joy we used to feel.

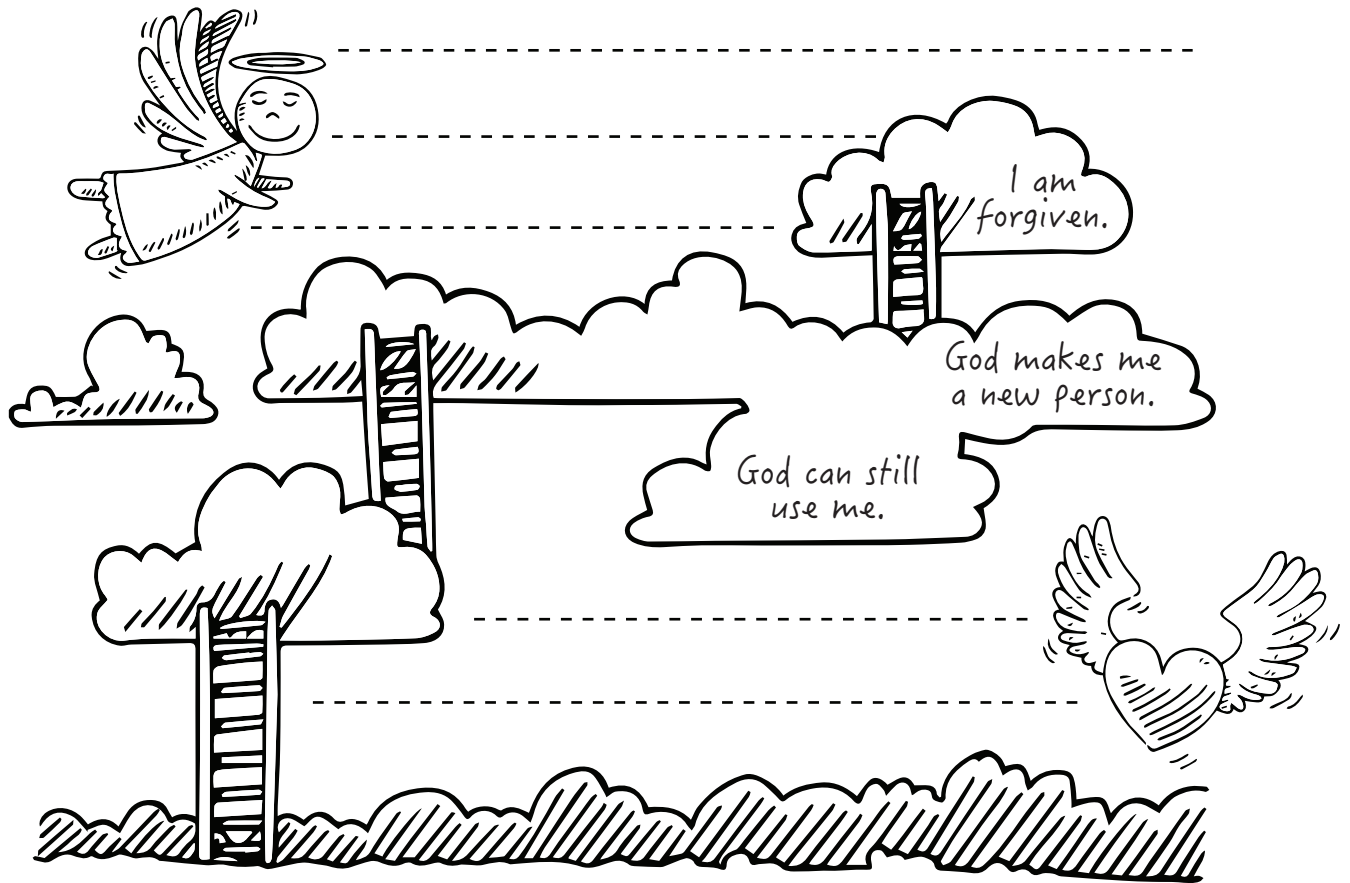
When we really know what it's like to be disconnected from God or from people because of our sin, we never want to feel that way again. We need to ask God to help us, to give us new thoughts and desires, to make us pure and faithful. God's forgiveness and restoration give hope to all of us who are still far from perfect.

Un
Shake
Able

God changes our thoughts and desires, and makes us pure again. He gives us hope.

Spiritual Fitness Training

Imagine God creating new, pure thoughts and desires for you.
What are they? Write them down below.



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

Isaiah 1:18

2 Corinthians 5:17-18

Ezekiel 18:31-32

1 John 1:9

**Week
Ten**

"I felt so much fatherly love from heaven and it was like, 'I don't condemn you. I love you.' ... And instantly that love from God came into me. It was so powerful. My heart was changed like that."

—Brian "Head" Welch, former lead guitarist for Korn, from his interview on *I Am Second*



Write Your Thoughts Here

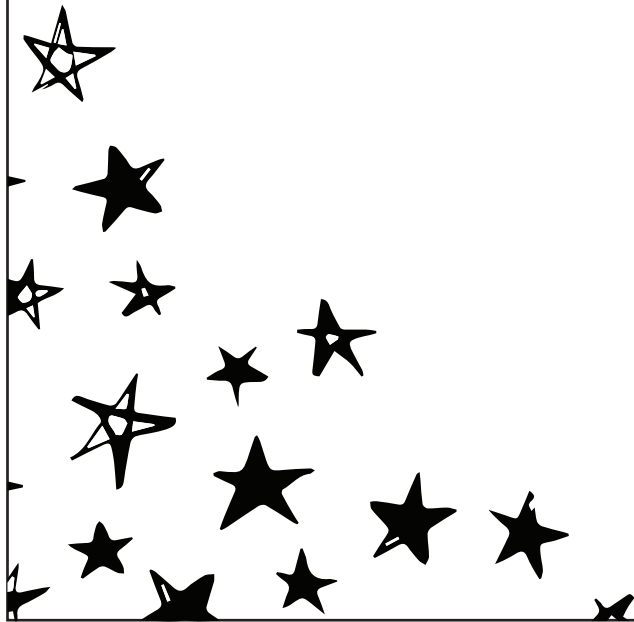


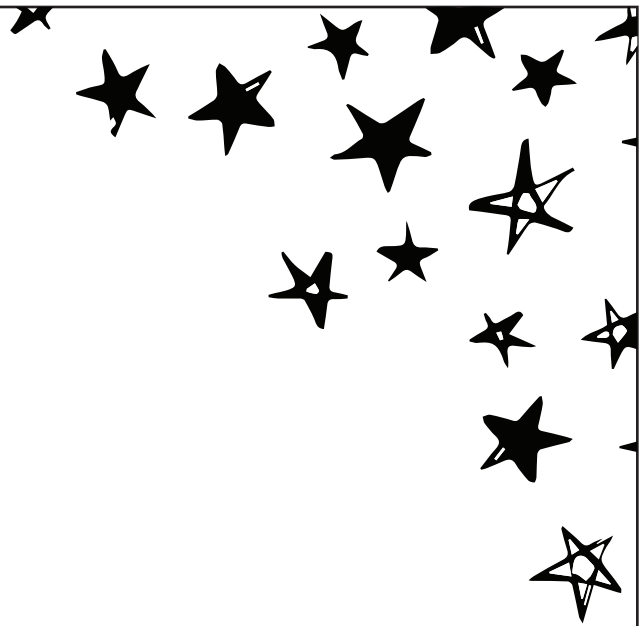
**God, I need you to fix me and my relationships.
I mess up. Please forgive me and change me.**

Doodle Space



Draw a picture of some pocket change. As you do, remember that God can change your heart and your mind, too.





**Week
Ten**

Trust

WEEK ELEVEN

Trusting for Courage



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

How in the world could you face a lion? A giant? An enemy army?

You trust God, David would say. The Bible tells us God gave David courage to face all these things—and helped him win. God had plans for David to become king of Israel, and God made it happen.

But it wasn't easy. In Psalm 40, David writes about being lonely and guilty and bullied. He needed to be rescued. And he trusted God to do it at the right time.

Because David trusted God, he was able to do what the Lord told him, like taking the next step toward the battle. He was confident God had good plans for him—he knew God was able to do anything! David couldn't stay afraid!

How do you learn to trust like that? You ask God to help you. You can go over in your mind all the amazing things God does every day, like making the sun shine on you and giving you air to breathe. And you can look in the Bible for stories of what he has done and what he has promised. You can trust that those good promises are for you.

Un
Shake
Able

David was so confident God would do good things for him, he couldn't stay afraid.

Spiritual Fitness Training

Check out this week's verses to find what God has promised, then fill in the keywords from the verse in the crossword puzzle.

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

MARVELOUS

GO

RESCUE

GOOD

LOVE

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

Proverbs 16:9

Romans 8:28

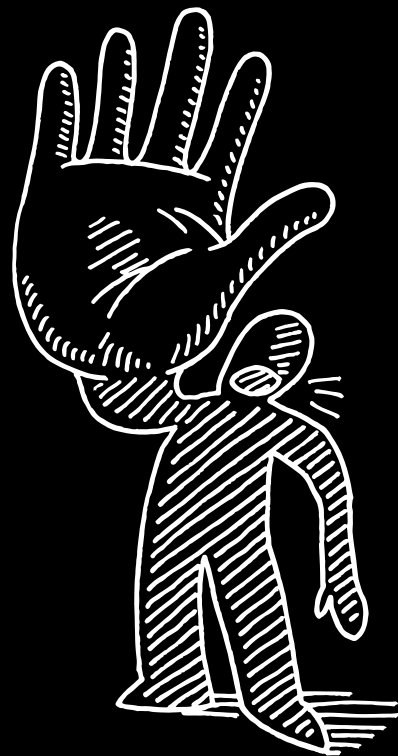
Isaiah 48:17

Romans 8:38–39

**Week
Eleven**

"We cannot always trace
God's hand, but we can
always trust God's heart."

—Charles Spurgeon, British
preacher in the 1800s



Write Your Thoughts Here



God, help me trust you like David did. You have good plans for me, and you can make them happen.

Help

WEEK TWELVE

Triumph Over Enemies



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

They're mean because they think they are better.

They're mean because they feel threatened.

They're mean because ... they're mean.

Middle school is a tough time in life. Kids are so unsure of themselves! They don't know where they fit, so they respond with fight or flight. They lash out, make fun, or even poke at others to try to take attention off themselves. Most times, the one with the loudest mouth wins.

We want to fight back. But too often our efforts fail. We're not fast enough, smart enough, rich enough, or (thankfully!) mean enough to make them stop.

In the Bible, David was betrayed by people all around him. His enemies were hunting him down, trying to kill him. David went right to the Lord. He pleaded his case before God, and asked God to deal with them. He trusted God to know how unfairly he was being treated and make it right. He trusted God's love completely.

If you have an enemy, you are not alone in the fight. When you understand God's love for you, you can trust him to take care of you—and your enemy. He will get you through the hard times and give you victory, including the ultimate triumph of an eternity with him.

Un
Shake
Able

You are not alone in the fight against your enemy. Trust God's love and justice.

Spiritual Fitness Training

Think about it! What help do you need from God? How have you seen God's love already? Write down your thoughts about the words from this verse.

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

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

2 Samuel 22:18-19

Romans 12:17-19

Proverbs 20:22

1 John 5:4-5

**Week
Twelve**

"The Bible tells us to love our neighbors, and also to love our enemies; probably because they are generally the same people."

—G. K. Chesterton, British author in the early 1900s



Write Your Thoughts Here

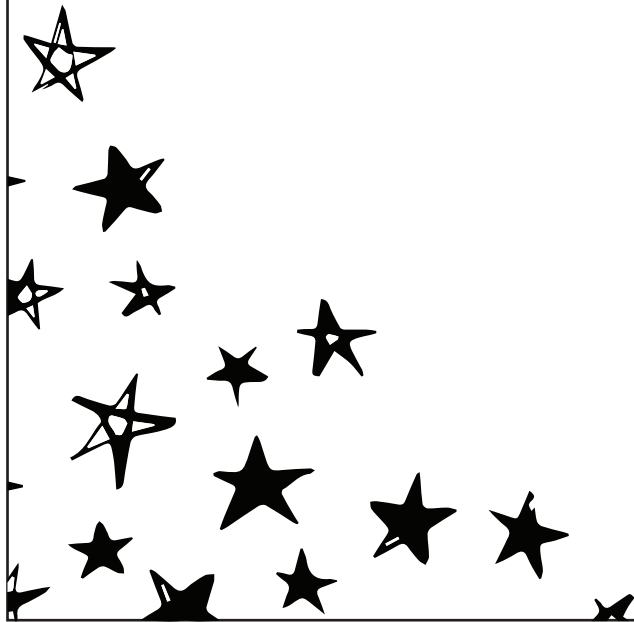


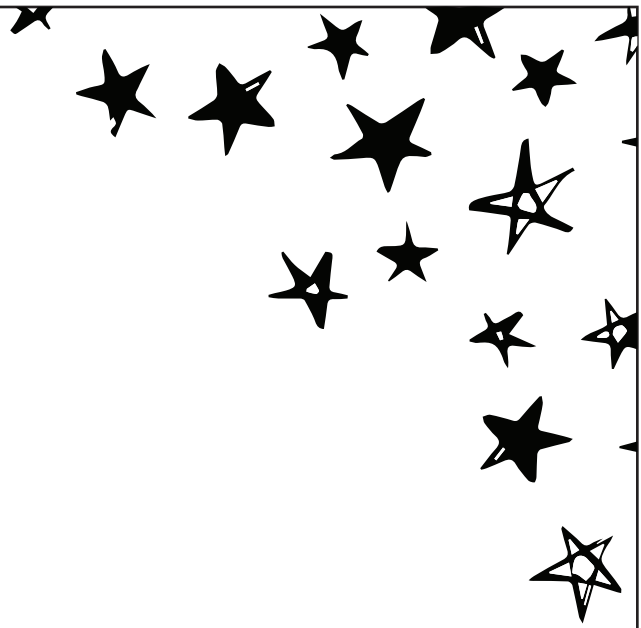
**God, if you could save David from his enemies,
you can save me. Please help me get through.**

Doodle Space



Draw a picture of a cloud and write your hopes and dreams in it. Then ask God to show you how to use them for his purposes.





Fulfilled

WEEK THIRTEEN

No Earthly Satisfaction



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

You miss your bedroom from your last home, but it's great to be near your grandparents at this duty station. You miss your favorite restaurant in another state, but this neighborhood has the best friends.

Ahh, the life of a gypsy military kid! Can you ever be satisfied in any one place? Maybe not in this world.

But we get to see glimpses of God's goodness all over the world. All the good things and good places we've called home are gifts from God. Think of the times you've moved and worried about the next place. God brought you through and cared for your every need, didn't he?

Beyond that, God gives us hope for an eternal home that will be perfect. There will be no wishing for someplace else, and no more goodbyes.

It's good to hope for a large yard or a friend across the street, but these things are only pointers to something more. Our soul—our deepest self—really longs for a home rooted in God's love. We know that he takes care of us in this life, and he satisfies our deepest longings in a way that no house or person—or dream—on this earth can. So, rest in God's love today. There's no better place to be.

Un
Shake
Able

***Our soul—our deepest self—really longs
for a home rooted in God's love.***

Spiritual Fitness Training

What can you thank the Lord for at this duty station? Write it below.



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

Isaiah 55:1-2

John 4:13-14

Isaiah 58:11

1 Timothy 6:17

**Week
Thirteen**

Mind Blower

In the fall, moles begin hoarding earthworms. They paralyze them and store them in their burrows to eat during the winter.



Write Your Thoughts Here



A series of ten horizontal dashed lines spaced evenly down the page, providing a guide for writing thoughts.

God, I'm always wanting something more in this world. I want to be satisfied with you instead.

**Un
Shake
Able**

**Un
Shake
Able**

**Un
Shake
Able**

Keep It Going! ↘

Great job!
Check your mailbox for
your next book!

(It's coming soon!)

