

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, Winter Issue

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

Item 125782

IP-2620-10/24-125782

Printed in the United States of America



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

**WHAT MUSIC MAKES YOU FEEL CALM?**

**WHAT WARMS YOU UP IN THE WINTER?**

## **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:**



# **CONTENTS**

<b>How Does God's Word Makes Us Unshakeable?</b>	6
<b>How to Use this Book</b>	8
<b>Tips &amp; Ideas</b>	9
<b>WEEK 40:</b> Turn on the Light!	10
<b>WEEK 41:</b> Destroying the Darkness	14
<b>WEEK 42:</b> When You've Lost Control	20
<b>WEEK 43:</b> Love That Doesn't Disappoint	24
<b>WEEK 44:</b> World-Changing Power	30
<b>WEEK 45:</b> Looking for the Perfect Church	34
<b>WEEK 46:</b> God Gets Grief	40
<b>WEEK 47:</b> Following the Master's Plan	44
<b>WEEK 48:</b> Filling the Heart Hole	50
<b>WEEK 49:</b> Finding the Good	54
<b>WEEK 50:</b> How to Fix Messes	60
<b>WEEK 51:</b> A Heart X-Ray	64
<b>WEEK 52:</b> Hope for the End	70

# 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.

**HOW WOULD YOU LIKE TO BE 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 WINTER?**

*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!

# Light

WEEK FORTY

## Turn on the Light!



*Your word is a lamp that gives light  
wherever I walk.*

Psalm 119:105

What's the big deal about the Bible anyway? It's just a bunch of old stories and "do this, do that" rules, right?

That's what some people think. But the Bible is a letter to us from the Creator of the Universe! It tells us about him, about ourselves, and how we can be in a good relationship with him.

You know what it's like when you try to go through a room without turning on the light and you run into things? All you have to do to avoid those bruises is flip a switch! The Bible is like that—it flips on the switch so we can see how to go through life without so many bumps.

That makes it the most important book in the world! When we read and take time to understand the Bible, God shows us the best way to live. As this week's verse says, it's like he shines a light on our life. We know how he loves us, how perfect he is, how sinful we are, and how he saves us.

So, ask God to help you learn from his Word. It's the difference between living in darkness and turning on the light.

Un  
Shake  
Able

***The Bible flips on the switch so  
we can see how to live better.***

# Spiritual Fitness Training

What does living in the dark or the light mean to you? Think of some examples for each and write them in the boxes below. Talk to God about how you want to live.

**Light**

**Dark**

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

☐ Deuteronomy 8:3b

☐ 2 Timothy 3:16–17

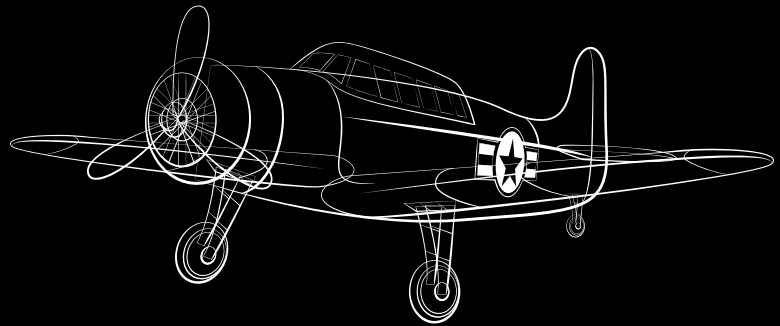
☐ Proverbs 30:5

☐ James 1:25

**Week  
Forty**

## **Mind Blower**

During World War II, pilots flying over the Pacific could find dark ships at night from the bioluminescence that glowed in the ships' wake. American flyer Jim Lovell used this to find his completely dark aircraft carrier.



**Write Your Thoughts Here**



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**God, thank you for the Bible. Help me to  
love it and turn your light on in my life.**

**Week  
Forty**

# Hope

WEEK FORTY-ONE

## Destroying the Darkness



*Each morning let me learn more about your love  
because I trust you. I come to you in prayer,  
asking for your guidance.*

Psalm 143:8

You may know people who have thought about hurting themselves. Maybe you've faced moments where life seemed so hard that you wondered if you should just quit. Most of the time, we get rid of that idea as fast as we think it. But sometimes, our enemy, the devil, keeps pushing these bad thoughts.

The devil loves to destroy people. He shoots out his lies like arrows. Thoughts of being helpless and unworthy. Feelings of depression. Reminders of our mistakes. Lies about the problems and obstacles we face.

In Psalm 143, David talks about his experience with bad thoughts. He even says in verse 4 that he's given up hope. But he brings those feelings to God. And he fights his enemies—both enemy soldiers and spiritual hopelessness—with the same weapons: prayer, a focus on God and God's acts, and reliance on God's steady love. Even when David had messed up, he knew God would forgive him and bring him through. Like the morning comes after a long night, God will bring safety and peace again.

Don't let the devil trick you into hopelessness. Ask the god of hope to change your focus, guide your steps, and fill your life with his love. Ask this for your friends, too. Fight the good fight and watch God win.

Un  
Shake  
Able

***Like the morning comes after a long night,  
God will bring safety and peace again.***

# Spiritual Fitness Training

Knowing how wide, how deep, and how vast God's love is for us has a way of restoring hope, and sometimes we just need to spend some time with him to realize it. Write a prayer like David's, sharing any ways that you may be struggling, and ask God for his help.

*"I come to you in prayer,  
asking for your guidance..."*

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

☐ Isaiah 40:30–31

☐ Colossians 1:13–14

☐ Jeremiah 29:11–12

☐ Hebrews 6:18

**Week  
Forty  
One**

*"Jesus gives us hope because He keeps us company, has a vision and knows the way we should go."*

*—Max Lucado, Christian author*



**Write Your Thoughts Here**



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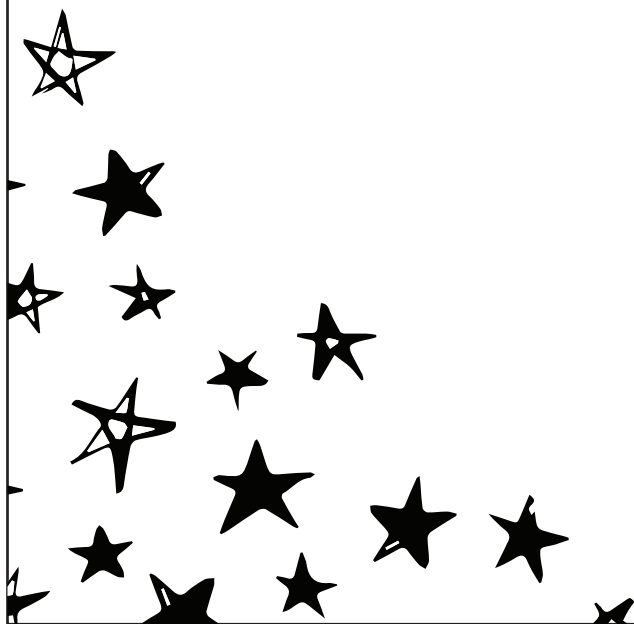
**God, sometimes the night seems long. Please give me hope and strength to wait for the morning.**

**Week  
Forty  
One**

## Doodle Space



Draw a set of arrows and label each one with the struggles you described in your prayer on page 15. Then draw a target with the words "God can handle it" in the center to remind you God's got you.





## When You've Lost Control



*I praise you, LORD God, with all my heart. You are glorious and majestic, dressed in royal robes and surrounded by light. You spread out the sky like a tent, and you built your home over the mighty ocean. The clouds are your chariot with the wind as its wings.*

Psalm 104:1–3

Go to school. Clean your room. Do your chores. So many people bossing you around! And if that weren't enough, you have the military telling your family where to live and when to work and deploy.

You don't have full control over your own life.

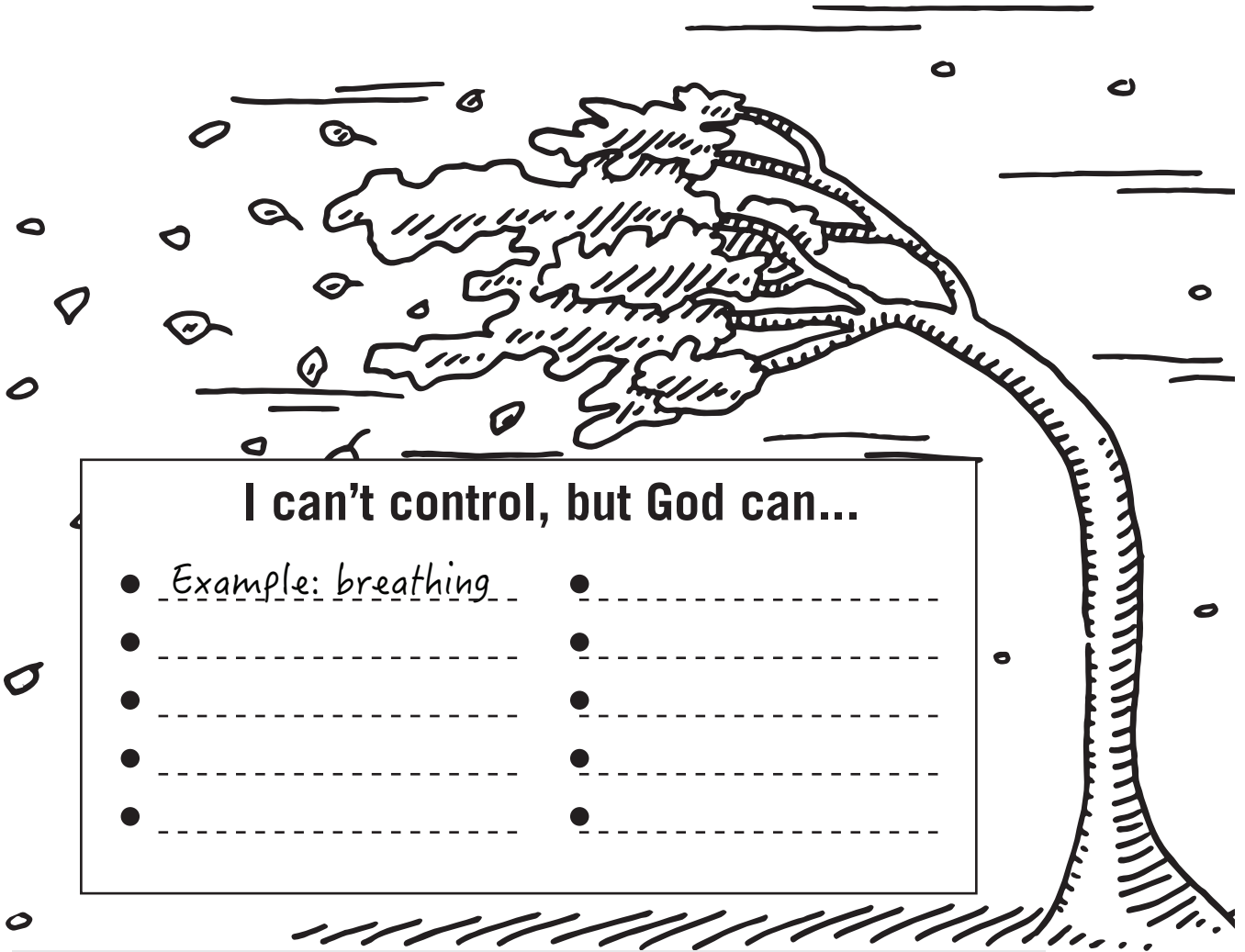
The great news is God does! He has the stars at his feet. He made the earth and keeps it going. And he knows exactly where you are, when you will be going, and what you need. He tells your lungs to keep breathing and your heart to keep beating.

So, we have to keep trusting him, which is what it means to have faith. Trust is especially hard and important when it feels like life is jerking us around. We can build our faith—and choose healthy responses to each new situation—by thanking God for his awesome power. The writer of Psalm 104 writes about what it might be like to see God. He spent time thinking about all the things God controls—from the rivers to the donkeys to the fish.

When your life feels out of control, spend some time building your faith through worship. Trust that God hasn't forgotten you, that he loves you, and that he will take care of you, as he does the world.

# Spiritual Fitness Training

Draw or write down some things you can't control that God takes care of for you. Then thank him for his goodness!



## I can't control, but God can...

- |                             |         |
|-----------------------------|---------|
| ● <u>Example: breathing</u> | ● ..... |
| ● .....                     | ● ..... |
| ● .....                     | ● ..... |
| ● .....                     | ● ..... |
| ● .....                     | ● ..... |

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

☐ Exodus 34:6–7

☐ Matthew 8:26–27

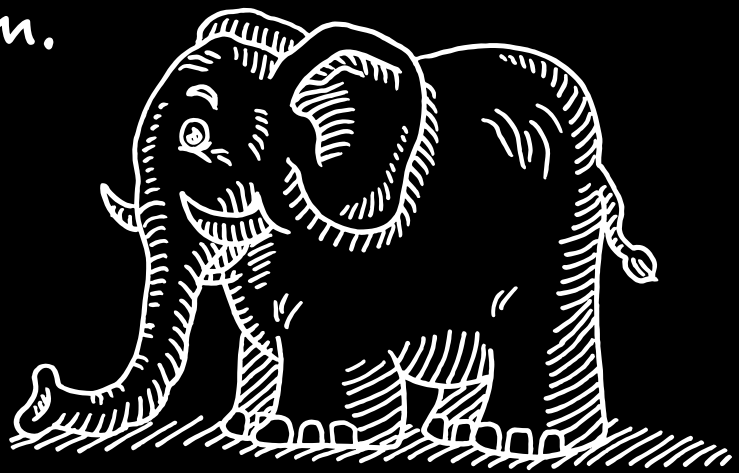
☐ Isaiah 40:25–26

☐ Revelation 22:12–13

**Week  
Forty  
Two**

**Mind Blower**

Baby elephants do not learn to control their trunks until they are six to eight months old. They rely on their mom, and the herd, to help feed and protect them.



**Write Your Thoughts Here** 

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**God, it can be frustrating when I can't be in control. Help me trust you because you are powerful—and good.**

**Week  
Forty  
Two**

## Love That Doesn't Disappoint



*You are my God. I worship you. In my heart, I long for you,  
as I would long for a stream in a scorching desert.*

Psalm 63:1

I love you to the moon—the stars—the galaxy! We try to find ways to tell people how much we love them. And when a parent is deployed, it is hard to put in words how much you miss them. You want Homecoming day so bad!

Even more than you miss your parent, David wanted to be with God. He said he wanted time with God more than you would want a stream in the desert.

Sometimes, when a parent comes home, it can feel a bit weird. You have changed, grown up. And they may have changed too. Maybe they are struggling with being sad or angry. Maybe they don't catch your newest jokes, or your family routine has changed. It can take time and effort after coming back together to feel normal again as a family.

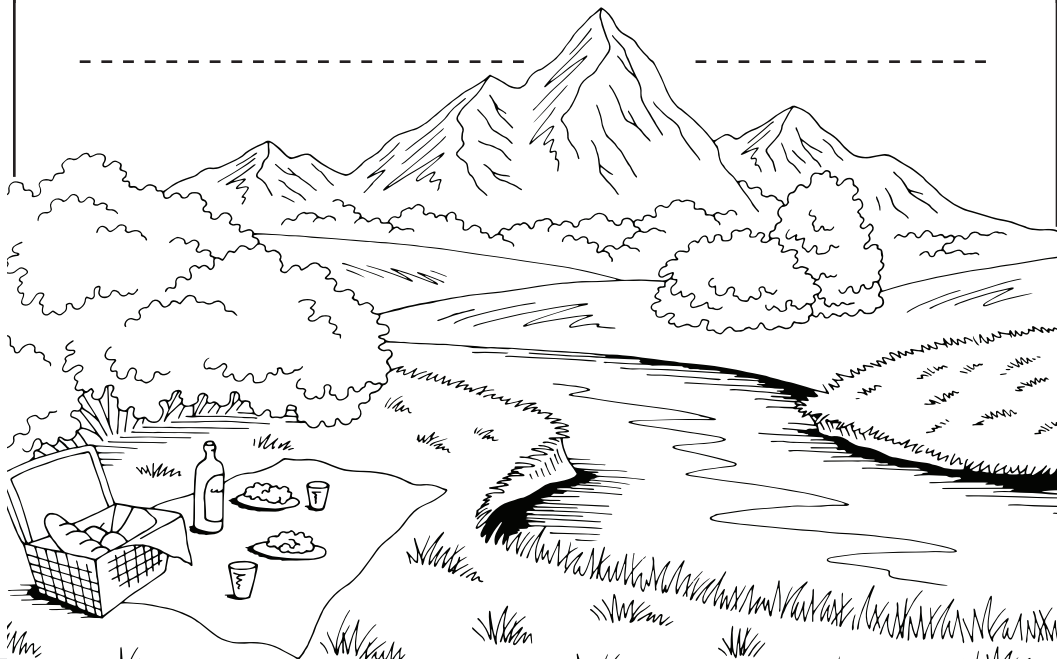
But there's nothing weird or awkward about being with God. It's wonderful, because he is wonderful. He satisfies our thirst! David talks about how awesome God is for the rest of Psalm 63.

We have to work at being together with people, but God's Word helps us. We can also work at knowing God better and communicating with him, getting ready for that moment when we see him face to face for eternity, which will be the best homecoming of all.

# Spiritual Fitness Training

What would you compare your love for God to? Check out the things David used as a comparison in Psalm 63, and write down the ones you like, below.

*Example: A stream in a desert.*



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

☐ Joshua 22:5

☐ Matthew 22:37

☐ Isaiah 54:8

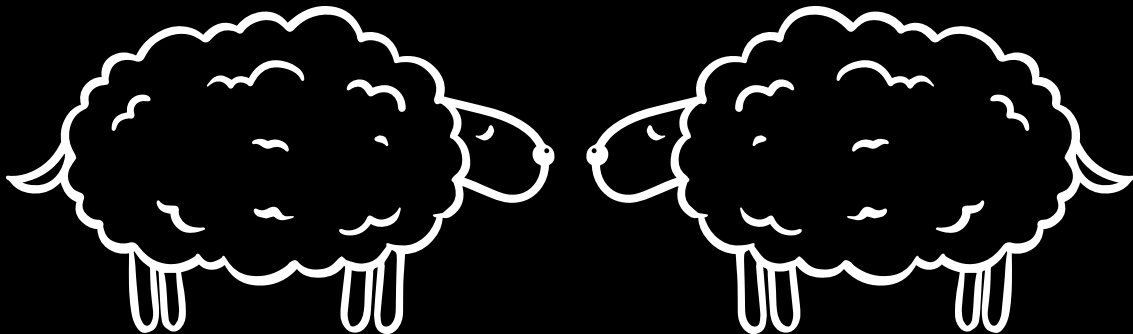
☐ John 15:9

**Week  
Forty  
Three**



Sheep are highly social animals  
who will make best friends.

A sheep that gets separated  
from its friend shows signs of  
sadness like people do.



**Write Your Thoughts Here**



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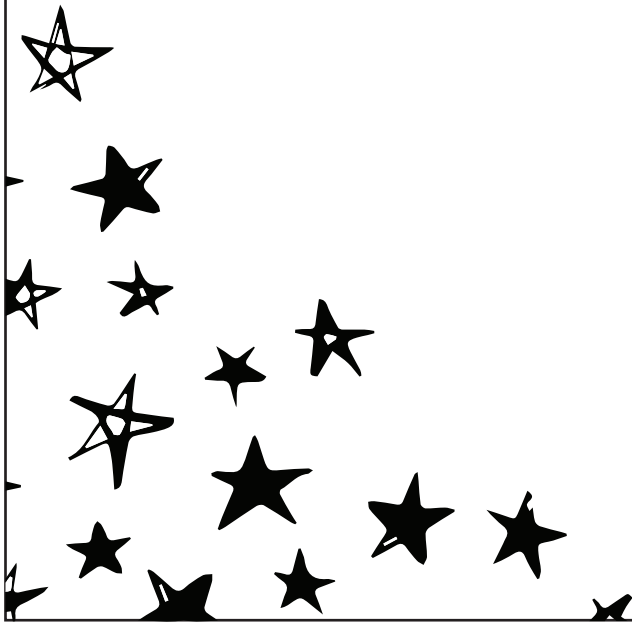
**God, thank you for being perfect.  
I long to be with you.**

**Week  
Forty  
Three**

## Doodle Space



Draw a picture of a moon, stars, and a whole galaxy! In the middle write, "God is everywhere. And he's with me."





Strength

WEEK FORTY-FOUR

## World-Changing Power



*You, the LORD God, keep my lamp burning and turn darkness to light. You help me defeat armies and capture cities.*

Psalm 18:28–29

This world needs a lot of things, but what can a kid do?

Actually, a lot! World-changing things! Sure, Mom and Dad have work and you're still in school, but God has given you gifts to use to make the world better, and he is ready to help you use them.

First, you can pray. When David wrote Psalm 18, he needed God to save him from his enemies. Your parents need help doing their jobs, too, and you can ask God to be their strength. Prayer is no small thing; it is the most important part of winning battles.

When you pray, sometimes God gives you ideas of other things you can do to make the world better. Being a peacemaker in your school, organizing a neighborhood clean-up, showing the school bully God's love—these brave things can feel like hard battles. But if we follow David's example and ask the Lord to be our strength, we will be amazed at what he can do with us.

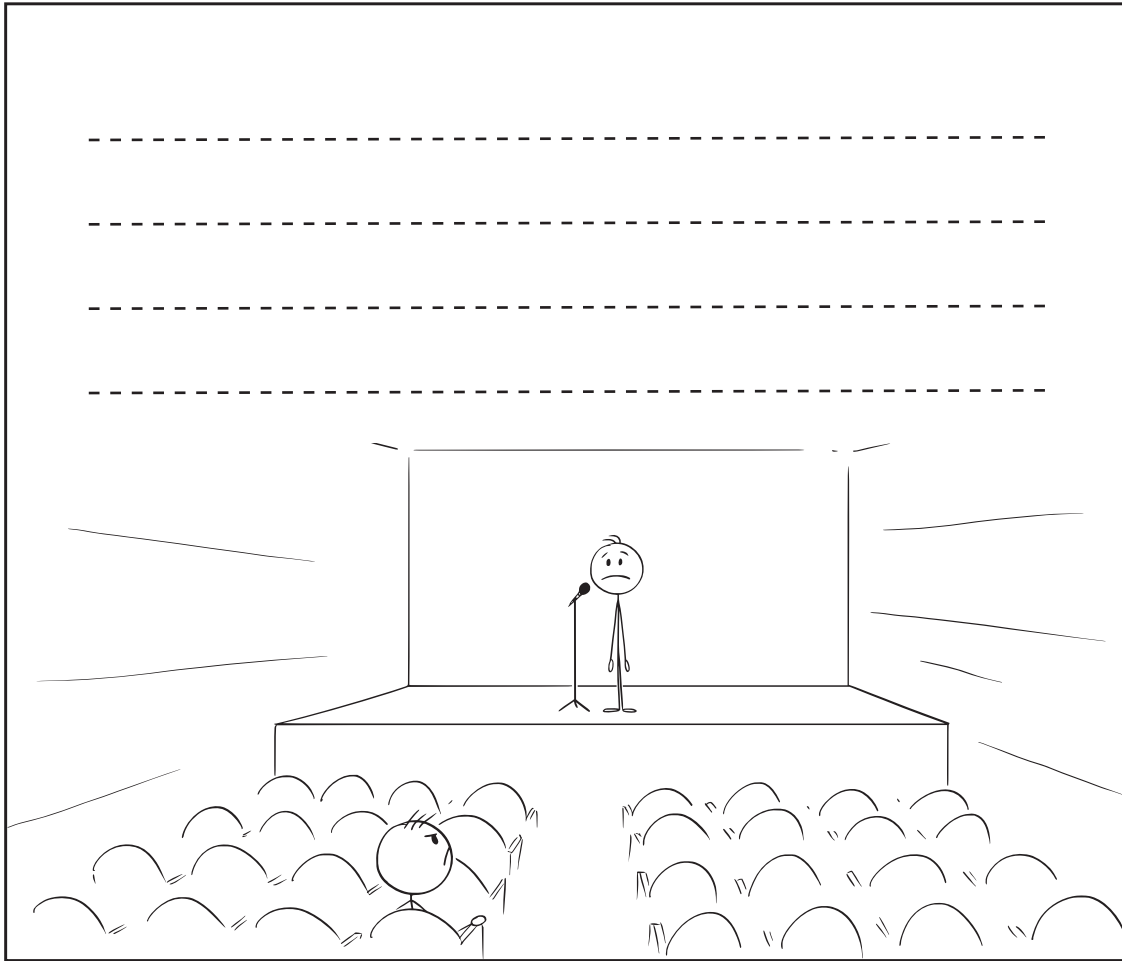
So ask God for strength and direction and look for good things to do in your part of the world.

Un  
Shake  
Able

***Ask God for strength and see  
what he will do with you!***

# Spiritual Fitness Training

Copy this week's verse, below, to help you store it to your memory.  
As you do, spend some time praying for your warrior parent.



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

☐ Job 38:3–4

☐ Philippians 4:6

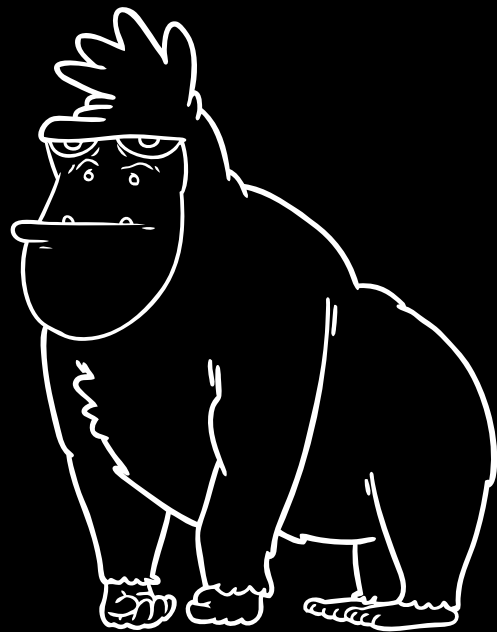
☐ Jeremiah 29:11

☐ Hebrews 11:32–34

**Week  
Forty  
Four**

**Mind Blower**

Adult gorillas can lift 1,700 pounds, which is about four times as much as they weigh. They are the second strongest animal. The strongest is the African elephant, which can lift 13,000 pounds, about the same as four cars.



**Write Your Thoughts Here**



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**God, help me change my world. Be my  
strength to do good and brave things.**

**Week  
Forty  
Four**

## Looking for the Perfect Church



*Shout praises to the LORD!  
Sing him a new song of praise  
when his loyal people meet.  
Psalm 149:1*

Your last church had the best music and some good friends, but it's been hard to settle in at this new place.

If this is you now, it may help to remember that church is for you—but it's not only about you. God's definition of church is his people who come together to worship and serve him. We encourage each other and pray together. And God loves his church! Jesus even says that the church is to be his bride.

Local churches are made of people, and people (ourselves included) aren't perfect. But, God wants us to be together regularly with other believers, perfect or not. He knows church is good for us.

As we're trying to fit in, we can start by asking God to shift our focus. Ask the Lord to help you love his church. Remind yourself that you can honor God there and learn about him. Look for people you can connect with.

And pray for your church. Watch how God is building it up, and look for ways to help make it better. You'll be surprised—just showing up will encourage someone, even if it takes a while longer for you to feel encouraged.

# Spiritual Fitness Training

What are some of your favorite experiences from church? Write them within the walls of the church, below, and thank God for them.



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

☐ 1 Chronicles 16:29

☐ Matthew 16:18

☐ Isaiah 42:10

☐ Revelation 5:13

**Week  
Forty  
Five**

 **Mind Blower**

Jesus compared his followers to sheep, with himself as their shepherd. Sheep can recognize hundreds of different faces of sheep and people. Jesus knows all of his sheep—and when they are missing he comes looking for them!



**Write Your Thoughts Here**



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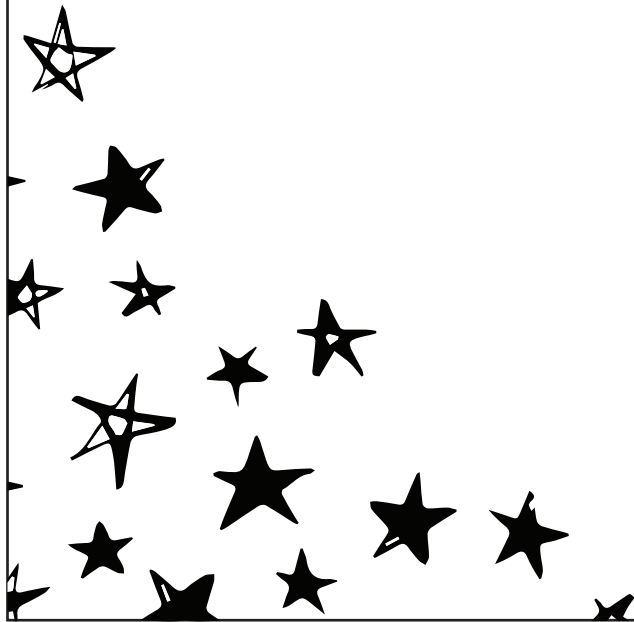
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**God, please help my family find a church where  
we can serve you and connect with people.**

## Doodle Space



*Draw a picture of several sheep. Inside each one, write a person's name that you can encourage, help, or connect with this week.*





*grief*

WEEK FORTY-SIX

## God Gets Grief



*You are deeply concerned when one  
of your loyal people faces death.*

Psalm 116:15

We grieve when we can't be around someone anymore. We grieve when a dream dies. And we grieve when we lose someone to death.

Grief can be confusing, overwhelming, consuming. It may feel like you will never be happy again.

God understands. He hates death, pain, and separation. He wants us to be together, without tears, for forever. That's why he sent Jesus to conquer death itself and open the way to heaven.

God will comfort you and your loved ones and help you through the hard times of grieving. As a military family, sometimes it is difficult to get to a funeral, or to be with people who understand what you are going through, but God can be with you and your loved ones no matter where you are. He can give you peace today and hope for tomorrow.

So keep holding on to Jesus. He is the victor over death and the way to heaven. Grief takes time, but things will get better. Jesus will comfort you now, and give you hope for a happy eternity.

Un  
Shake  
Able

***Jesus will comfort you now, and give  
you hope for a happy eternity.***

# Spiritual Fitness Training

Maybe you know someone who is going through grief now. Check in on him or her. Offer them some help or encouragement by seeing if they want to do one of these things:

	My Checklist
<input type="radio"/>	<input type="checkbox"/> Do something normal, like play a game.
	<input type="checkbox"/> Talk about their loved one.
<input type="radio"/>	<input type="checkbox"/> Just sit quietly, or go for a walk without having to talk.
	<input type="checkbox"/> Share this week's verse with them.
<input type="radio"/>	<input type="checkbox"/> Other: _____

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

- |                                               |                                          |
|-----------------------------------------------|------------------------------------------|
| <input type="checkbox"/> Lamentations 3:31–33 | <input type="checkbox"/> Romans 14:8     |
| <input type="checkbox"/> Isaiah 25:8          | <input type="checkbox"/> Revelation 7:17 |

**Week  
Forty  
Six**

"Sorrow has to run its course  
through us. In loss, we can't be  
fixed, rescued, or saved. Nor do  
we want to be."

— Danita Jenae, contemporary American Air Force  
widow and author of *When Mountains Crumble*



**Write Your Thoughts Here**



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**God, I hate death. Separation hurts so bad.  
But you understand, and you hate it, too.  
Please comfort me.**

**Week  
Forty  
Six**

## Following the Master's Plan



*You created me and put me together. Make me wise  
enough to learn what you have commanded.*

Psalm 119:73

You are not the strongest or the biggest, the most attractive, or the most fit. So who are you?

Our culture can be hard on people who don't fit into the expected boxes. And we all want to be accepted. So we often try to fit in by comparing ourselves to others. Am I more athletic? Am I a better student? Do I even like that band they're so excited about?

It can leave us confused, hardly knowing who we are or what we really want.

We need to go back and anchor ourselves in something true and solid. God is that rock. God didn't mess up when he created you. We can trust he knows best. There's a lot that went into our creation, but God has given us the owner's manual for how to live our lives—the Bible. When we don't even know what we want ourselves, we can trust that he made us perfectly and that in time he will show us more of who he has made us to be.

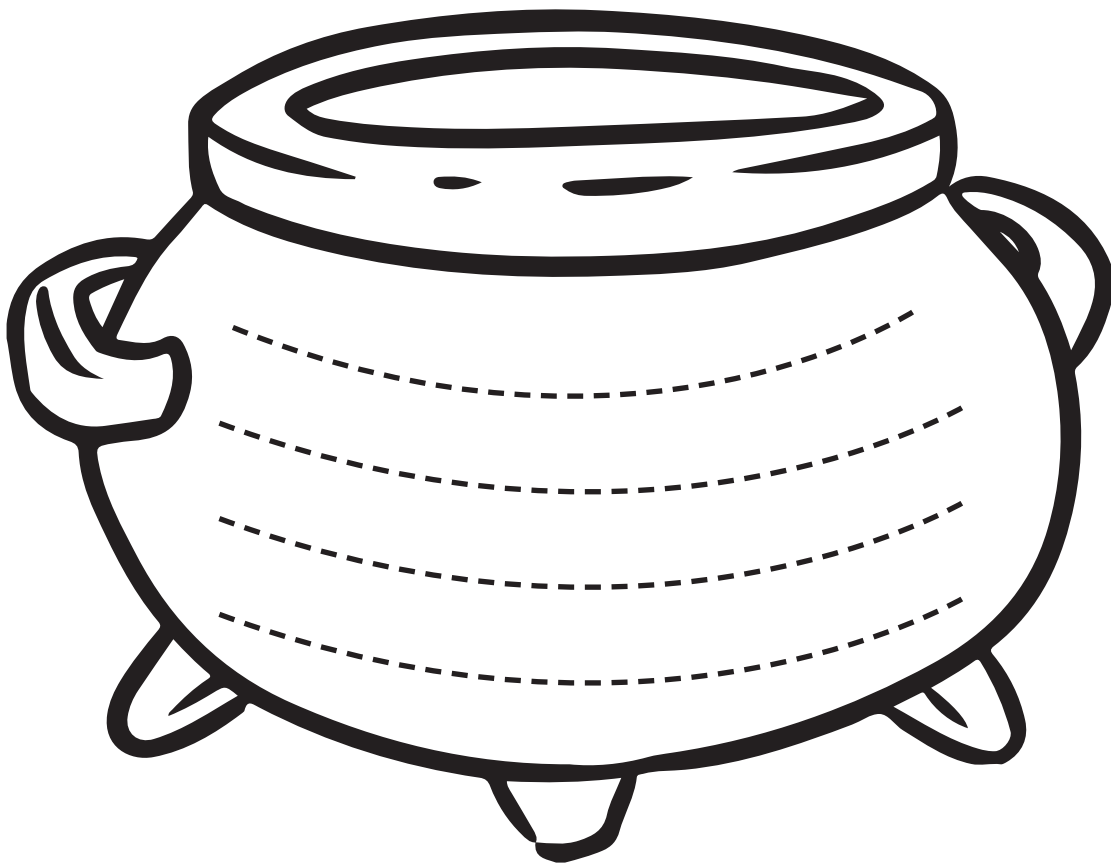
So hold onto his Word. Obey even when you don't understand. Ask him to help you want to follow his plan. And watch him bring contentment with who he made you to be.

Un  
Shake  
Able

***Ask God to help you accept, follow,  
and understand his plan.***

# Spiritual Fitness Training

Read Isaiah 45:9. Imagine God as your Creator potter and you are the clay that he is beautifully molding. Thank him today for how he created you in the clay pot, below.



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

☐ Psalm 139:13–14

☐ Romans 11:33–34

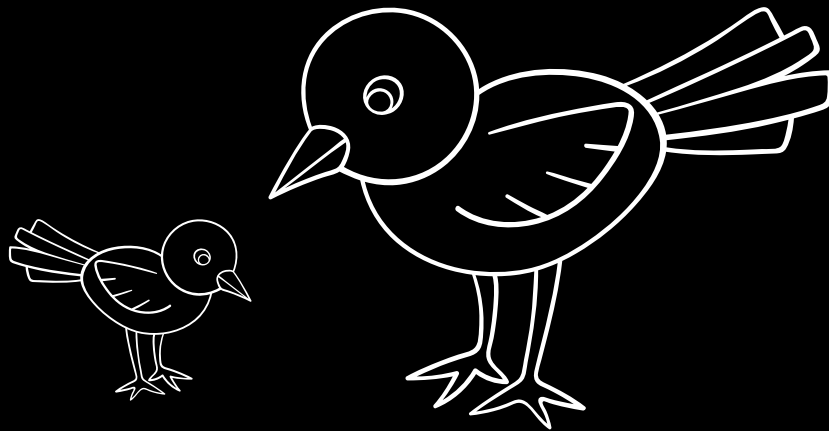
☐ Isaiah 45:9

☐ Romans 12:1–2

**Week  
Forty  
Seven**

**Mind Blower**

The brown-headed cowbird lays its eggs in other bird species' nests, hoping the host parents will raise it. The cowbird babies frequently grow bigger and faster than their nestmates. Talk about not fitting in!



**Write Your Thoughts Here**



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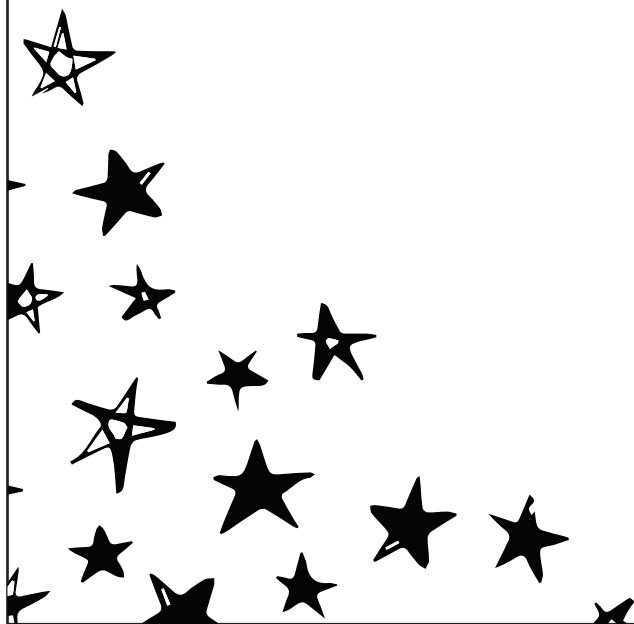
**God, sometimes it feels like I am not made right.  
But I am going to trust you. Help me understand.**

**Week  
Forty  
Seven**

## Doodle Space



Draw a picture of something you don't understand. Then pray over that thing and ask God to help you understand his plan for you.





## Filling the Heart Hole



*Only God gives inward peace, and I depend on him.  
God alone is the mighty rock that keeps me safe, and he is the  
fortress where I feel secure.*  
Psalm 62:5–6

You don't know anyone at this school, so you sit in the corner at lunch and inhale your food. Or you don't have practice or friends over on Saturday, so you end up playing video games by yourself all weekend.

Loneliness can feel like a hole in the heart. People will do all kinds of things to avoid that pain. Many of these substitutes are unhealthy—overeating or over-indulging in tv, video games, or social media . . . None really satisfy. The feeling remains.

But turning to God is different. When we learn to be in a relationship with him, we will be less vulnerable to destructive behaviors. He alone can satisfy, and he is the only one who will always be there for us.

When you find yourself alone and are tempted to find a distraction, reach for the Lord. Talk to him about all the stuff. Ask for his comfort. Thank him for all the blessings in your life, including the people you love. Ask him to fill the hole in your heart. And then you can ask him to surround you with good friends.

# Spiritual Fitness Training

How can you “be alone with God”? Find some things you enjoy doing and practice doing them this week. Check the ones below you will try.

## I will try...

- ☐ **Prayer**—talk to him about anything!
- ☐ **Worship Songs**—turn up the volume!
- ☐ **Nature**—watch a sunset or a deer move through the woods. Thank God for his creation!
- ☐ **Bible Reading**—check out all the cool stories.
- ☐ **Bible Meditation**—memorize a verse, think about it, and talk to God about it.
- ☐ **Exercise**—go for a walk or run, and pray all the way.
- ☐ **Silence**—you don’t have to say anything; just enjoy being with God.
- ☐ **Favorite Activity**—anything you enjoy doing, do it while talking to God. -----  
(Write your favorite activity.)

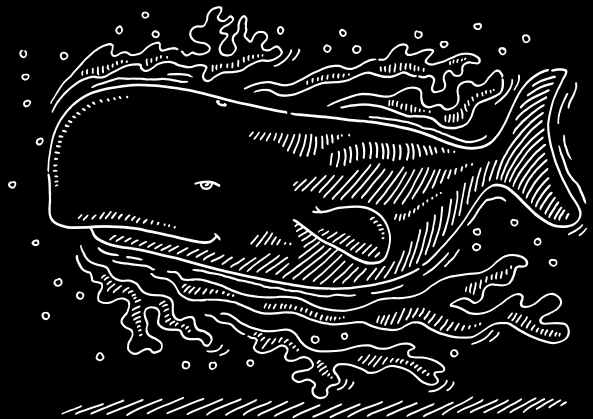
## Keep It Going This Week *Find out more by reading these verses.*

- |                                           |                                         |
|-------------------------------------------|-----------------------------------------|
| <input type="checkbox"/> Deuteronomy 31:8 | <input type="checkbox"/> Matthew 28:20b |
| <input type="checkbox"/> Zephaniah 3:17   | <input type="checkbox"/> 1 John 3:1     |

**Week  
Forty  
Eight**

 **Mind Blower**

Scientists have recorded a single whale that sings a song that's different from all the other whales we know of in the ocean. They call the whale "52 Blue" due to the unusually high 52-hertz frequency of the song it sings. But they haven't been able to find it!



**Write Your Thoughts Here**



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**God, there are lots of unhealthy things to do  
when I am lonely. Help me turn to you instead.**

**Week  
Forty  
Eight**

# Resentment

WEEK FORTY-NINE

## Finding the Good



*Tell the LORD how thankful you are,  
because he is kind and always merciful.*

Psalm 118:29

If we just weren't in the military . . . It's easy to be negative about being a military kid. The moves, deployments, and sacrifices can be tough.

But there's a lot of good too—the experiences, the friends, the satisfaction of being part of something important and doing good.

So, what are you going to focus on? If you constantly replay all the negatives, you will become negative. People with bad attitudes end up bitter or upset and feeling like a victim.

But if you keep looking for the good and thinking about it, you will find yourself with a better attitude and more good things! You know when you start paying attention to something—like a kind of shoe or car—you begin to see it everywhere? Same thing happens when you are looking for blessings.

The writer of Psalm 118 made it a point to look for and thank God for the blessings in his life. He thanked the Lord for his love, protection, strength, and more. We can follow his example by rejecting resentment or bad attitudes and praising God for all the good. The more we look for good, the more our life will be changed for the better.

Un  
Shake  
Able

***We can reject resentment, focus on the  
blessings, and praise God for all the good.***

# Spiritual Fitness Training

Being unhappy can be contagious, but so can happiness. When you or your friends are complaining, challenge each other to say five good things instead. Use the chart below to think about the things you often complain about and how you can replace your complaints with thoughts of God’s blessings.

Negative Thought

Drop and give me five!

God's Blessings

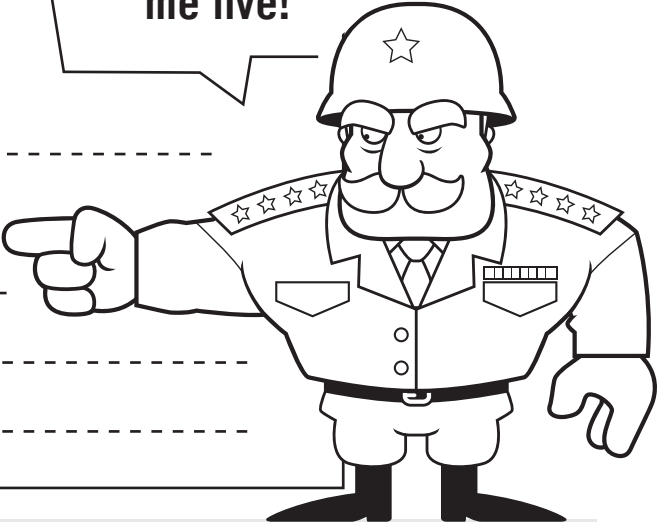
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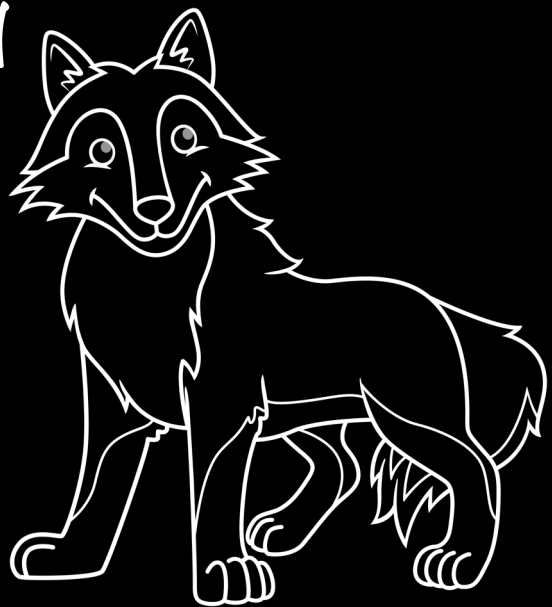
**Keep It Going This Week** *Find out more by reading these verses.*

- ☐ Psalm 50:14
- ☐ 1 Thessalonians 5:18
- ☐ Psalm 100:4
- ☐ Hebrews 12:28

Week  
Forty  
Nine

 **Mind Blower**

Coyote pups grow up together in their packs. If one is being grumpy and plays mean, the others will avoid him for a few days or until he earns their trust again.



**Write Your Thoughts Here**



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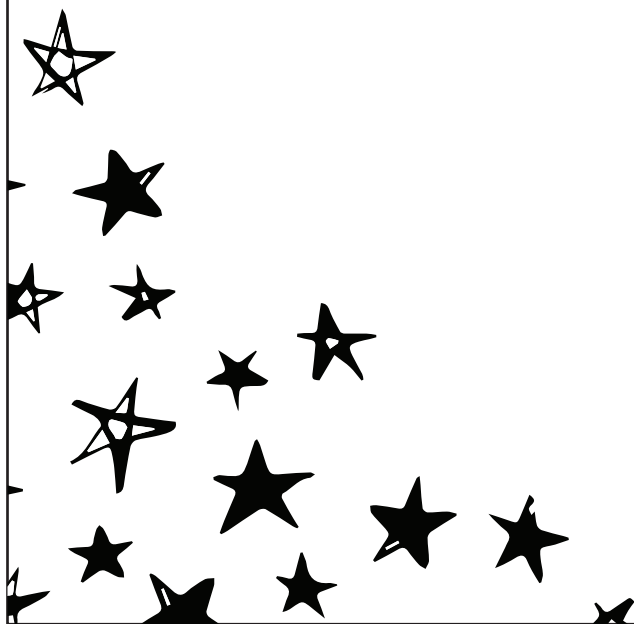
**God, there are a lot of tough things,  
but lots of good, too. Help me see the  
blessings and be thankful.**

**Week  
Forty  
Nine**

## Doodle Space



God can use both good things and negative things. Make a list of the negative things that happened today and see if you can think of a way God has or could use this for his good.





# Forgiven

WEEK FIFTY

## How to Fix Messes



*The LORD is merciful! He is kind and patient, and his love never fails. The LORD won't always be angry and point out our sins; he doesn't punish us as our sins deserve.*

Psalm 103:8–10

You know what it's like to mess up so badly you can't fix it. Maybe you broke something that can't be replaced. Maybe you hurt someone's feelings so they don't want to be around you. Maybe you tried something you just knew was wrong.

We have all done this stuff. It's sin, and sin has consequences—every time. It harms our relationships. And it separates us from the holy God who made us and gives us life.

We often talk about God's love for us, but not so much about how we push him away and fall short of his good laws. We can't fix our failures and sin on our own. We need God's forgiveness.

Thankfully, the Lord does forgive us when we ask. He sent Jesus to take the consequences for our sin—death! When we acknowledge our sins and turn back to God, when we ask for his mercy and choose the new life he offers, the Lord forgives and helps us. Even when we keep making the same mistakes, he will keep forgiving. And that's something to celebrate! David wrote Psalm 103 as a praise to God for all his blessings, especially forgiveness.

So tell God honestly whenever you sin. Repent, and then praise God for showing you mercy!

Un  
Shake  
Able

***Admit, repent, and then praise God  
for his amazing forgiveness!***

# Spiritual Fitness Training

Fill in the blanks for this week's verses, and ask God for his understanding of what each word means.

The \_\_\_\_\_ is \_\_\_\_\_!  
He is \_\_\_\_\_ and \_\_\_\_\_,  
and his \_\_\_\_\_ never \_\_\_\_\_.  
The Lord \_\_\_\_\_ always be \_\_\_\_\_  
and \_\_\_\_\_ out our \_\_\_\_\_;  
\_\_\_\_\_ doesn't \_\_\_\_\_ us  
as our sins \_\_\_\_\_.

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

☐ Isaiah 57:15–16

☐ Matthew 6:12–13

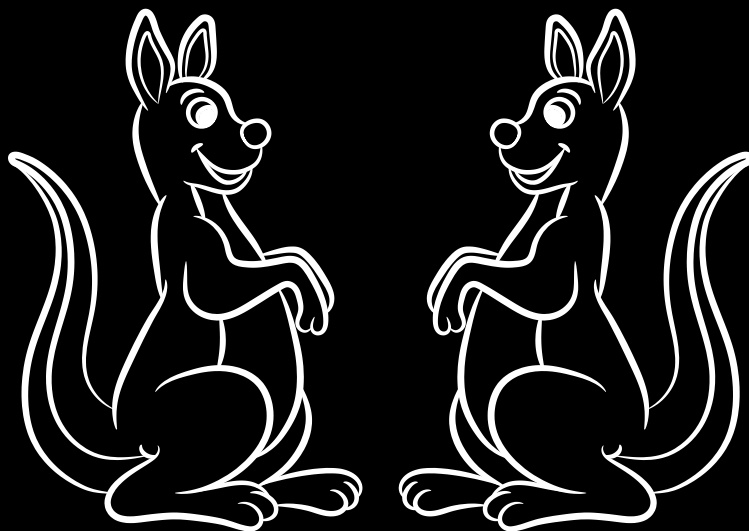
☐ Joel 2:13

☐ 1 Corinthians 10:13

**Week  
Fifty**

 **Mind Blower**

In zoos, people have observed  
red-necked wallabies have fights,  
but later seem to forgive each  
other and begin grooming and  
playing together again.



**Write Your Thoughts Here**



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**God, thank you for forgiving me, over  
and over. I am sorry. Please help me.**

**Week  
Fifty**

## A Heart X-Ray



*Every animal in the forest belongs to me, and so do the cattle on a thousand hills. I know all the birds in the mountains, and every wild creature is in my care.*

Psalm 50:10–11

Maybe if I give money to church God will let me make the track team.  
 Maybe if I pray really hard, we won't have to PCS.  
 Maybe if I'm really good, God won't let mom and dad get divorced.

We often try to bargain with God. We think, "If I do this, then he will have to do that"—like he's a vending machine.

But the thing is, God doesn't need your money or your prayers or your good behavior. And he can't be manipulated. He sees our motivations.

So what does he want? He wants your heart. He wants you to love him like he loves you. He wants you to do right because you love him, not because you want something. He wants you to be grateful for all he gives you. He wants you to ask, and then trust him to give you what is best for you.

Psalm 50 talks about all this. It reminds us of how incredibly rich God is, and how he knows our hearts. So do a heart check. Ask God to show you your motivations. Practice thanking him for all his good gifts. And love him, because he loved you first.

# Spiritual Fitness Training

Unscramble the following words from your Keep it Going verses. As you do, thank him for how much he loves you, and ask him to help you grow in love for him every day.

**tenhsgrt** .....

**rathe** .....

**laffihut** .....

**wonk** .....

**dofwelurn** .....

**trifs** .....

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

☐ Deuteronomy 6:5

☐ Philippians 3:7–8

☐ Hosea 6:6

☐ 1 John 4:19

**Week  
Fifty  
One**

 **Mind Blower**

Dolphins will go out of their way to help others. People have seen them retrieve dropped items, rescue people, and persuade people and animals to move away from danger—even putting themselves in the way.



**Write Your Thoughts Here**



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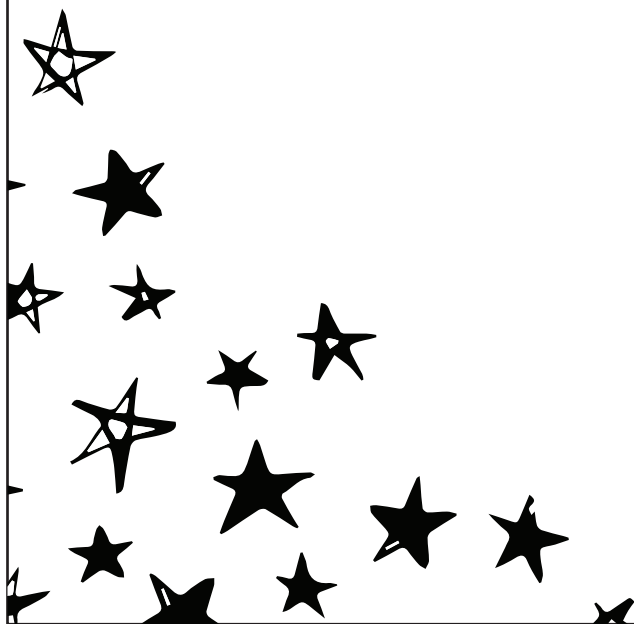
**God, you control everything. I do need you. But I  
want to love you too. Help me grow in love.**

**Week  
Fifty  
One**

## Doodle Space



Draw a heart in the middle of the page. Inside, write the ways you love God. Outside the heart, write the things you want from God. Then pray that God would grow the ways you love him.





# Hope

WEEK FIFTY-TWO

## Hope for the End



*God brings wars to an end all over the world. He breaks the arrows, shatters the spears, and burns the shields. Our God says, "Calm down, and learn that I am God! All nations on earth will honor me."*

Psalm 46:9–10

Often it seems like we've just got one conflict figured out when someone else starts talking about fighting again. War is awful, but someone is always willing to start another. It feels like a never-ending cycle. Or is it?

God can make it all stop—and he will. God promises that one day he will end war. Every weapon will be demolished. Everyone will live in peace, and everyone will serve God.

But we don't know when that will be. We can work and pray now for fewer wars, but in the meantime, your parents need strength, wisdom, and protection. If someone is injured in combat, or has PTSD, he or she needs healing. And God is our hope for that.

So talk to God about your fears, your feelings, your needs. Ask him to calm the wars for your warrior, both in the world and in their hearts. And hold onto the hope God gives for when he will take charge of the whole earth again. Thank him for what he will do.

This world is often shaken; but God is unshakeable. His power will win in the end.

Un  
Shake  
Able

***Hold onto the hope God gives for  
when he will end all wars.***

# Spiritual Fitness Training

Although God is the only one who can bring true peace, maybe he will use your generation to be peacemakers! Using John 14:27 as your inspiration, use the below chart to plan one tangible way you can promote peace in your school.

*"I give you peace, the kind of peace  
only I can give..."*

## Who



# What



## When

This is a blank sheet of white paper with horizontal ruling lines. On the left side, there are three circular binder holes. The top-left corner of the page is rounded. The entire page is otherwise empty of text or markings.This is a template for a single page from a notebook or binder. It features horizontal ruling lines across the page. On the left side, there are three circular punch holes, evenly spaced vertically, designed for insertion into a binder ring. The top corners of the page are rounded.[illegible]

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

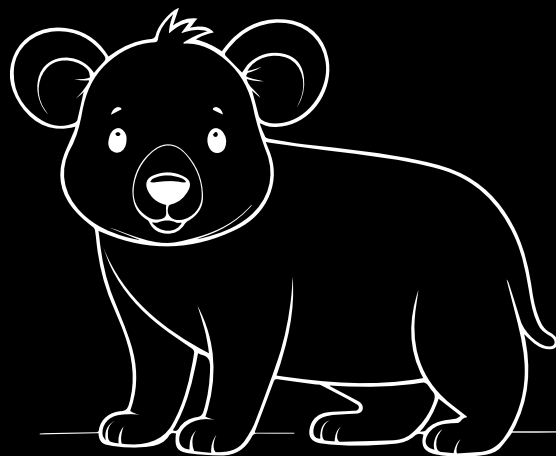
- ☐ Isaiah 2:4
- ☐ John 14:27
- ☐ Zechariah 9:10
- ☐ Revelation 21:3-4

## Week Fifty Two



The wombat's defensive move is to go in its burrow and plug the entrance hole with its butt. Wombats carry extra cartilage in their rumps that can protect them from bites, scratches, and impacts.

(Now that's a way to end conflict!)



**Write Your Thoughts Here**



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**God, I hate all the fighting. We need you  
to help us through, and to make it stop.**

**Week  
Fifty  
Two**

This image shows a full page of white paper with horizontal dashed lines, typical of primary-ruled notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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**Keep It Going!** 

Great job!  
Check your mailbox for  
your next book!

(It's coming soon!)

