

A Journey Through the Book of Psalms

# UNSHAKEABLE

Firmly Planted in God's Word

BY TONIA STACEY GÜTTING

 **HERO  
SQUAD**  
VARSITY EDITION

Unshakeable, Girls Varsity Squad Edition, Spring Issue

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Cover and interior design by [lindseybeharry.com](http://lindseybeharry.com)

Item 125632

IP-1150-1/24-125632

Printed in the United States of America

# Start Here

WRITE YOUR NAME ON THIS LINE:

WRITE THE NICKNAME YOUR FRIENDS & FAMILY CALL YOU:

WHAT DOES BEING *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 YOUR CELL PHONE OR EMAIL ADDRESS 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 to 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

## Focusing on the Best



*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

*Congratulations! You've been selected to be on the Olympic team! You will now be coached by the best of the best—the one who always makes world champions. When the training gets hard, remind yourself, "This is the best coach. He knows what he's doing. And he chose me for this."*

This imaginary scenario is one way of thinking about the Christian life. God is much better than any human coach, but when the going gets tough, we still need to remind ourselves of who God is.

The Lord tells us to praise him. This isn't because he needs a bunch of people affirming him to make him feel good. It's actually because God knows we need to remember him.

And our soul needs to connect with him. When we are in awe of his greatness, we put things in the right place. Things start to make sense. We aren't the commander of our lives, God is. When our soul meets with its Maker, joy explodes.

The writer of Psalm 104 starts praising God by thinking through what it takes to keep this world spinning and all the creatures fed just for one day. He realizes that if God ever frowned at the world, it would be shaken to its core.

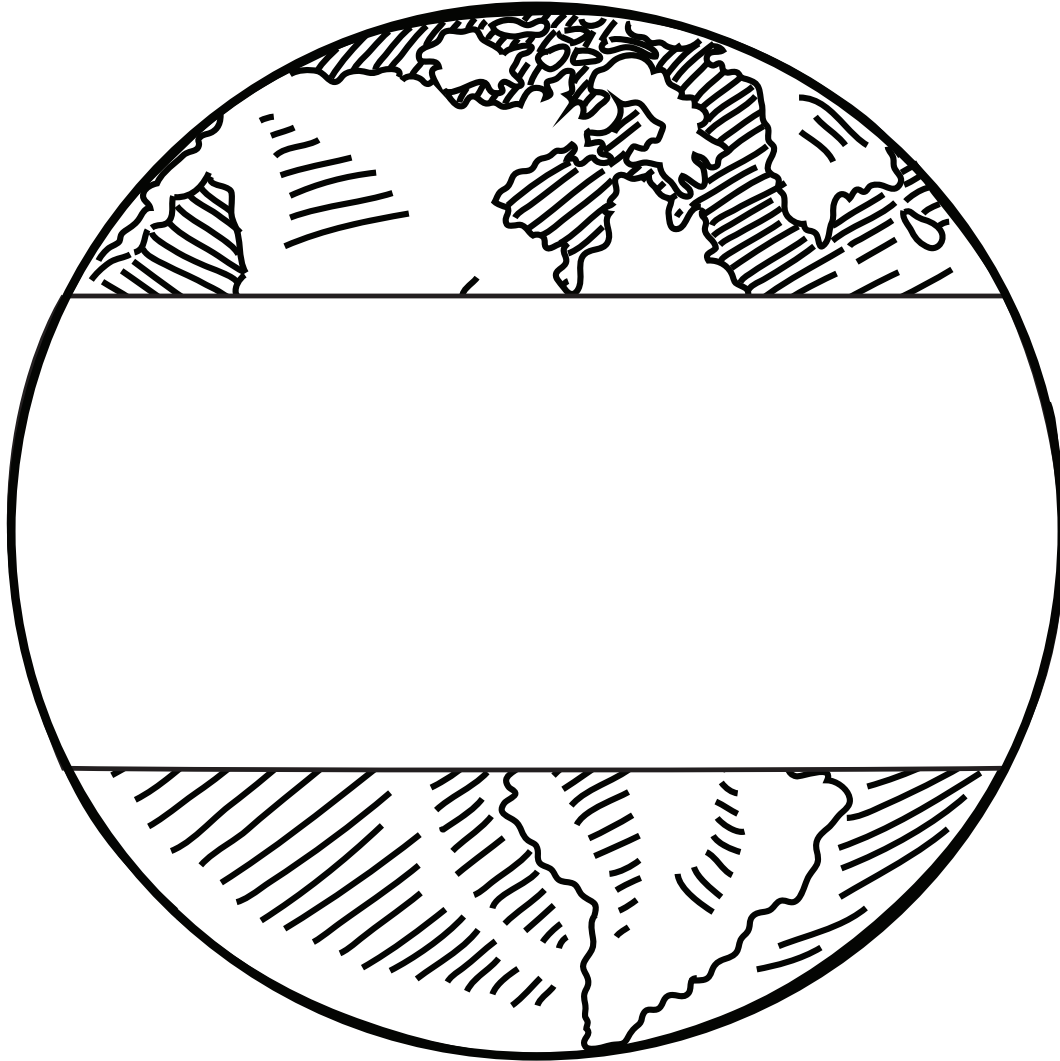
Take some time to praise your great Coach today.

Un  
Shake  
Able

***When we praise God, we put things  
in the right order. Joy explodes.***

# Spiritual Fitness Training

What amazes you most about God's Creation? Draw or write about it below.



**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**

"Today we think people are smart who make lightbulbs and computer chips and rockets out of 'stuff' already provided! [Jesus] made 'the stuff'! ... [C]onfidence in his intellectual greatness is the basis of the radicalism of Christ-following in relation to the human order."

—Dallas Willard,  
American theologian

# Write Your Thoughts Here



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**DID YOU KNOW?**

According to Pew Research, actively religious people are more likely to describe themselves as very happy. Several studies show that religious faith and practice improves mental health.

safety

WEEK TWO

## A Trustworthy 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

Do you need a light? Can't see where you are going? Under a spiritual cloud? Need some warmth?

David—the shepherd, the warrior, the king—wrote that God is his light. David fended off predators in the dark. He camped out on nights before big battles. He was betrayed and lonely. Sometimes he let the darkness of sin invade his life. He wrote of grief and depression.

So, it means something when David calls God his light and his protection. He had experienced God at work. God's light was seen, tested, proven. David depended on God to bring him through tough times, and he trusted God even when he faced death.

In the beginning, God made light. Interestingly, he created the sun a bit later (Genesis 1:3–5, 14–18)! David reminds us that God himself is the life-giving light to our days and to our soul. Later, Jesus says he is the light of the world. He is the One who conquers the darkness of sin, depression, hopelessness, attacks, despair—even death.

When you need light in a tough season, look to Jesus. Pray when battles come. Memorize this week's verse and hold onto its promise when darkness threatens. Thank God for your new life already begun in Jesus—and our eternal life to come where there will be no more darkness.

Un  
Shake  
Able

***When you need light in a tough season, look to Jesus.***

# Spiritual Fitness Training

Committing Scripture to memory helps us build a toolbox to combat the days which need God's intervention. Practice memorizing today's verse by mentally filling in the words that the letters represent, below.

**You, L, are the L  
that K M S.**

**I am N A of A.**

**You P M,  
and I have N F.**

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

- Exodus 15:2
- Isaiah 12:2

- John 1:3b-5
- John 8:12

Week  
Two

"The issue is now quite clear. It is between light and darkness and everyone must choose his side."

—last words of G. K. Chesterton,  
British journalist and author



**Write Your Thoughts Here**



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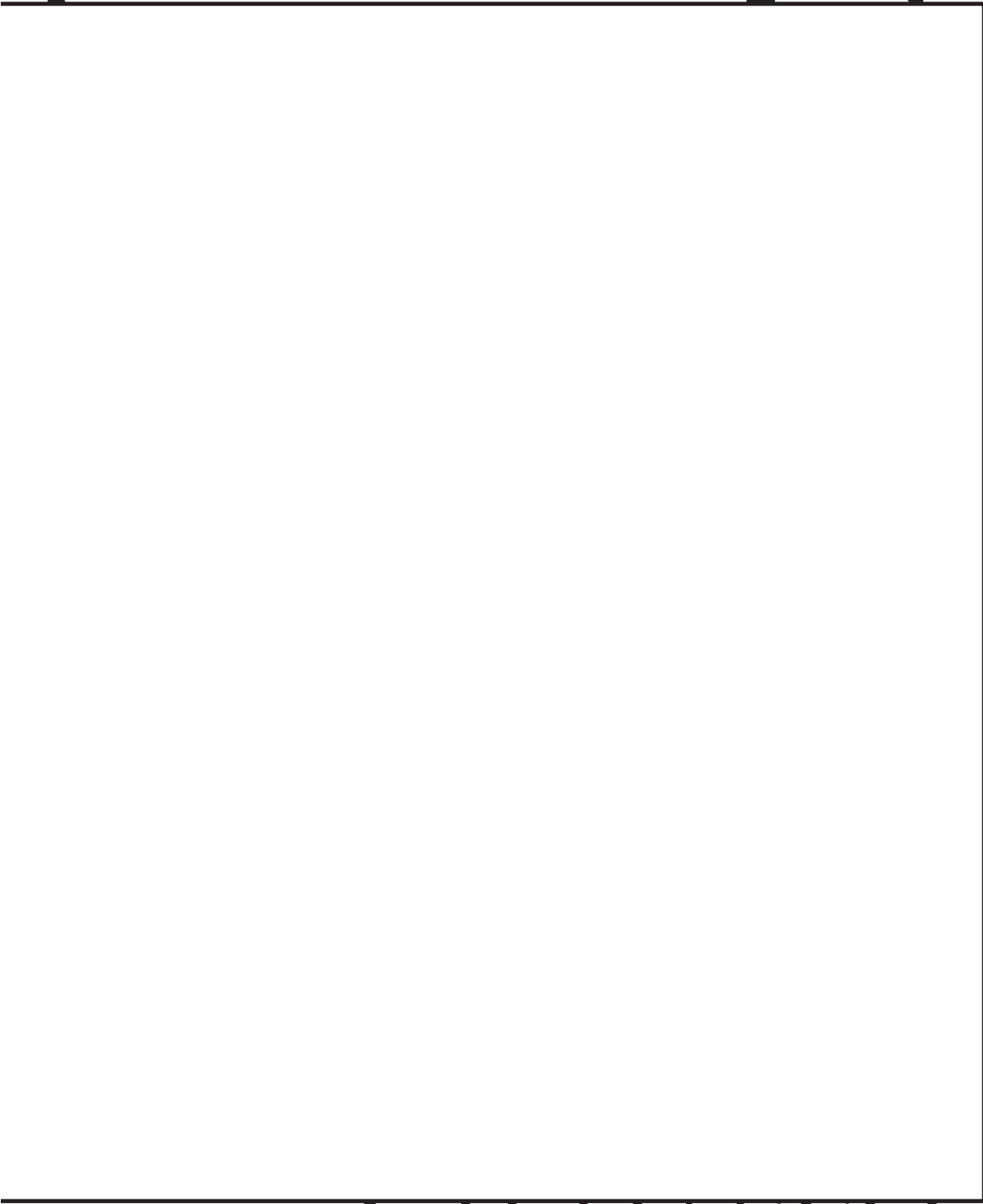
**TALKING TO GOD**

Lord, when these battles look so dark, please be my light. I want to live in your light now and for eternity.

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**Doodle Space**





Week  
Two

Distress

WEEK THREE

## From Hopeless to Hope-Filled



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

Psalm 75:3

Nobody tells the truth. Corruption infects every government system. Everyone seems to be out for themselves. People disappoint and betray. From war and crime to school shootings to online bullying, evil rocks our world to its core. Sometimes even we are part of the problem.

So can good win? Will love hold us steady? Can God turn things around?

Yes, yes, and again, yes. Look up what the psalmist says in Psalm 75. The God who controls the armies of heaven, the God whose throne is beyond the stars, is also near to us. The hand that moves the storms, the foot that shakes the mountains—the Lord God of all—steadies the earth and holds its foundations together. When evil rages all around you, the Lord sets its limits. And one day, when evil's time has run out, he will bring all to justice.

God sees you. He holds you through the storms. He strengthens you for the journey. He gathers your tears. He is angry over the wrong done to you. He will forgive you and restore you. He loves you!

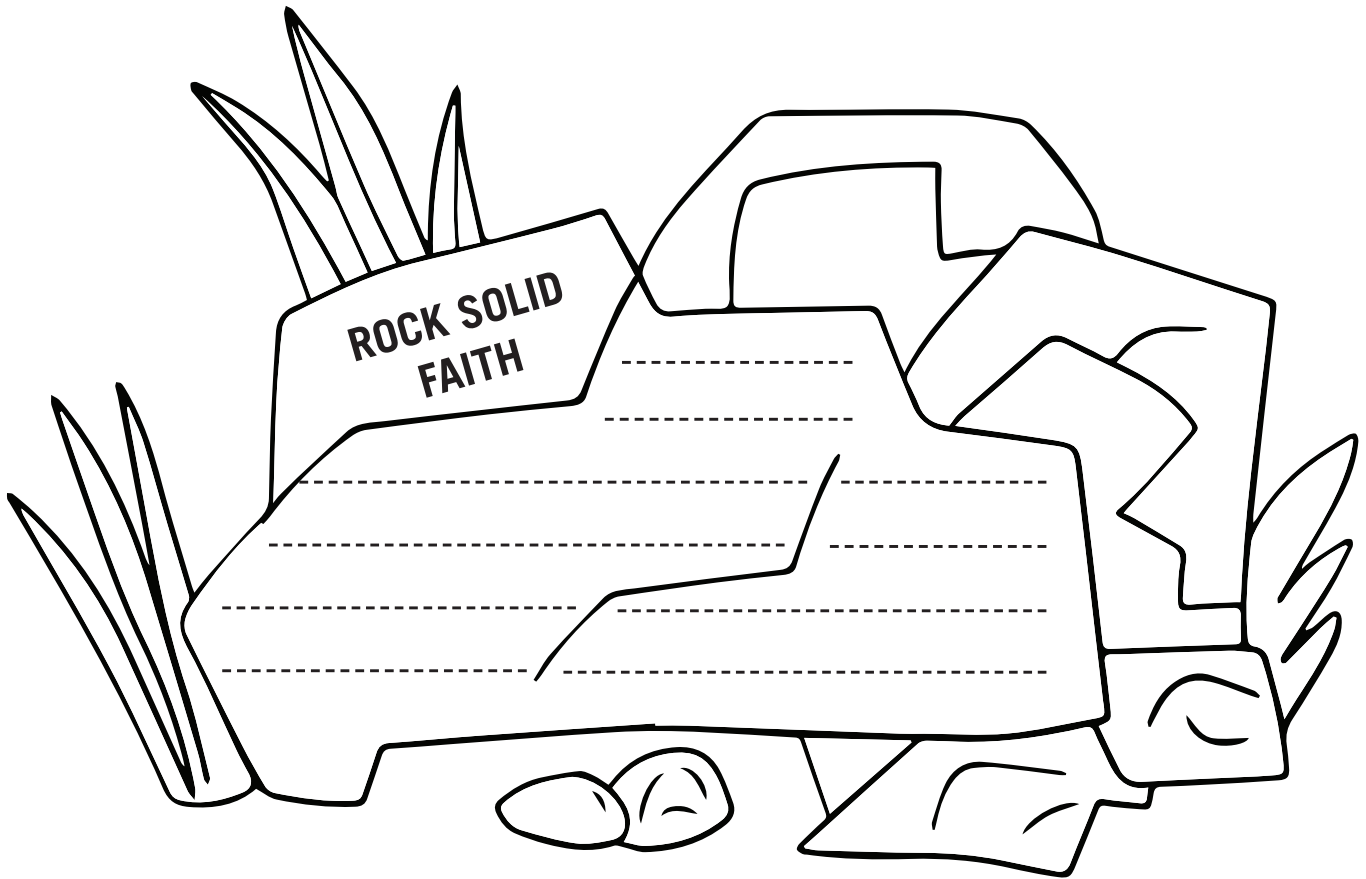
When your earth shakes, remember God will hold you steady if you let him. Fill your mind with thoughts of him. Pray to him, read about him. He is the solid foundation you can trust.

Un  
Shake  
Able

***When your earth shakes, remember God  
will hold you steady if you let him.***

# Spiritual Fitness Training

Know someone with rock-solid faith? Ask them how the Lord got them through when their world was shaken. Make some notes below.



**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**

*"Let God's promises shine  
on your problems."*

*—Corrie ten Boom, Christian holocaust  
survivor and author in the 1900s*

# Write Your Thoughts Here



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**DID YOU KNOW?**

Scientists believe the earth has flipped its polar magnetic ends before—more than once. If we had compasses in prehistoric times, they may have pointed south for many years, then flipped back to north.

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Joy

WEEK FOUR

## Finding Your Path 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

Life can feel like a corn maze. Some turns make sense. You get some perspective at certain points. But then there are long blind corridors, intersections where you don't know which way to turn, and dead ends where you don't see a way out.

You need a map. A master plan with instructions. Preferably by someone who sees the whole picture ... even the one who designed it in the first place.

David, the guy who wrote Psalm 16, found this Path-Maker. David was a verified customer and gave the map his highest review: a person who follows the Creator's path of life ends up with joy.

Throughout Psalm 16, David gives some guidance for this path of life: When you need safety, run to God for protection (verse 1). Recognize all good things come from God (vs. 2). Decide to follow him and have no other gods. Joining with God's faithful people brings joy, but remember that those who chase other priorities will find sorrow (vs. 3–4). No matter how dark it gets, God will guide you through (vs. 7). And ultimately, it is God who gives eternal life and is our eternal joy (vs. 10–11).

Join David on this life path with God, toward God—toward all good things. At times other turns will look like a lot more fun, but none will result in the joy that really satisfies. Trust the Path-Maker.

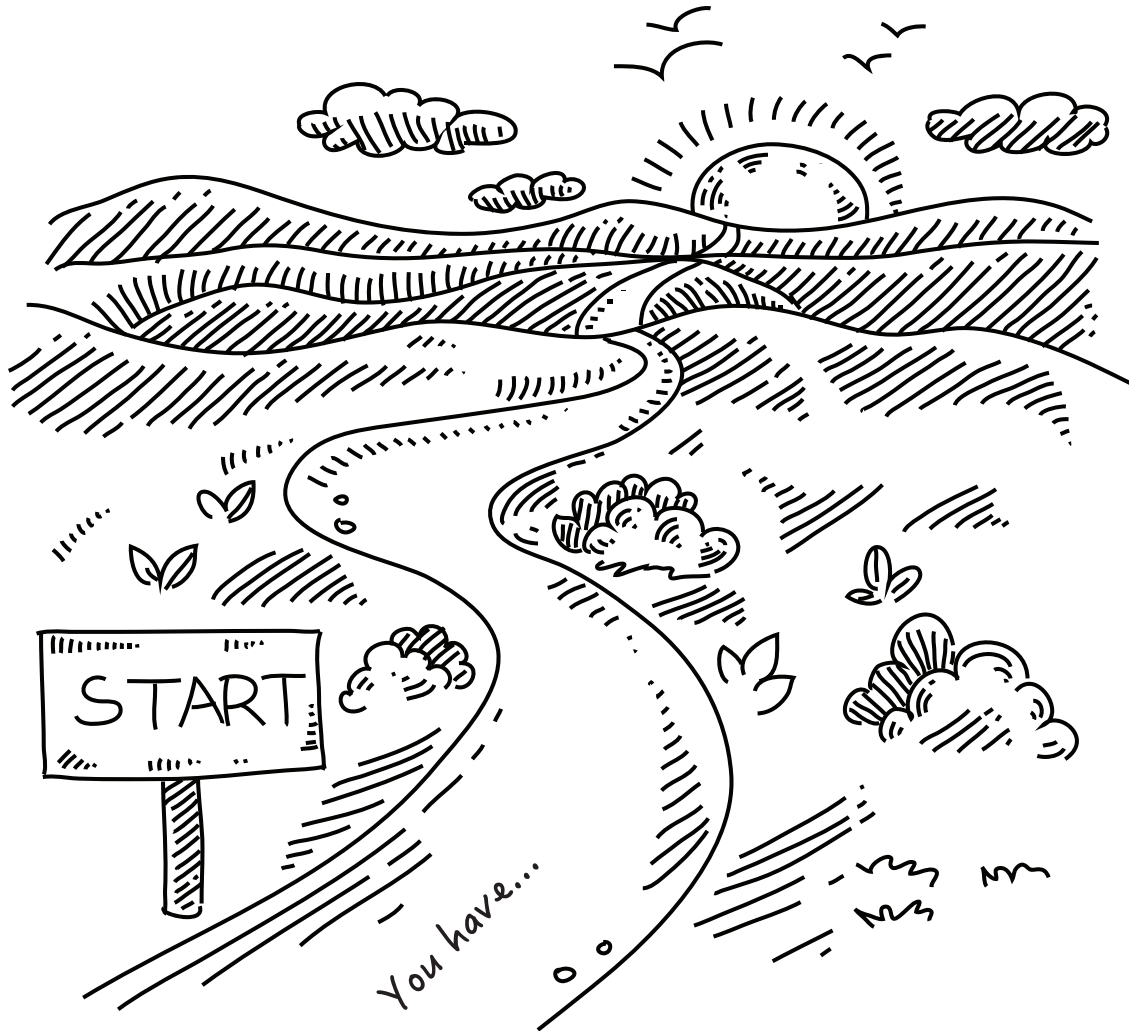
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Shake  
Able

***Join David on this life path with God,  
toward God—toward all good things.***



# Spiritual Fitness Training

Write today's verse in the path below, and as you do, pray for the lasting joy that only God can provide.



**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

The Lord gives his people  
perpetual joy when they  
walk in obedience to him.

— Dwight L. Moody, American  
evangelist and publisher in the 1800s

**Write Your Thoughts Here**



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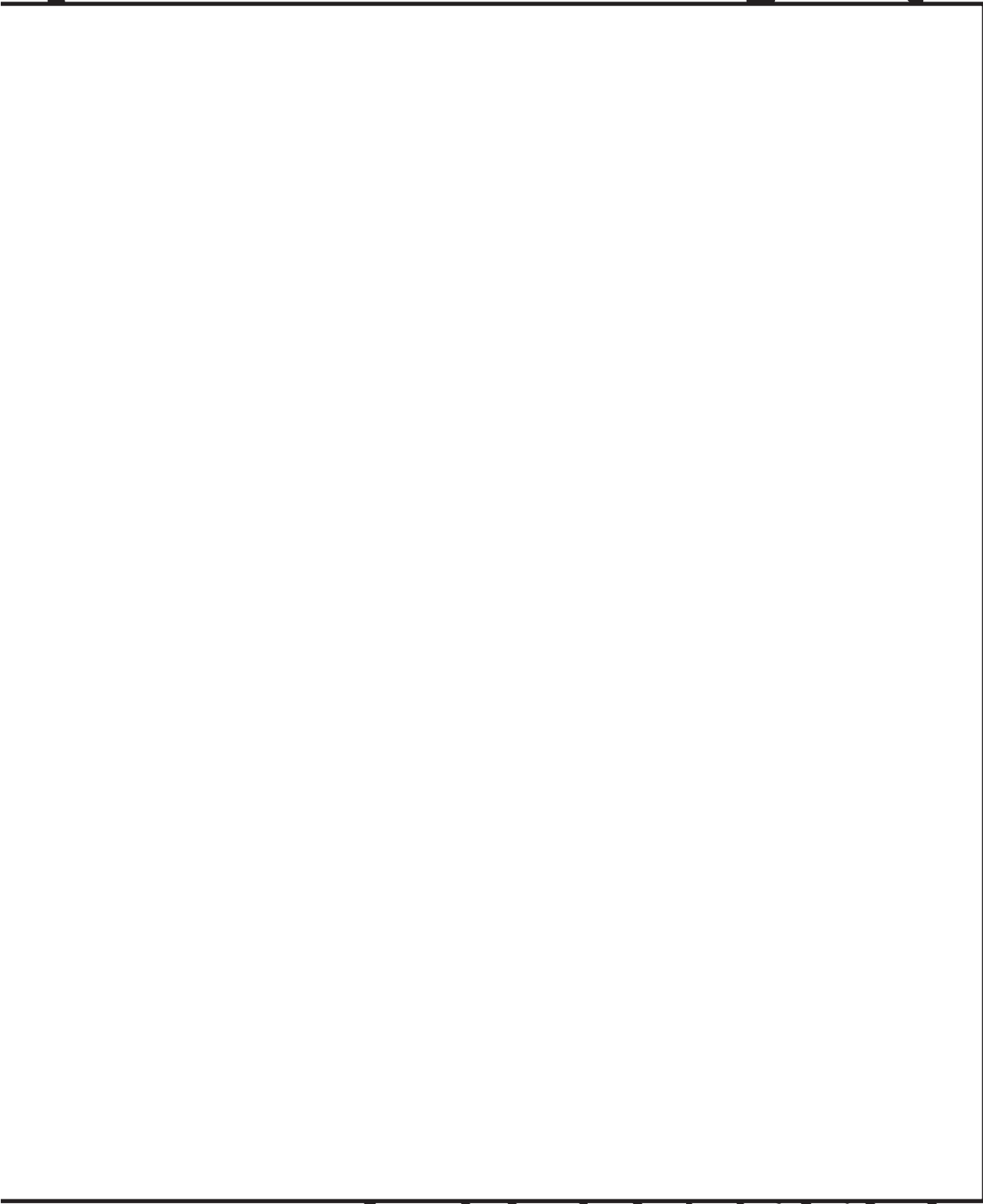
**TALKING TO GOD**

God, life can get confusing. I want to follow you and have your joy. Help me stay on the right path.

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**Doodle Space**





Week  
Four

# Mercy

WEEK FIVE

## Willing to Forgive



*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

We hear it everywhere in our culture: "I'm offended!" In effect, people say, "If you don't meet my needs, my expectations—if you ever fail me—that's it! I'm moving on. You are cut off." It's as if we've abandoned forgiveness. There's no recovering from mistakes and betrayals.

So, we walk on egg shells, but eventually someone gets offended and the walls go up. We're imprisoned in offense and loneliness.

God chose the Israelites to be his. He rescued them, provided for them, and taught them his good ways. Yet, this week's verse reminds us they still rebelled. And he still forgave.

Too often, the same is true for us. We continue to choose ways that offend our good God and separate us from him. But God forgives. And he sent Jesus to end the offense, to take the punishment we earn because of our sin. No matter what you did—or what you do—God still wants a right relationship with you. As soon as you ask, he forgives. Repeatedly.









That's why forgiveness is so powerful! When we know God forgives us, we are freed from guilt. And we are free to love and forgive others. We can imitate God by refusing to be offended and by refusing to abandon others, even those who disagree with us—all because of Jesus.

Un  
Shake  
Able

***No matter what you did, God still wants you.  
As soon as you ask, he forgives.***

# Spiritual Fitness Training

Be aware of what your culture is telling you. Write down any examples you see this week of forgiveness or unforgiveness.

Unforgiven	Forgiven
	
	
	
	
	

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

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

Week  
Five

"God pardons like a mother,  
who kisses the offense into  
everlasting forgiveness."

—Henry Ward Beecher, American  
Congregationalist clergyman, social  
reformer, and speaker



# Write Your Thoughts Here



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**DID YOU KNOW?**

Unforgiveness spreads! In 1859, settlers on San Juan Island nearly started a war because an American farmer shot a British farmer's hog that destroyed his garden.

# Help

WEEK SIX

## The God Over Impossibilities



*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

Make friends at the new place? Impossible! Survive a deployment like this? Impossible! Stop myself from thinking these thoughts? Impossible! Pass this chemistry class? Super impossible!

Life throws many impossibilities at us. Often we're praying for a good thing or resolution in the future—a promised land—but we have no idea how to get there. We don't have the strength, the money, the smarts, or the connections to make it happen.

But if it's what God has for you, he will get you there. If it's not, you don't want it. He has something better for you.

If God is going to do the impossible for you, don't worry about your own strength or weakness. He has all the resources. Nothing can stop him. Get ready to praise him for his love.

The Israelites saw this firsthand. This small nation—a ragtag group of people who had been wandering in the desert for 40 years—was no elite fighting team. How could they go to war against battle-hardened people, well-entrenched in their home turf? Every bet was against them.

God did require action of the Israelites. They had to step forward and battle in faith. But it was clear that God's strength brought the victory. God helped them triumph over impossible odds—because he loved them. And he still does it today!

Un  
Shake  
Able

***If God has something for you, he will get you there.***

# Spiritual Fitness Training

Imagine God working out your “impossible.” Pray for that. Fill in the blanks of today’s verse and use it in your prayers.

Their s\_\_\_\_\_ and w\_\_\_\_\_ were  
not what w\_\_\_\_\_ the land and gave them  
v\_\_\_\_\_. Y\_\_\_\_\_ I\_\_\_\_\_ them  
and f\_\_\_\_\_ with your p\_\_\_\_\_  
a\_\_\_\_\_ and your shining  
g\_\_\_\_\_.

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

- |  |   |
|--|---|
| <input type="checkbox"/> Deuteronomy 8:17–18 | <input type="checkbox"/> Philippians 4:19 |
| <input type="checkbox"/> Zechariah 4:6–7a    | <input type="checkbox"/> Hebrews 13:5–6   |

Week  
Six

"If you're not daring to believe  
God for the impossible, you're  
sleeping through some of the best  
parts of your Christian life."

—Steven Furtick, American pastor

**Write Your Thoughts Here**



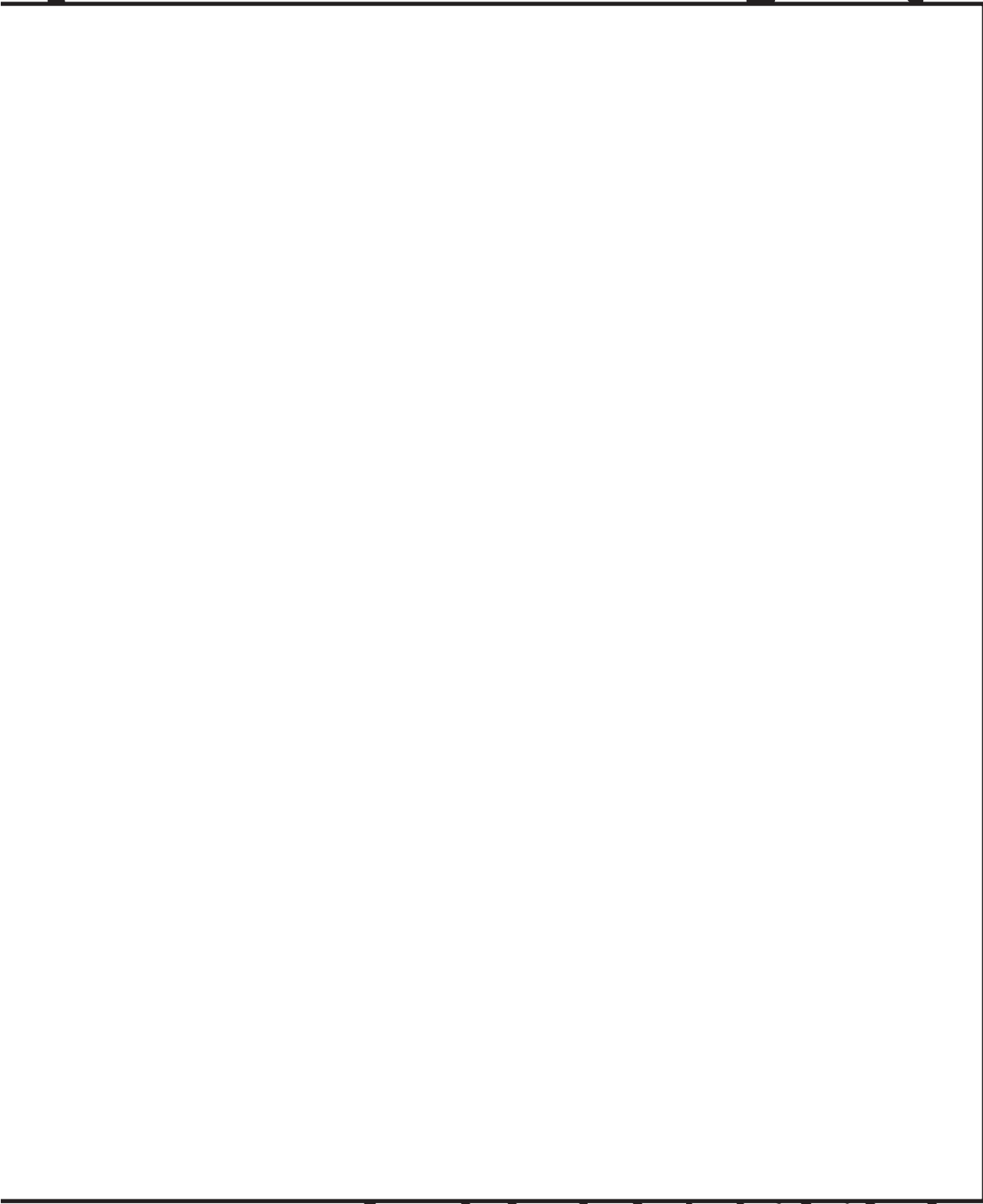
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**TALKING TO GOD**

God, you know my impossible thing. You can take care of it. Help me do my part. Help me wait for you.

**Doodle Space**





Week  
Six

Grief

WEEK SEVEN

## Moving Through Grief



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

Psalm 88:9

Are you grieving today? Life can throw so much heartache at us, it sometimes leaves us broken. We want to be with people from other duty stations. Parents who deploy can return changed, and we miss the way they used to be. Broken relationships can leave us feeling alone. Our wrong choices can alienate us from everyone who really loves us.

Because of sin, this world is not the way God wanted it to be. Because mankind chose to rebel against God, the whole earth groans in pain (see Romans 8:20–22). There is much to grieve.

The writer of Psalm 88 mourns the broken life he’s living. He feels alienated from God, under crushing punishment, without a friend.

But he holds on to faith. In the first verse he declares to the world—and to himself—that it is God who saves him. When there is nowhere for him to go, he turns again and again to God. His persistence in prayer shows his hope that God will bring him through and there will be better days.

When you feel stuck in grief, cry out to God. Tell him everything, bring him every tear and doubt. But don’t check yourself in for an extended stay. “Heartbreak’s not my home,” as songwriter Brandon Lake reminds himself. Keep looking for the Lord’s promise of hope and healing.

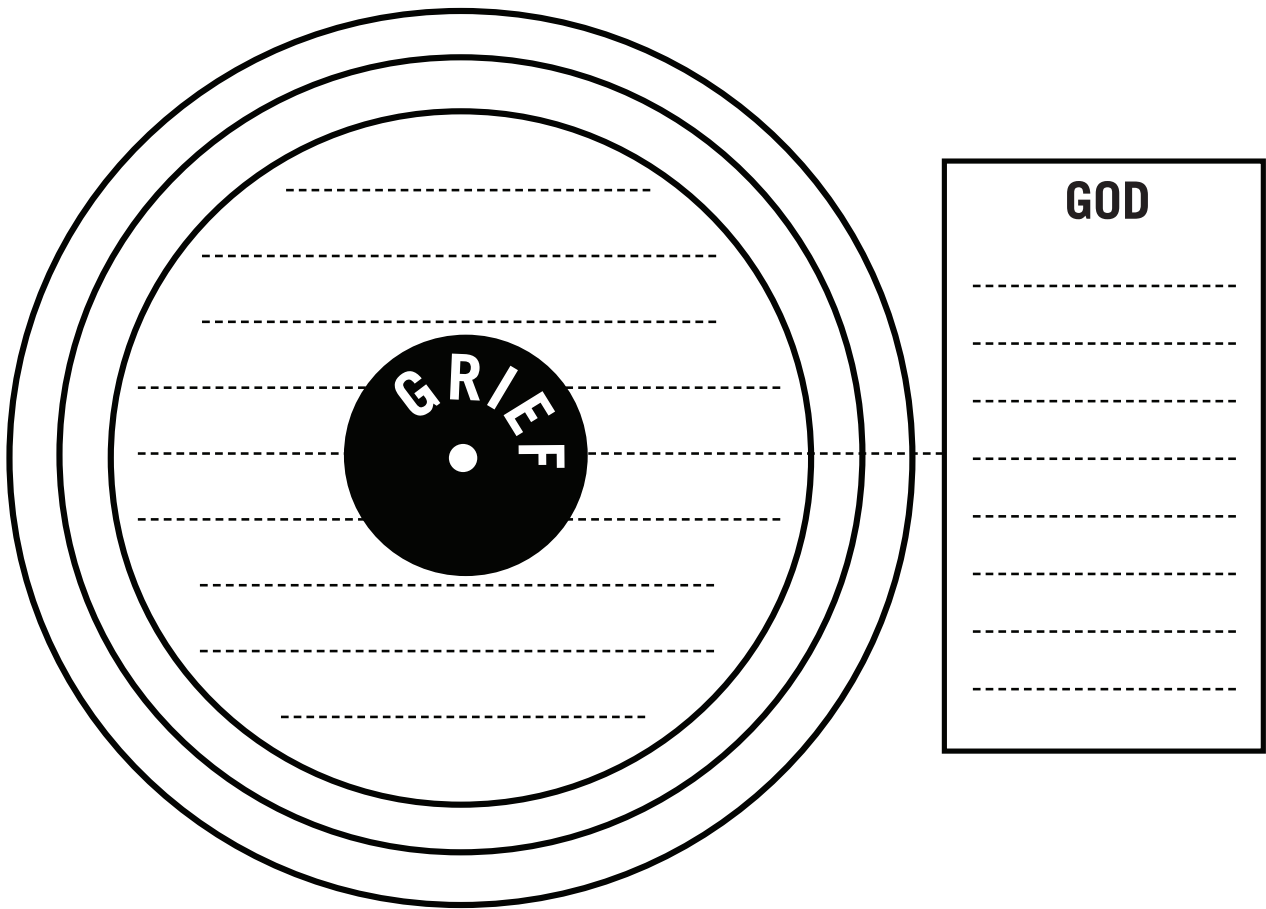
Un  
Shake  
Able

***Cry out to God. Tell him everything, bring  
him every tear. Move close to him.***



# Spiritual Fitness Training

Is grief playing on the turntable in your mind? Do the same thoughts keep going around and around? Write them in the middle of the record. Then write some aspect of God that you want to refocus your mind on in the box to the right.



**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**

“When the grief is fresh and intense...to move toward healing and return to joy requires that we press this one idea deeply into our souls until it begins to impact us at the level of our feelings: ‘I can trust God with this.’”

—Nancy Guthrie, contemporary writer,  
[desiringgod.org](http://desiringgod.org)

# Write Your Thoughts Here



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**DID YOU KNOW?**

Many cultures throughout history hired professional mourners to express grief at funerals. In the U.S., the Arlington Ladies volunteer to attend soldiers' funerals as an act of respect.

Praise

WEEK EIGHT

## Control and Creation



*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 amaze you? Does the color of people's eyes give you joy? Does a sunset raise your spirits, or the night sky fill you with wonder? Does the pounding of ocean waves make your heart swell?

All the wonder of Creation points us to a mighty Maker. It lifts us up because it connects us to God. When we are in awe of beauty, when we face the power of the ocean, we see aspects of who God is and what he is like. The God who controls the waves is tremendously powerful. The One who formed the mountains is unmovable. The One who chose the colors of the blue jay is more beautiful than anything he creates.

Jesus once said if people didn't praise God, the rocks would cry out. God gave people words to speak, but nature speaks in its own way about a Creator of order, power, and beauty. Creation is God's witness to us about his awesomeness.

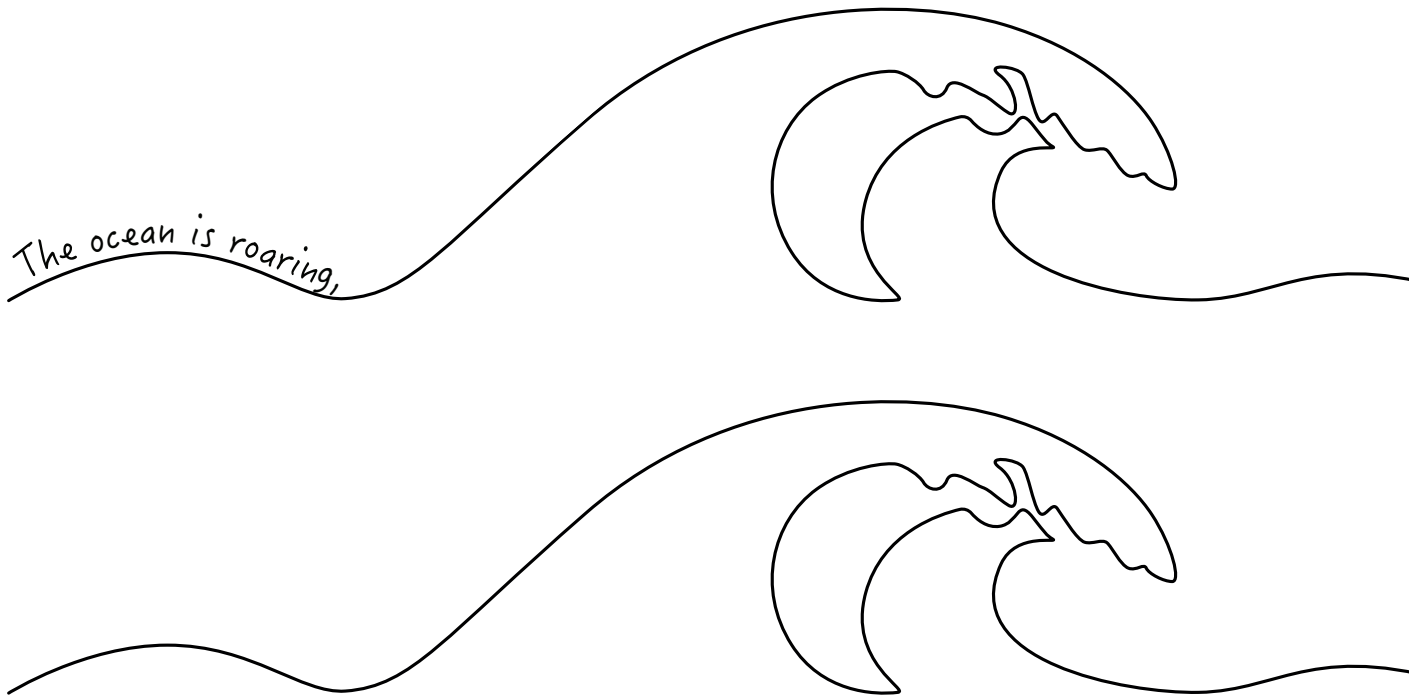
So, when we are feeling overwhelmed, out of control, or small, we can praise the One who is not. We don't have to doubt or be in despair. We may not be able to change the weather or stop wars, but we know the Creator has everything under control. The King of the Universe has a firm hold.

Un  
Shake  
Able

***When we are feeling small, we can  
praise the One who is not.***

# Spiritual Fitness Training

Write today's verse into the waves.



**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**

45

"God is always worthy of praise.  
And praise benefits us, too. When  
we praise God, we make room in our  
hearts and minds for Him to come  
in. Praise lifts our spirits and drives  
away the devil. So sing, dance, or  
lift your hands—do whatever you  
can to praise the Lord!"

—Jack Wellman, American pastor  
and author

**Write Your Thoughts Here**



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**TALKING TO GOD**

God, you are amazing and your creation is wonderful. When I'm overwhelmed, it helps me to know you are in control.

**Doodle Space**







Week  
Eight

Patience

WEEK NINE

## Finding Confident Patience



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

Psalm 27:14

Darkness threatened. The king had seen the enemy advancing and war breaking out all around. He fought physical, emotional, and spiritual battles. But through it all, King David's confidence was unshakeable: he knew from experience that God would protect him. He had nothing to fear.

So he wrote a song about it, Psalm 27. It has reminded people for generations that even if everyone else fails you, even your parents, God won't. At the end of the song, David declares, "Trust the LORD! Be brave and strong and trust the LORD."

What battles are you facing? Have friends betrayed you? Is life a bit overwhelming? Are your parents falling short because they have to leave, or maybe they're struggling too? "Trust," says David.

But this trust is not just sitting around hoping God will do something. No, it's discovering an unshakeable confidence in God's character. Trust like David's makes us brave to face our situation. It gives us courage to do what we can, knowing God will do the rest. It gives us patience because we can be positive the Lord will make things right at the right time.

Acquire confident patience like David's by practicing it and praying for it. When hard times come, bring it all to God, then trust him.

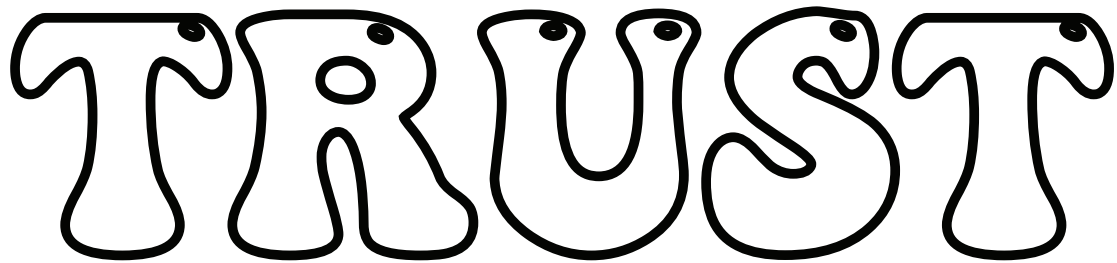
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Able

***Acquire confident patience by practice and prayer.  
Bring it all to God, then trust him.***

# Spiritual Fitness Training

Color and doodle in the word trust below. As you do, consider the areas you have been struggling to trust God for and write them on the blank lines. Pray for God to help you to build patience and trust in him.

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**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**

"We could never learn to be  
brave and patient, if there  
were only joy in the world."

—Helen Keller, a blind and deaf  
author and advocate for the  
handicapped in the early 1900s

# Write Your Thoughts Here



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**DID YOU KNOW?**

Studies show that learning  
patience reduces ulcers,  
headaches, depression, and  
overall illness. And patience is  
a key character trait of great  
innovators and inventors.

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# Refresh

WEEK TEN

## From Forgiveness to Restoration



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

*Make me want to obey!*

Psalm 51:12

They say they have forgiven you, but ... things just aren't the same.

King David learned that there's a difference between forgiveness and restoration. He loved the LORD so fully, but he had messed up so badly. He betrayed his friend, his country, and his God. He had an affair with a married woman, Bathsheba. When he couldn't hide it, he had her husband killed. And then he got caught. Who and how do you ask for forgiveness in that mess?

David knew it was God. In Psalm 51 he begs God to forgive him and then he asks for the next step—restoration. David didn't ever want to go back to that place of shame and guilt. He didn't want to desire the sin anymore. More than anything, he wanted to be in a right relationship with God. So he prays for God to change him. He asks God to change his thoughts, his spirit, his very being. He asks to be restored to a joyful relationship again.

Even if people do not forgive you completely, God will. He can truly release you from guilt. He's the One who can restore you to a healed relationship with himself and with others. And he's the One who can help you enter a new life where you want to follow his ways.

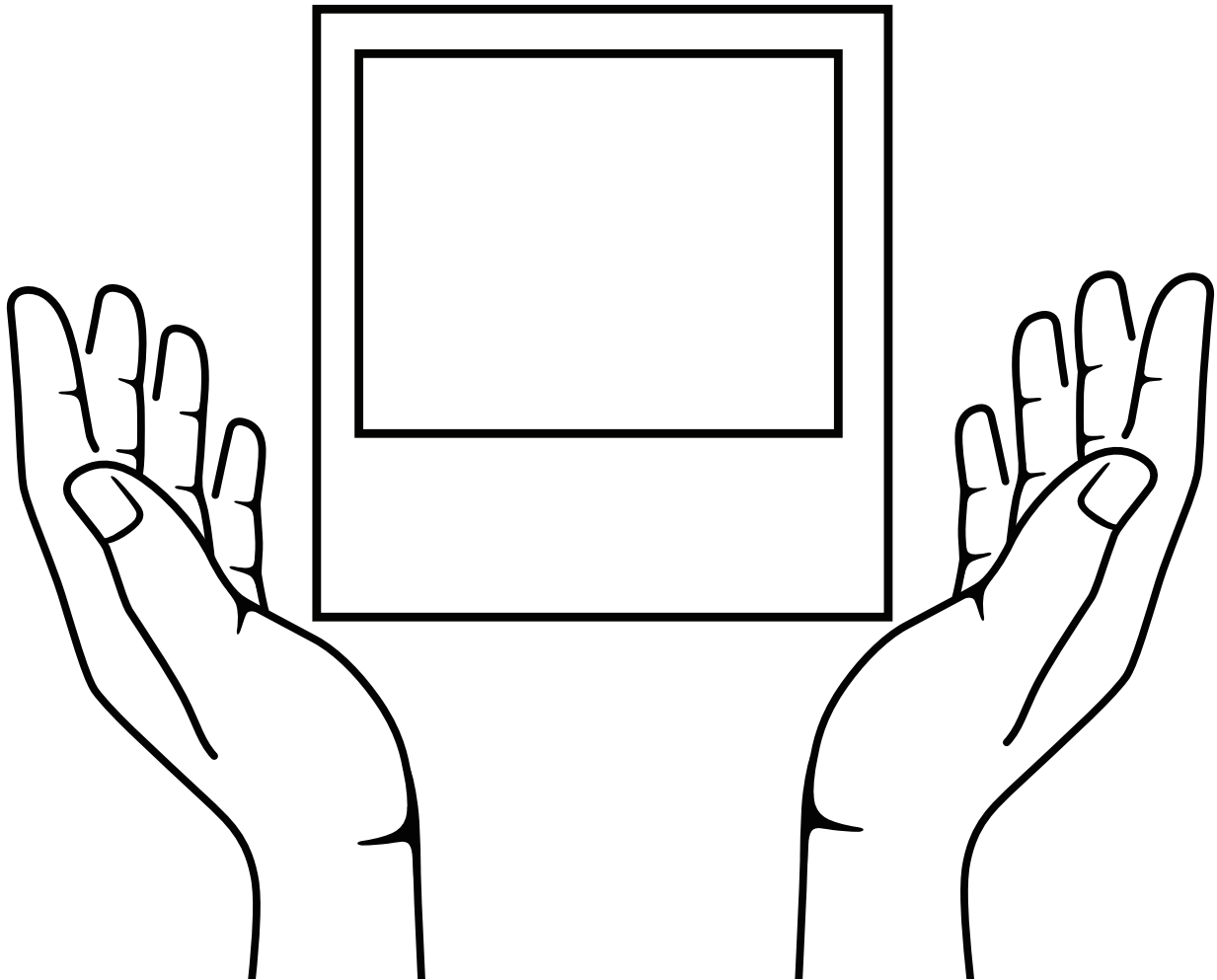
So turn to Jesus. Ask for forgiveness, for change, for restoration.

Un  
Shake  
Able

***Turn to Jesus. Ask for forgiveness,  
for change, for restoration.***

# Spiritual Fitness Training

Your Creator can create new thoughts. Think about that while you create something. Grab some play dough or a pen and make something that reminds you of today's verse. Post a picture of it on social media—#HeroSquad



**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**

"My relationship with Christ is a very intimate relationship... He loves me for exactly who I am. He forgives me. I still betray him to this day, but I realize it and I come running back to him."

—Michael Molthan, host of the podcast "M2 The Rock"



**Write Your Thoughts Here**



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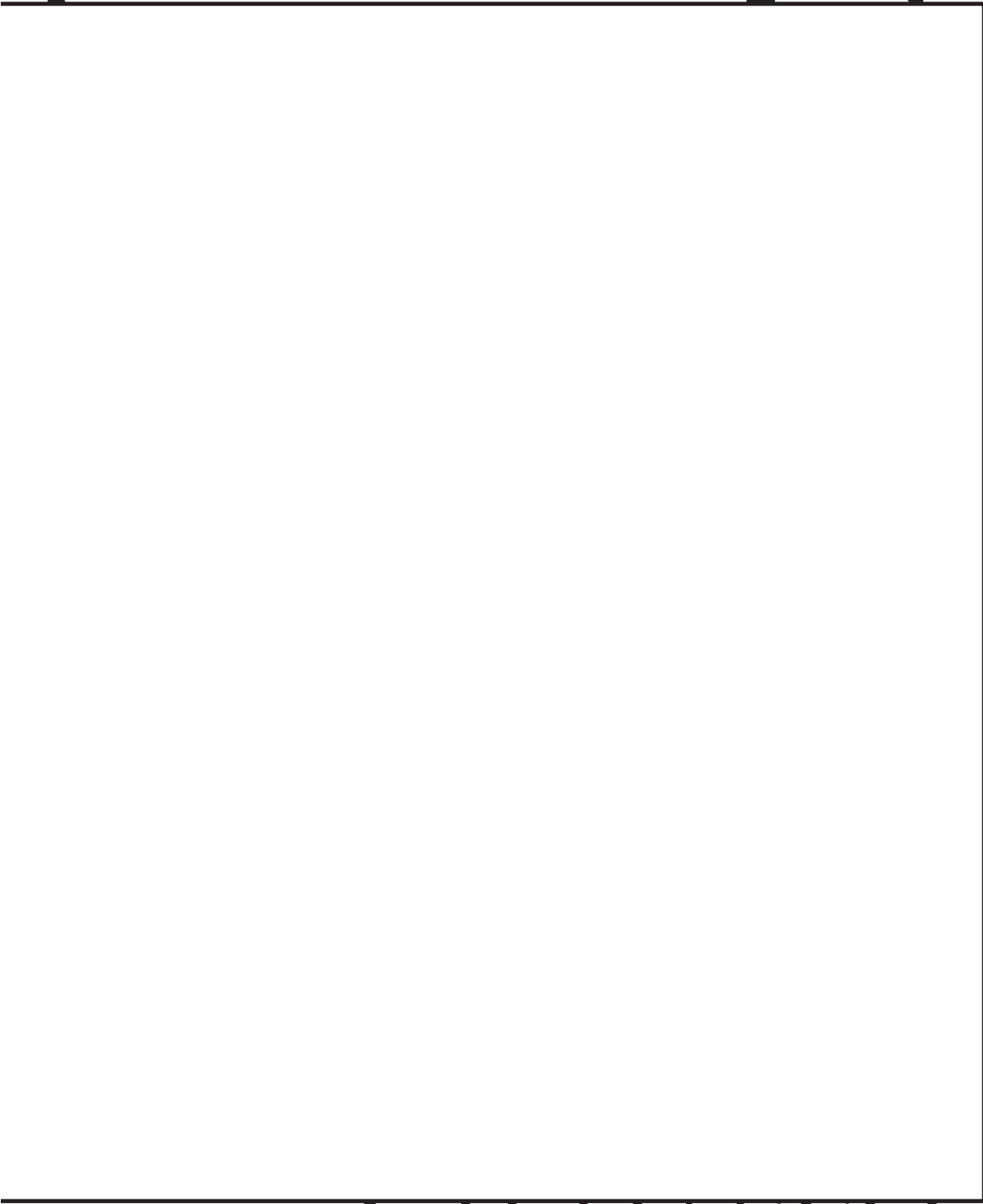
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**TALKING TO GOD**

God, thank you for forgiving me.  
Change me too. Restore me to a  
good relationship with you.

**Doodle Space**





Week  
Ten

# Trust

WEEK ELEVEN

## From Resentment to Trust



*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

There are times when you don't get to live where you want. You don't get to be with the people you want, or do what you want—all because you are a military kid. In those times you may find yourself in a battle with resentment.

No matter how much we might like to wallow in bitter resentment, it only hurts us. People say refusing to forgive is like drinking poison, hoping the other person will get sick. Resentment is the same. Especially if we resent the military, it only hurts us. The military keeps rolling along.

So, what are we supposed to do? We can choose to do what David did when he wrote Psalm 40—bring it all to God. David honestly tells God how he feels: lonely, guilty, worried, persecuted. But he also declares repeatedly how good God is and how he trusts that God will save him.

God didn't need to be reminded of that. He didn't need to be buttered up to help David. David was the one who needed to remember to trust God, and so do we. David's psalm can help us do that.

So when you feel resentment creeping in, face that enemy. Bring your hurts honestly to the Lord. Turn resentment into trust that God is using all of this for your good.

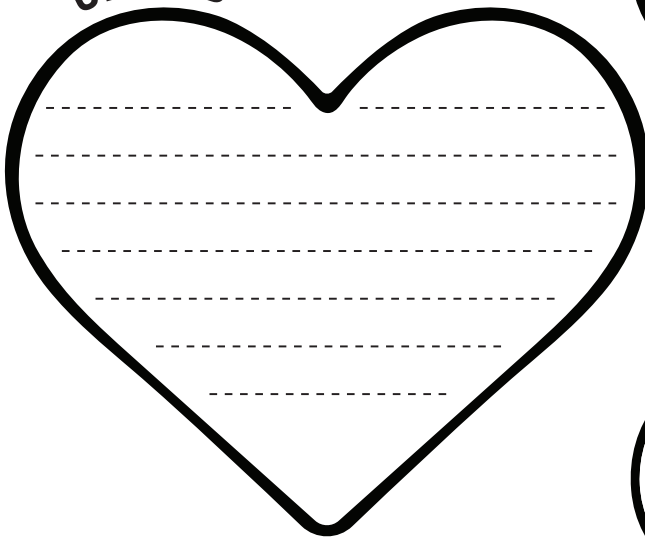
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***Bring your hurts honestly to God. Turn that resentment into trust that God is good.***

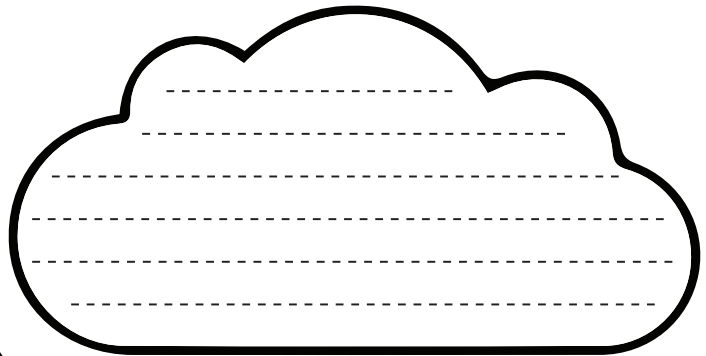
# Spiritual Fitness Training

Struggling with resentment? Unload by sharing your heart with God on the left. On the right, recall all the ways that he has been good and declare the ways he will continue to be good.

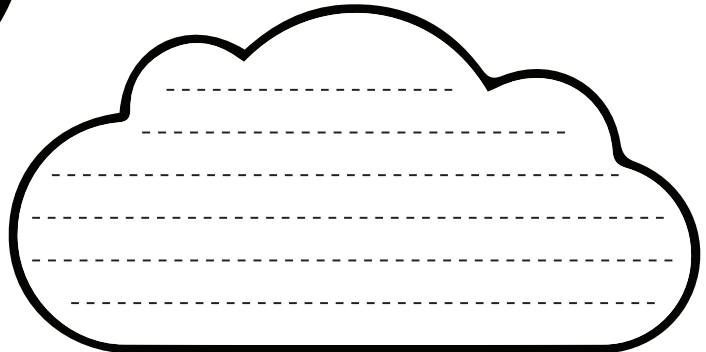
**UNLOAD**



**YOU HAVE DONE MANY  
WONDERFUL THINGS**



**YOU HAVE PLANNED  
MARVELOUS THINGS**



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

- Proverbs 16:9
- Isaiah 48:17

- Romans 8:28
- Romans 8:38–39

**Week  
Eleven**

“Trusting God enough to guide us down the best pathway of our life requires us to first surrender our life to him.”

—Heather Bixler, contemporary  
American author

# Write Your Thoughts Here



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**DID YOU KNOW?**

For 75 years, the Blue Angels flying demonstrations have amazed audiences. In the Diamond 360 maneuver, the pilots trust each other enough to fly just 18 inches apart.

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Help

WEEK TWELVE

## The Enemy in Your Head



*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

Okay, you decide to post the picture. You feel pretty good about it. So, you hit the button and, *POOF*—it's out in the world. You're hoping for raves. But no one responds. Or people do respond, but not with the enthusiasm you had hoped. Your high spirits begin to droop.

Or worst of all, your enemies respond. Bullies take cheap shots. Suddenly it feels like the world is against you. Your mind starts parroting the cruel words from the comments. You spiral down into a fog of negativity and gloom.

Ugh! Enemies from the outside world, enemies on the inside of our minds. Where can you turn?

David didn't have social media against him, but he had enemies. He knew betrayal. People lied about him and to him. He was hated. They tried to kill him.

But David knew what to do. He turned to the Lord and asked God to rescue him. He held onto God's love. He trusted that God knew the truth and would carry out justice.

And so can we. When the world—or even the enemy in your mind—accuses, betrays, and attacks you, go to the Lord. Pray through Psalm 109. Ask God to take care of all your enemies, whether they're inside or out.

Un  
Shake  
Able

***When the enemy attacks you, go to the Lord. Ask him to take care of it.***



# Spiritual Fitness Training

Read all of Psalm 109. On the left, write down the ways you identify with David. On the right, what actions did he take that you can imitate?

## Identify with David

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## My Actions

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

- 2 Samuel 22:18–19
- Proverbs 20:22

- Romans 12:17–19
- 1 John 5:4–5

"Beware of no man more than  
of yourself; we carry our  
worst enemies within us."

—Charles Spurgeon, 19th century  
English preacher

# Write Your Thoughts Here



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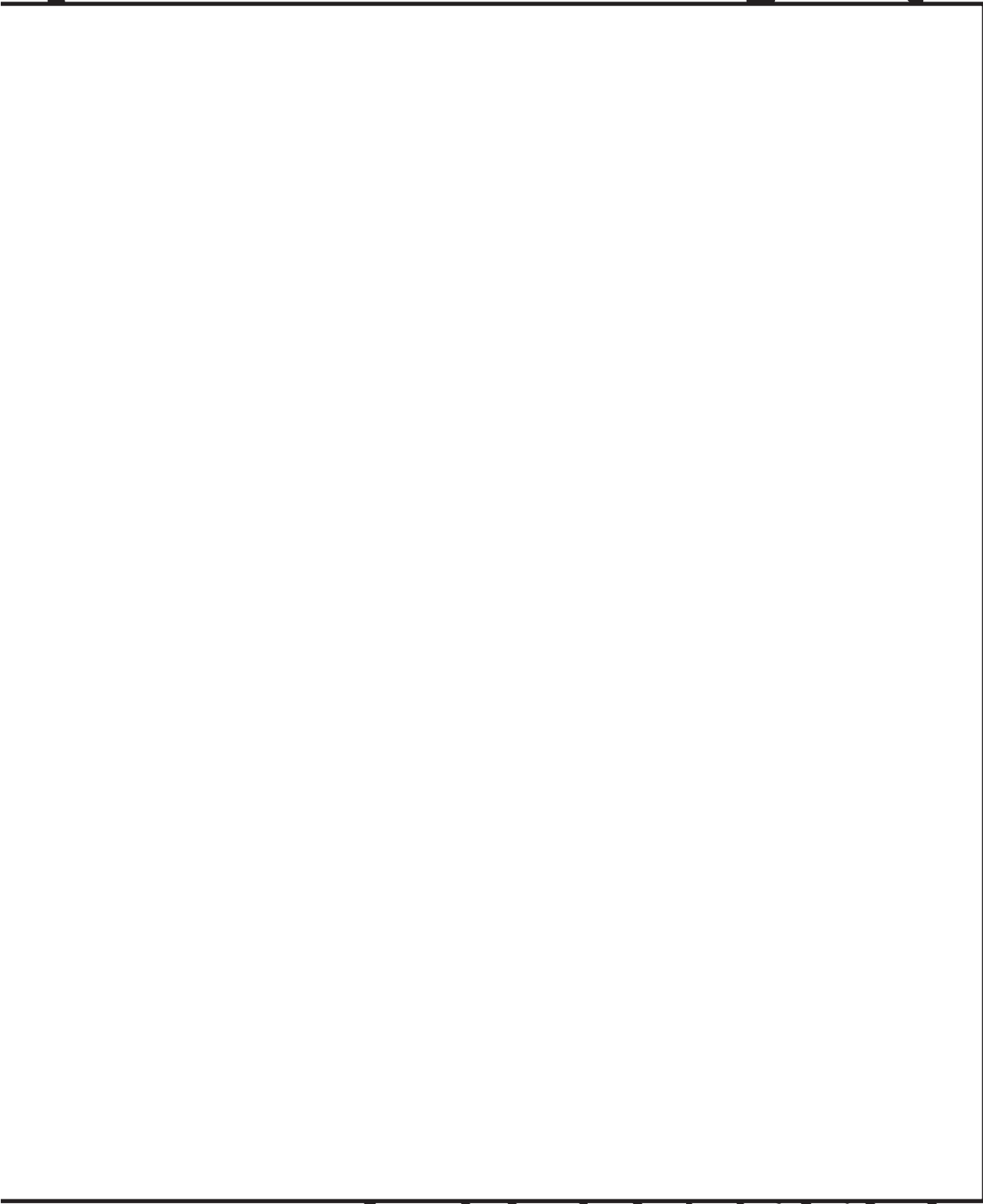
**TALKING TO GOD**

God, my thoughts attack me as badly as some people's comments. Please stop all my enemies! Help me triumph like David.

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**Doodle Space**





Week  
Twelve

Fulfilled

WEEK THIRTEEN

## From Enslaved to Enjoy



*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

What career will make the most money? How can I get the newest phone? What rank gets the nice houses? I need money for X and Y and Z and ...

We know there's no end to what we want, yet still we get sucked into the quicksand of greed. How much money is enough? Just one dollar more, someone said. To get that dollar, people can spend all their life—their energy, health, relationships, time, even their integrity. They'll use credit to get things they can't afford, which can bury them under an avalanche of debt.

When we do get all the things, we find they aren't so great. They become outdated, get lost, get damaged. We can end up obsessing over things, hoarding or replacing them.

How do we break free from this sort of slavery?

God throws us a lifeline: himself. When we focus on his love—which cannot be lost or destroyed—we find security. When we're thankful to him for what we have, we can ignore the craving for what we don't have. When we trust him for our needs, we don't have to "get ahead" of others. When we want what God wants, we are more than satisfied with all he gives, like love, peace, and joy.

Will we ever get nice things? Probably. And with God we will be able to enjoy them without being enslaved by them.

Un  
Shake  
Able

***When we want what God wants, we are more than satisfied with all he gives.***

# Spiritual Fitness Training

Find the key words from today's verses to place in the puzzle.

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

**PRAISE**  
**LORD**  
**LOVE**  
**WONDERFUL**  
**THIRSTY**  
**DRINK**  
**EVERYONE**  
**HUNGRY**

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

- Isaiah 55:1-2
- Isaiah 58:11

- John 4:13-14
- 1 Timothy 6:17

**Week  
Thirteen**

"Who is the poorest man in the world? I tell you the poorest man I know of is the man who has nothing but money."

—John D. Rockefeller, American businessman from the early 1900s, considered the wealthiest American of all time



# Write Your Thoughts Here



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**DID YOU KNOW?**

The biggest bankruptcy in U.S. history happened in 2008 when the investment bank Lehman Brothers declared a \$691 billion loss. The bank had been in business since 1847.

Un  
Shake  
Able

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**Journal  
Notes**

75

Un  
Shake  
Able

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**DID YOU KNOW?**

Keeping a journal has been shown to sharpen memory, increase IQ, relieve stress, and help with decision making. Why not make journaling a daily habit?

Un  
Shake  
Able

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**Keep It Going!** ↘

Great job!  
Check your mailbox for  
your next book!

(It's coming soon!)

