

A Journey Through the Book of Psalms

# UNSHAKEABLE

Firmly Planted in God's Word

BY TONIA STACEY GÜTTING

 **HERO  
SQUAD**  
VARSITY EDITION

Unshakeable, Guys Varsity Squad Edition, Winter Issue

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**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 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 unmovable 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 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 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!

# Light

WEEK FORTY

## What/How/Why to Live



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

Psalm 119:105

What career should I pursue? What do I do next? We often wish someone, or God, would just tell us what to do with our lives, but we never come across a crystal ball or personalized neon sign in the sky. God doesn't communicate that way, but that doesn't mean God isn't talking to you.

When you want specifics, like whether you should go to school to become an underwater welder or study bugs, it can be frustrating to have people say, "God will show you the way." But it is true that God speaks to us. He gives directions for our life in the areas that are most important to us—and to him: Love God and your neighbor. Honor your parents. Stop sinning. Pray. Bring others to Jesus.

These things don't always seem like practical help with the question of what you should do with your life, but they do answer the how and why of living. The Bible leads us into a relationship with God, and God's Spirit can then guide us where we should go through prayer, wise counsel from people, and sometimes even a voice in our heart.

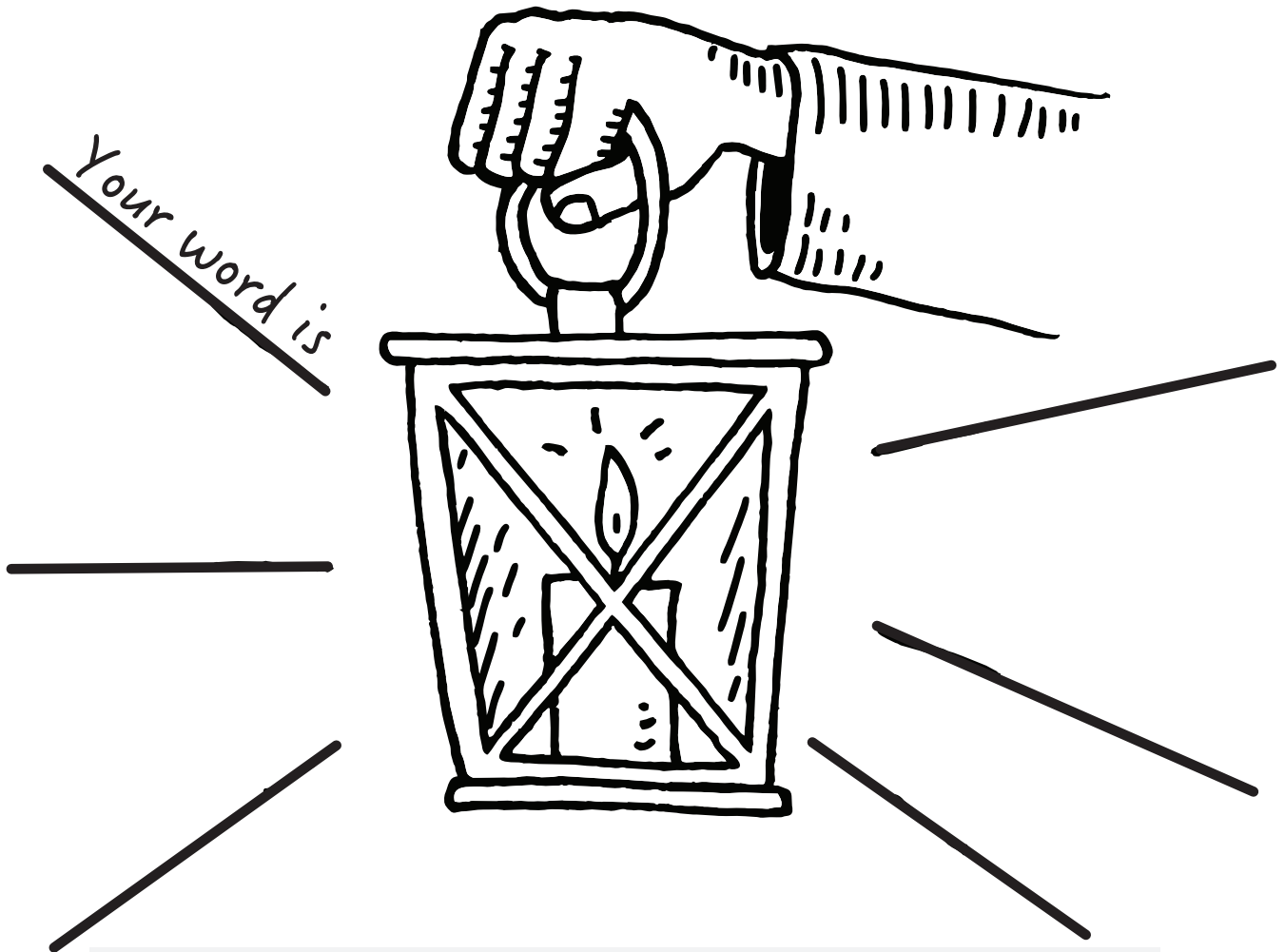
So, keep reading and studying God's Word. Even when you don't yet understand it, God is using it in your life. Like a light for a path, it will give you the direction you need. Ask God to help you understand him, and he will show you the good way.

Un  
Shake  
Able

***God will use the Bible in your life like a light on a path.***

# Spiritual Fitness Training

Copy the verse onto the picture below and ask the Lord to help your relationship with him grow.



**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**

"First, go to the verse.  
Go next to the Voice."

—Max Lucado, contemporary  
American pastor and author

Write Your Thoughts Here



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**TALKING TO GOD**

God, I don't always know what  
I'm supposed to do with this life.  
Please help me hear you.

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# Hope

WEEK FORTY-ONE

## A Morning of Hope



*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 face opposition. That kid in fourth period who said that hurtful thing. That teacher who is always on your case. That nation that is shooting at your parent. The devil who fills your head with convincing lies. And some days your worst enemy is you. Your brain circles back on your mistakes and insecurities. You can feel weighed down in body and spirit. You may have seen a friend give in to the attacks and hurt themselves or worse. This war has to be won.

In Psalm 143, David is on the run again, overwhelmed both physically and mentally. He faces enemy soldiers and is also waging war against the enemies within himself. He is driven nearly to despair. Where can he turn?

He turns to prayer. He brings all his darkness and despair to God. And he remembers. He focuses his attention on his memories of God's character, God's power, and God's actions in the past. And then he asks God to hurry up and answer. He asks God to rescue him, guide him, and fill him with love again, like a new morning after a long night.

You can fight like David. The lies cannot win when you remember to focus on God's love. Whether the enemy is outside or in, ask your Heavenly Father for help. God can and will bring morning light after dark days. His love conquers all darkness, so hold on to him.

Un  
Shake  
Able

***Whether the enemy is outside or in,  
ask your Heavenly Father for help.***

# Spiritual Fitness Training

Fight back! Create a strategy for hard days that will help you trust God and wait for him. Check the ideas below that work for you and add some of your own.

## Checklist

- ☐ **Handwrite verses, especially Psalms.**
- ☐ **Call a friend/relative.**
- ☐ **Do something for other people.**
- ☐ **Write down a lie that the devil is bothering you with. Now write three truths God says.**
- ☐ **Do something you enjoy.**
- ☐ **Write a prayer.**
- ☐ **Take five deep breaths.**
- ☐ **Exercise! Run, bike, swim, stretch.**
- ☐ **Get outside. Feel the sun, hear the birds, see the colors.**
- ☐ **Other \_\_\_\_\_**

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

- |  |   |
|--|---|
| <input type="checkbox"/> Isaiah 40:30–31   | <input type="checkbox"/> Colossians 1:13–14 |
| <input type="checkbox"/> Jeremiah 29:11–12 | <input type="checkbox"/> Hebrews 6:18       |

**Week  
Forty  
One**

"Where there is no hope in the future, there is no power in the present."

—John Maxwell, American author, speaker, and pastor



**Write Your Thoughts Here**



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**DID YOU KNOW?**

In 2010, 33 Chilean gold miners became trapped underground. For 17 days, no one knew if they were alive. They kept up hope by praying and encouraging each other.

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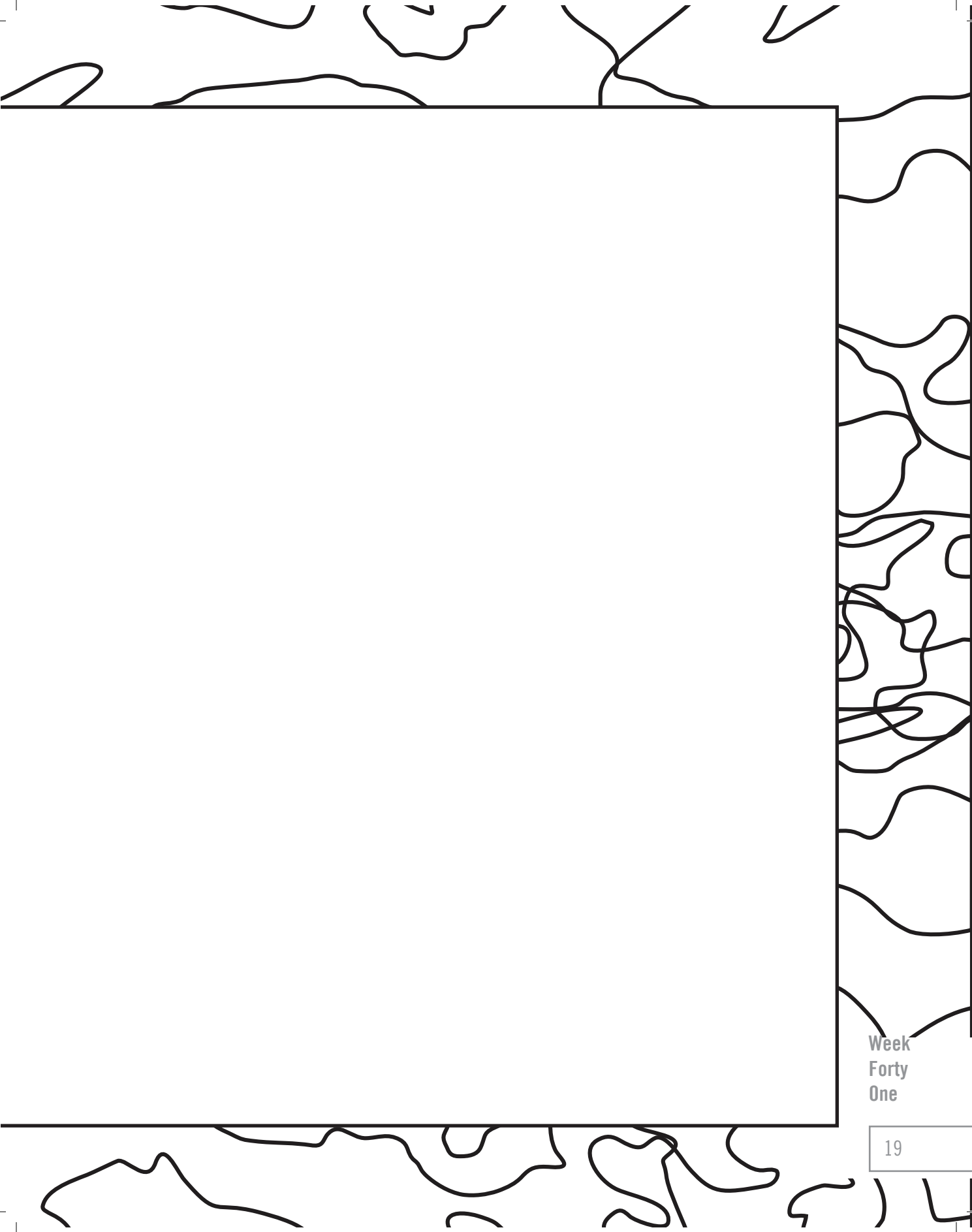
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Week  
Forty  
One

**Doodle Space**



Un  
Shake  
Able



Week  
Forty  
One

Control

WEEK FORTY-TWO

## When Nothing Is Certain



*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

You don't get to pick where you live. Would you even have picked this place if you had a choice? And who knows what's next?

If anyone can feel like the world, and their life, is out of their control, the military kid does. Besides all life's normal "what-if's," the military piles on a bunch more: "If we get orders" ... "If Dad makes rank" ... "If Mom gets deployed" ...

Hopefully that can make you more aware of Who is in control. Just like the newest Private and most senior officer rush to carry out every command of a General, the earth and all its parts and inhabitants serve the Commander of the Heavenly Armies.

The writer of Psalm 104 reminds himself (and us) of this, as he imagines God enthroned above the stars and all the creation before him. Not only did God make the earth with its wind and water and fire, but he continues to sustain its systems, maintain its boundaries, and feed its inhabitants.

So, when you feel out of control, remember you have a good God, capable of caring for you, and loving to do so. That can ground your attitude and help you respond well to any circumstances.

Un  
Shake  
Able

***When you feel out of control,  
remember you have a good God.***

# Spiritual Fitness Training

What things are weighing on your mind? Decide which category they go in.  
Hint: even the ones in “My control” need God. Ask the Lord what he would have you do to work with him on these things.

My Control	God’s Control
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**Keep It Going This Week**

☐ Exodus 34:6–7

☐ Isaiah 40:25–26

☐ Matthew 8:26–27

☐ Revelation 22:12–13

Week  
Forty  
Two

"I can rest in the fact that God is in control. Which means I can face things that are out of my control and not ACT out of control."

—Lisa Terkeurst, contemporary American author and speaker

Write Your Thoughts Here



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**TALKING TO GOD**

God, help me understand what  
I can control, and trust you  
for what I can't. You are over  
everything!

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# Longing

WEEK FORTY-THREE

## The Perfect Homecoming



*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

Homecoming day! You have waited so long, and finally your parent is getting to come home. This is better than a stream of water in the desert.

Except, sometimes, it's not all great. People get tired or frustrated. Warriors coming home can feel left out. You changed. They changed. It's going to take some time to reconnect.

In the Bible, David longed to be with God, more than water in the desert. And for David, that connection would be good, because God is good. He wants with all his soul/might/strength to stay close to God. He wants to see God's glory. He talks about all the wonderful things God has done for him for the rest of Psalm 63.

As believers, we know Jesus is with us now, but we also long for that day when we can be with him face to face, forever. People fail each other, but Jesus is everything we hope for. We may be worried that we fail him, but when we ask for forgiveness, he promises to forgive—and forget! When we think about how much he loves us, and all he has done for us, we can't wait for that homecoming day.

So, do your best to be patient, loving, and in good relationship with your people. But keep your hopes in our good God and his Son and the ultimate homecoming that will not disappoint!

Un  
Shake  
Able

***Keep your hopes in your perfect God.  
That homecoming will not disappoint!***



# Spiritual Fitness Training

What are you looking forward to when you see Jesus face to face? Jot down a few things or write a letter to him.

A large rectangular box with a scalloped top edge, resembling a notepad, with horizontal dashed lines for writing.

**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**

*"The resurrection of Christ  
changed the midnight of  
bereavement into a sunrise  
of reunion."*

*—Billy Graham, American evangelist*

Write Your Thoughts Here



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**DID YOU KNOW?**

Wild dolphins call each other  
by unique names and will  
respond positively when they  
hear their name played back.  
It excites them like it does  
for you to hear yours!

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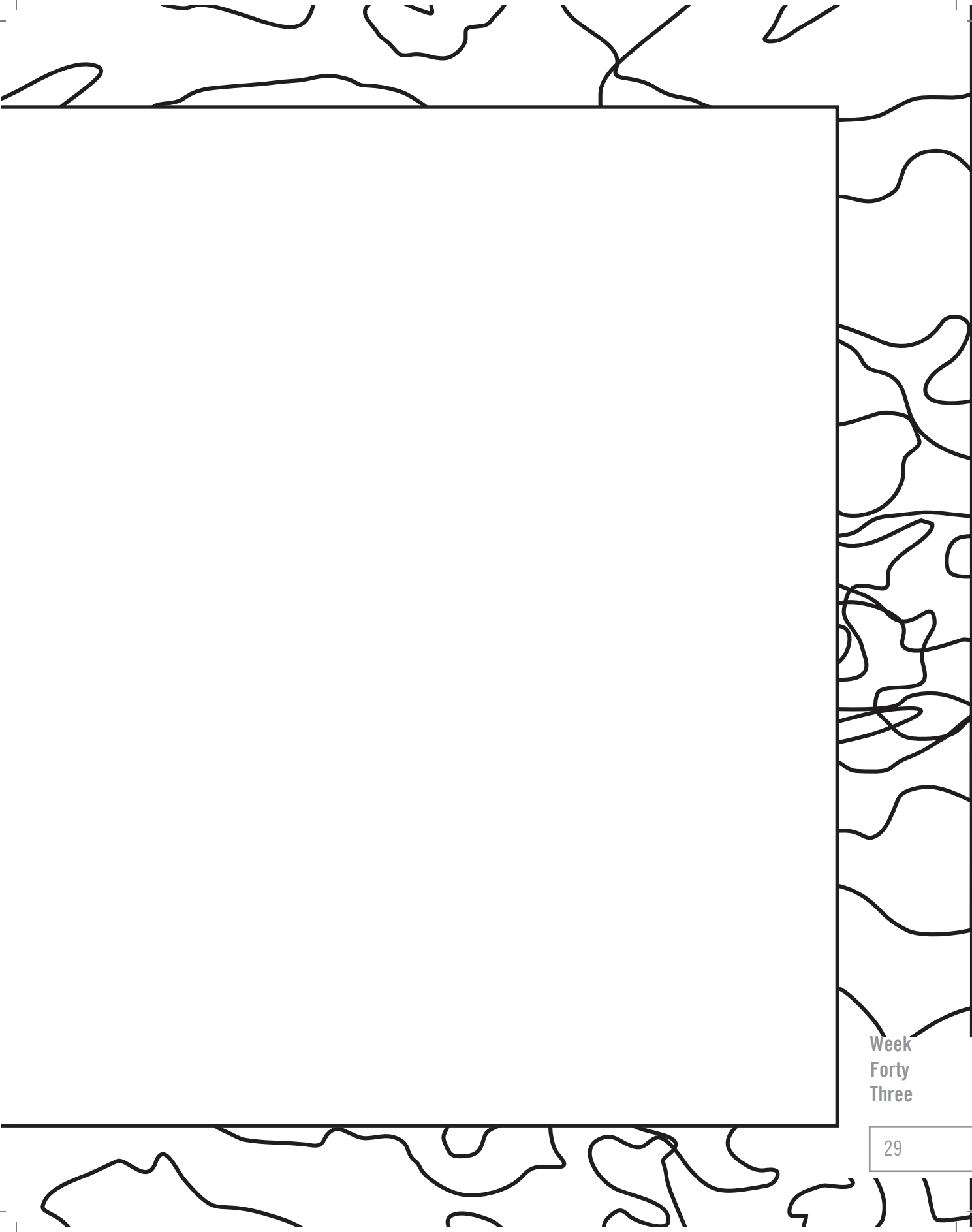
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**Doodle Space**





Week  
Forty  
Three

Strength

WEEK FORTY-FOUR

## Leading a Broken World



*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

Yeah, teens today face some big challenges. What's a young person supposed to do when it feels like the world is being pulled apart? Is God equipping you to help?

David faced similar times. Everything seemed to be working against him. He knew from God he was to be the next leader of Israel, but here he was—hiding in the wilderness with enemies, including the current king, trying to kill him.

But David knew where to find strength and courage and hope. He prayed to God, and God was his strength. In Psalm 18, David is amazed by how the all-powerful God answered his prayers.

And God wants to do it again in our time. God sees the problems, and he is calling and raising up new leaders among you and your peers. When you ask, God is happy to respond, to give strength, wisdom, skill, and vision.

God has not given up on his world. Even when things seem to be spinning out of control, he is preparing leaders and moving them into place. Is he calling you to be one of them?

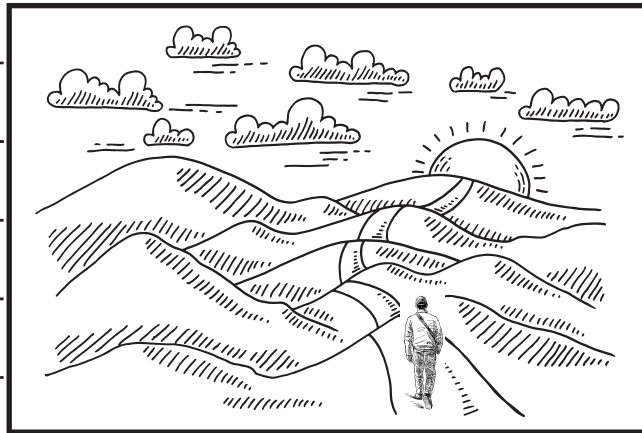
The challenges are real, but God's got this! And he's got you.

Un  
Shake  
Able

***The all-powerful God answers prayers.  
And he will do it again for you.***

# Spiritual Fitness Training

Check out the rest of Psalm 18 and jot down the things God did for David on the lines below. Ask him to do it again for you.



**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**

"Be content with who you are. There is no need to impress. God's strong hand is on you. And he will promote you at the right time."

—Priscilla Shirer, contemporary American author and speaker



**Write Your Thoughts Here**



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**TALKING TO GOD**

God, the world's problems  
can feel huge. But you are in  
control. Help me do my part. Be  
my strength.

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Week  
Forty  
Four

## The Imperfectly Perfect Church



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

Psalm 149:1

Pretty soon you will be old enough to decide for yourself whether you will be part of a church. It's worth thinking about it now.

Many churches are struggling right now. People seem busier than they used to be. Sometimes the services aren't done the way you would prefer. Sometimes there are scandals.

But God loves the church. Not the building or the activities—he loves when his people gather to worship and learn from him. He loves each of us, but he is forming us into one people. The Bible talks of the church as God's family, as Jesus' body, and as Jesus' future bride. Despite all its flaws, he has promised to continue to build and purify his church.

As a military family, it can be difficult to find a church that “fits,” but it's important for you to have an ongoing local connection with God's family. It's not so much what works for you, but where you can be built up together with others. You need encouragement. And others need to be encouraged by you. And your faith will be fueled by being with other believers, just like an ember in a fire.

So, ask the Lord to help you love your church (or to help your family find the church he wants you to be at). Put your focus on him, and not the music style or the imperfect people. Find ways to encourage and love them as God does.

# Spiritual Fitness Training

What can you do to serve your church, or serve with your church? Pray about it and check the items that you will look into.

## Checklist

- ☐ Pray for the church
- ☐ Invite others
- ☐ Write pastor an encouraging note
- ☐ Open the doors for people to come in
- ☐ Help clean up after a service
- ☐ Mow grass/clean up flower beds
- ☐ Organize youth for a cleaning day
- ☐ Join the worship team
- ☐ Help serve coffee and donuts
- ☐ Volunteer to help with the children's ministry, food bank, or outreach events

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

- |   |  |
|---|--|
| <input type="checkbox"/> 1 Chronicles 16:29 | <input type="checkbox"/> Matthew 16:18   |
| <input type="checkbox"/> Isaiah 42:10       | <input type="checkbox"/> Revelation 5:13 |

**Week  
Forty  
Five**

"Church attendance is  
as vital to a disciple as a  
transfusion of rich, healthy  
blood to a sick man."

—D.L. Moody, American evangelist and  
publisher

Write Your Thoughts Here



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**DID YOU KNOW?**

Sea otters hold each other’s  
paws when they fall asleep  
so they won’t drift away from  
each other.

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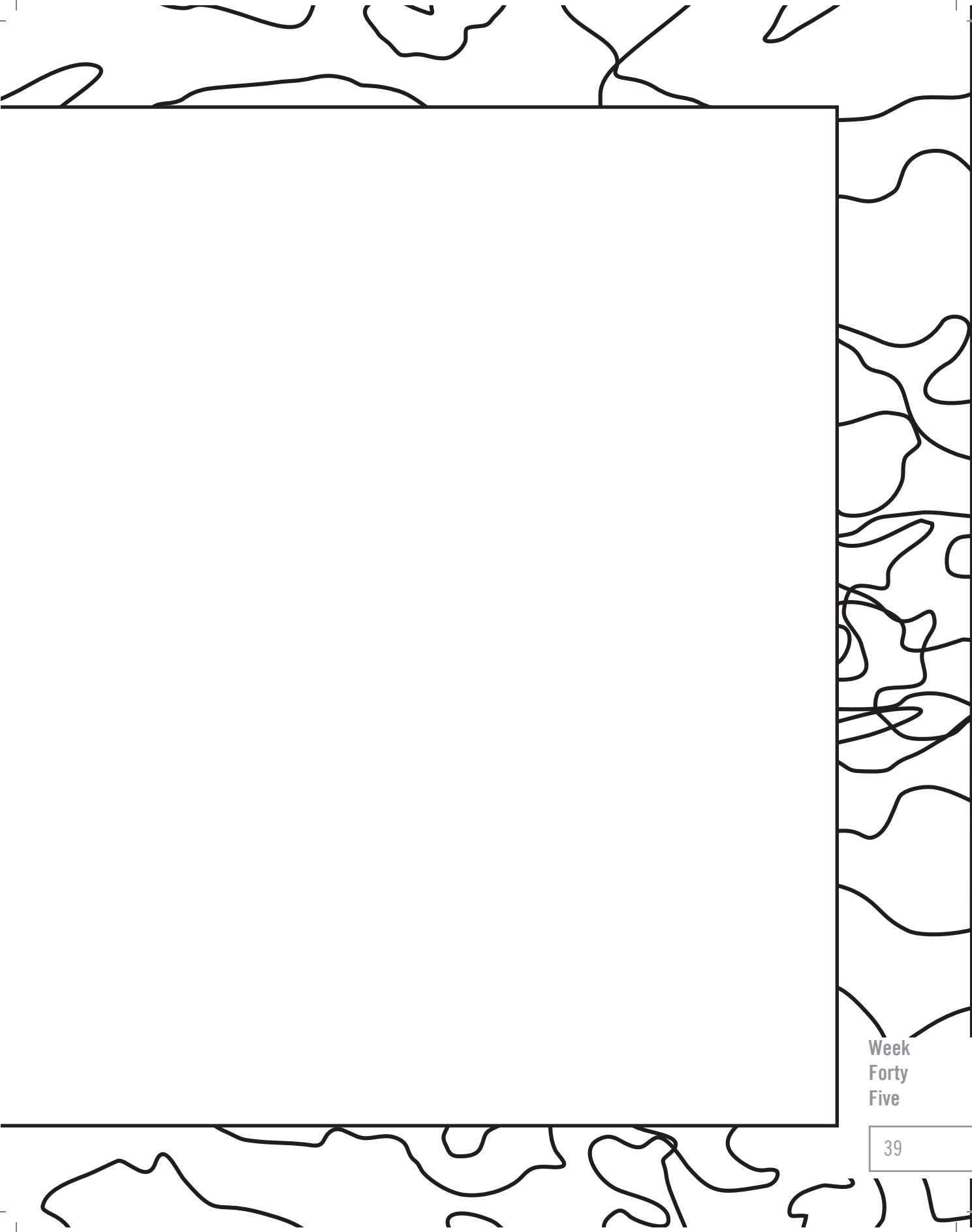
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**Doodle Space**





Week  
Forty  
Five

Grief

WEEK FORTY-SIX

## Experiencing Good Grief



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

Psalm 116:15

Your grandma is sick and you can't go be with her. Your father's battle buddy didn't make it home. Your best friend just moved away. Your pet dies.

Grief is often near, yet in the military it can feel like you have fewer ways to deal with it. You can't always be with the people you care about. Sometimes, you can't even go to funerals. And the people around you don't always know what you are going through.

But God does. He cares deeply and he offers peace and comfort to you and your loved ones. He alone can give real hope—because he holds the future. He hates death and separation, too. He did not create us for separation. He sent his Son Jesus to conquer death and make a way for us to be with him—and each other—for eternity, if we will accept this gift. No more goodbyes. No more pain. No more tears.

Grief can be confusing, and sometimes overwhelming. It is good to feel it fully, to acknowledge the pain, and then bring all of it to the Lord. He is not afraid of your emotions. Wait patiently for him. Let him bring healing and hope in the way only he can. Even when your loss doesn't make much sense, keep holding on to Jesus and trusting his love and power.

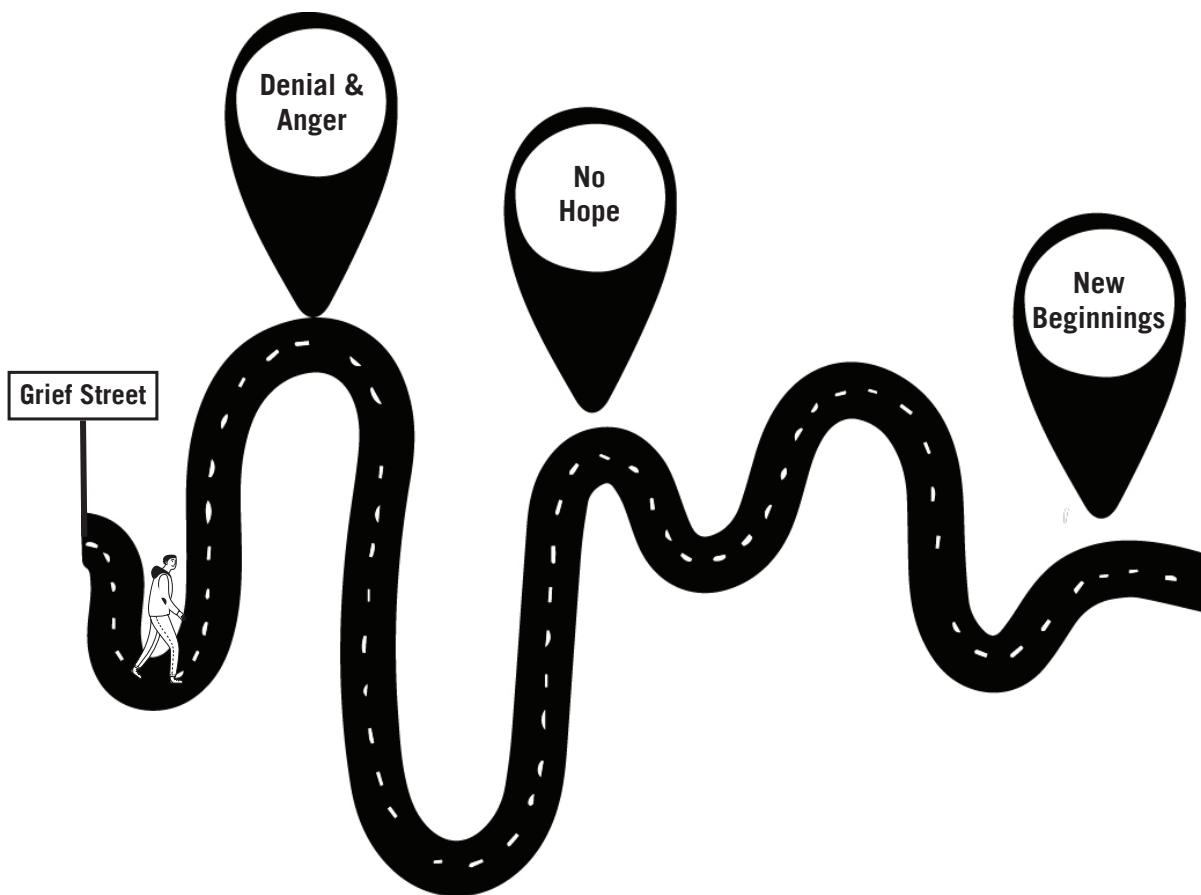
Un  
Shake  
Able

***Let Jesus bring healing and hope  
in the way only he can.***



# Spiritual Fitness Training

People say there are stages of grief. It is good to be aware of what to expect. It's not healthy to avoid the process. You might even go back to earlier stages sometimes, but there is no way to bypass this journey. Where do you see yourself on this street? Talk to the Lord honestly about where you are.



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

☐ Lamentations 3:31–33

☐ Romans 14:8

☐ Isaiah 25:8

☐ Revelation 7:17

**Week  
Forty  
Six**

"Do remember, dear friend,  
that the God you love, the  
Master you serve, is never  
indifferent to your grief, or  
unwilling to hear your cry."

—Susannah Spurgeon, British author  
in the 1800s and wife of the famous  
preacher Charles Spurgeon

Write Your Thoughts Here



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**TALKING TO GOD**

God, this feels hard. But  
you care. Help me grieve  
well. Thank you for the  
hope of heaven.

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# Identity

WEEK FORTY-SEVEN

## Trusting in the Confusion



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

Psalm 119:73

Is the grass greener on the other side of the fence? Our culture sets unhealthy expectations for both men and women. No matter what you do, it never feels enough. We look to each other for clues. Lots of people seem to feel that if you don't measure up to some stereotype for your body or behavior, you may have to make some major changes. Who even knows what's normal anymore? Did God make a mistake?

Nope. God doesn't make mistakes. But if you focus on other confused or hurting people, it's hard to see his plans. Often we must obey God's commands before we understand them. As you focus on God and hold onto his plans, things that don't make sense now will become more clear.

God gave you your body and your specific interests and preferences, because he loves you. He will help you find friends—and likely a spouse—who love and respect you for who you are. No matter your circumstances, he will guide you and help you in living a full life.

So, trust him even when it doesn't make sense yet. Bring any hurt and frustration and confusion to God, and let him comfort and strengthen you. Pray with this week's verse that the Lord will help you follow his plan in the Bible, even when it seems to go against your feelings. Your feelings, interests, and friends will change. But God will not. Hold to that rock.

***God doesn't make mistakes. Things will someday make sense, if we hold to his plan.***

Un  
Shake  
Able

# Spiritual Fitness Training

Color in and doodle around this week's verse and ask the Lord to help you trust it.

*YOU CREATED ME AND  
PUT ME TOGETHER.  
MAKE ME WISE ENOUGH  
TO LEARN WHAT YOU  
HAVE COMMANDED.  
PSALM 119:73*

**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

"If your identity is found in Christ, then it matters less and less what people think of you."

—Leonard Sweet, contemporary American theologian, pastor, and author

Write Your Thoughts Here



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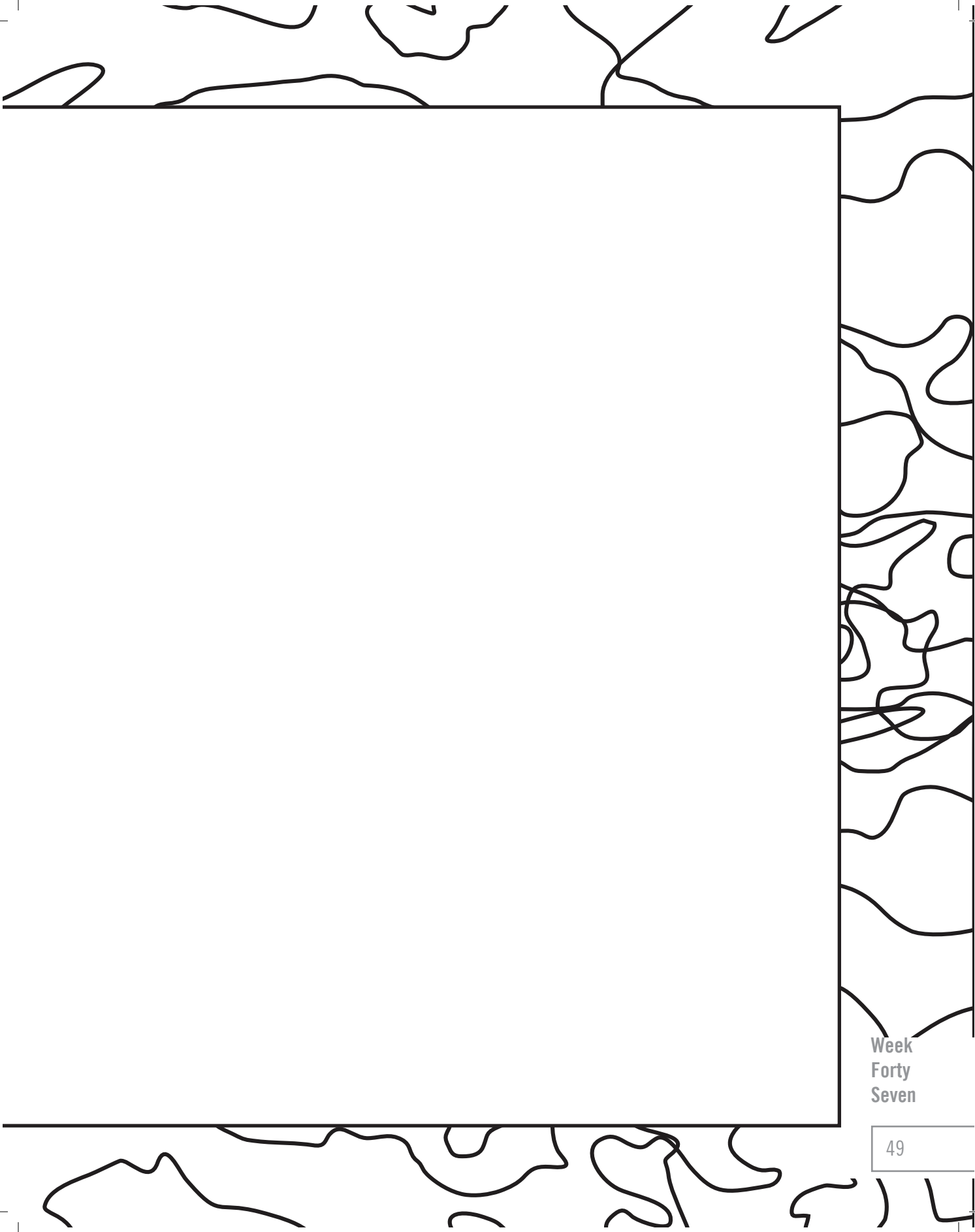
**DID YOU KNOW?**

Almost 90 percent of people say they prefer personality over looks when dating someone, according to a BBC article. Agreeableness and intelligence rank high.

**Doodle Space**







Week  
Forty  
Seven

# Loneliness

WEEK FORTY-EIGHT

## Okay with Being Alone



*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're uncomfortable with your friends partying, but it's better than sitting home on a Friday night. Your boyfriend pressures you to do things you don't want to do, but you don't want to be alone.

We need friends. We were created to be in relationships. But people are messy and some people will lead us into bad paths. To be healthy in our relationships, we have to be okay with being alone.

We learn to be alone with ourselves, perhaps surprisingly, when we learn to depend on God. Only he fully satisfies. Only he fully knows us and loves us. And he's the only One who will always be with us.

Good friends are a gift from God. But sometimes we have to wait patiently to find them. And even the best friends will fail us at some point, as we will fail them. To handle those frustrations in a healthy way, we need to be solid in our relationship with God.

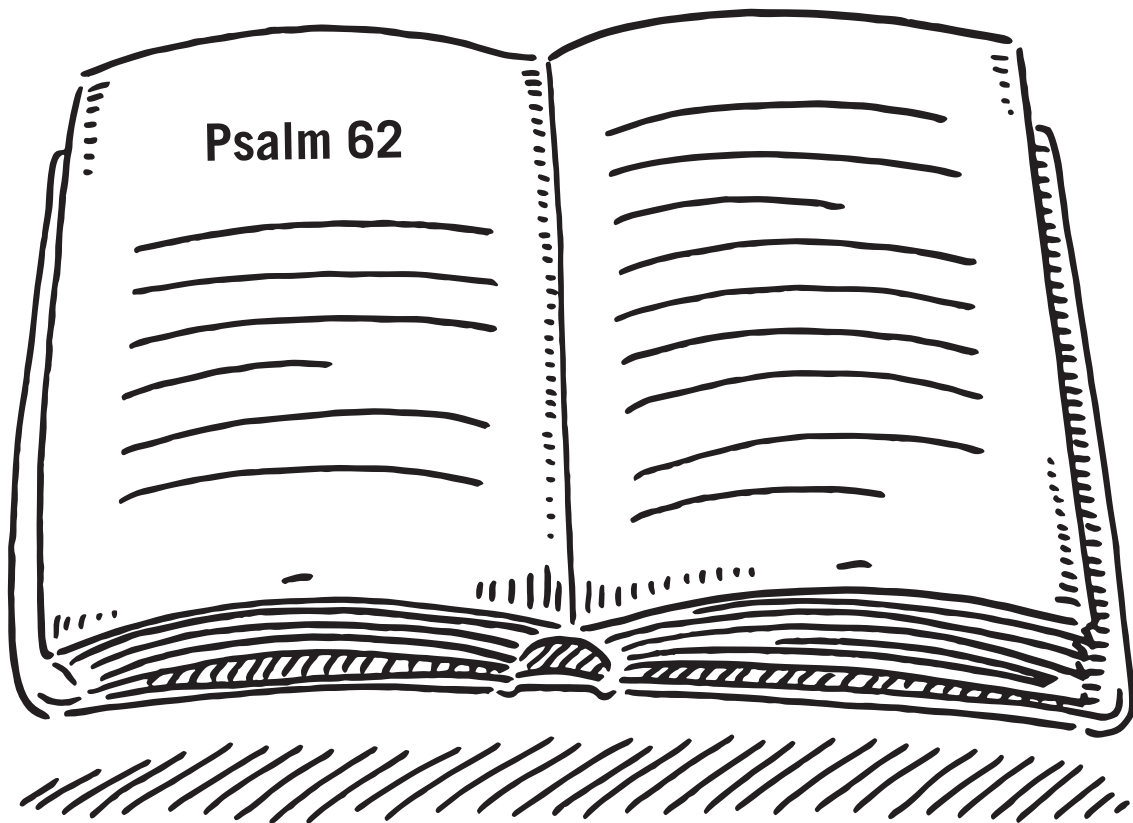
So, spend time and energy on that friendship. Sit quietly with God. Talk to him about everything. Read his letters to you—the Bible. Thank him for everything, and be aware of his presence—as well as his love for you. As this week's Psalm shows, he alone can give you the peace you're searching for.

Un  
Shake  
Able

***Spend time and energy building your friendship  
with the God who will never fail you.***

# Spiritual Fitness Training

Read through Psalm 62, pausing after each verse to talk to God about it. Write down any key thoughts you have below.



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

☐ Deuteronomy 31:8

☐ Matthew 28:20b

☐ Zephaniah 3:17

☐ 1 John 3:1

Week  
Forty  
Eight

"Look for yourself, and you will find in the long run only hatred, loneliness, despair, rage, ruin, and decay. But look for Christ and you will find Him, and with Him everything else thrown in."

—C. S. Lewis, British author, professor, and theologian in the 1900s

Write Your Thoughts Here



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**TALKIING TO GOD**

God, it's hard to be alone.  
Help me depend on you. Help  
me make good relationships.

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## Grateful Minds over Dark Matter



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

Psalm 118:29

Who do you want to be? An angry, sullen, bitter victim of life? Or a happy, hopeful, can-do overcomer? Do you realize you are choosing every day which person you are growing up to be?

Even beyond the “power of positive thinking,” the basic attitude of a person can make or destroy him or her. Resentment and bitterness can poison a life from the inside out. And for military families, it’s a familiar pitfall. Disappointments over moves, deployments, and lack of control can start people’s thoughts circling the drain. But the cycle can be broken.

So how do we do that? We can take the instructions of Psalm 118 to heart. The writer starts and ends the chapter with a call to thank the Lord. Throughout, he focuses on God’s never-ending love, his strength, protection, and blessings. When we learn to think about the good things, when we obey these words to thank the Lord, we train our minds to be hopeful. And God rewards our attempts with even more things to be grateful for.

Ask the Lord to help you fight against resentment. Stay grateful and watch how your attitude changes your life.

# Spiritual Fitness Training

It takes work to retrain our mind. Start small. Author Ann Voskamp says to try this: keep a list of three things you are grateful for each day. It can be simple things like “the color red” or big things like “dad got home safely.” Set a calendar reminder in a month to read over the list and see if it’s made a difference for you. Keep going and check in again in 90 days.

<b>SUN</b> • _____ • _____ • _____	<b>MON</b> • _____ • _____ • _____	<b>TUE</b> • _____ • _____ • _____
<b>WED</b> • _____ • _____ • _____	<b>THUR</b> • _____ • _____ • _____	<b>FRI</b> • _____ • _____ • _____
<b>SAT</b> • _____ • _____ • _____	<b>30 Days From Now</b> _____	
	<b>90 Days From Now</b> _____	

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

- |                                      |   |
|--------------------------------------|---|
| <input type="checkbox"/> Psalm 50:14 | <input type="checkbox"/> 1 Thessalonians 5:18 |
| <input type="checkbox"/> Psalm 100:4 | <input type="checkbox"/> Hebrews 12:28        |

Week  
Forty  
Nine

" . . . I have lived pain, and  
my life can tell: I only deepen  
the wound of the world when  
I neglect to give thanks . . . "

—Ann Voskamp, contemporary Canadian  
author and speaker



Write Your Thoughts Here



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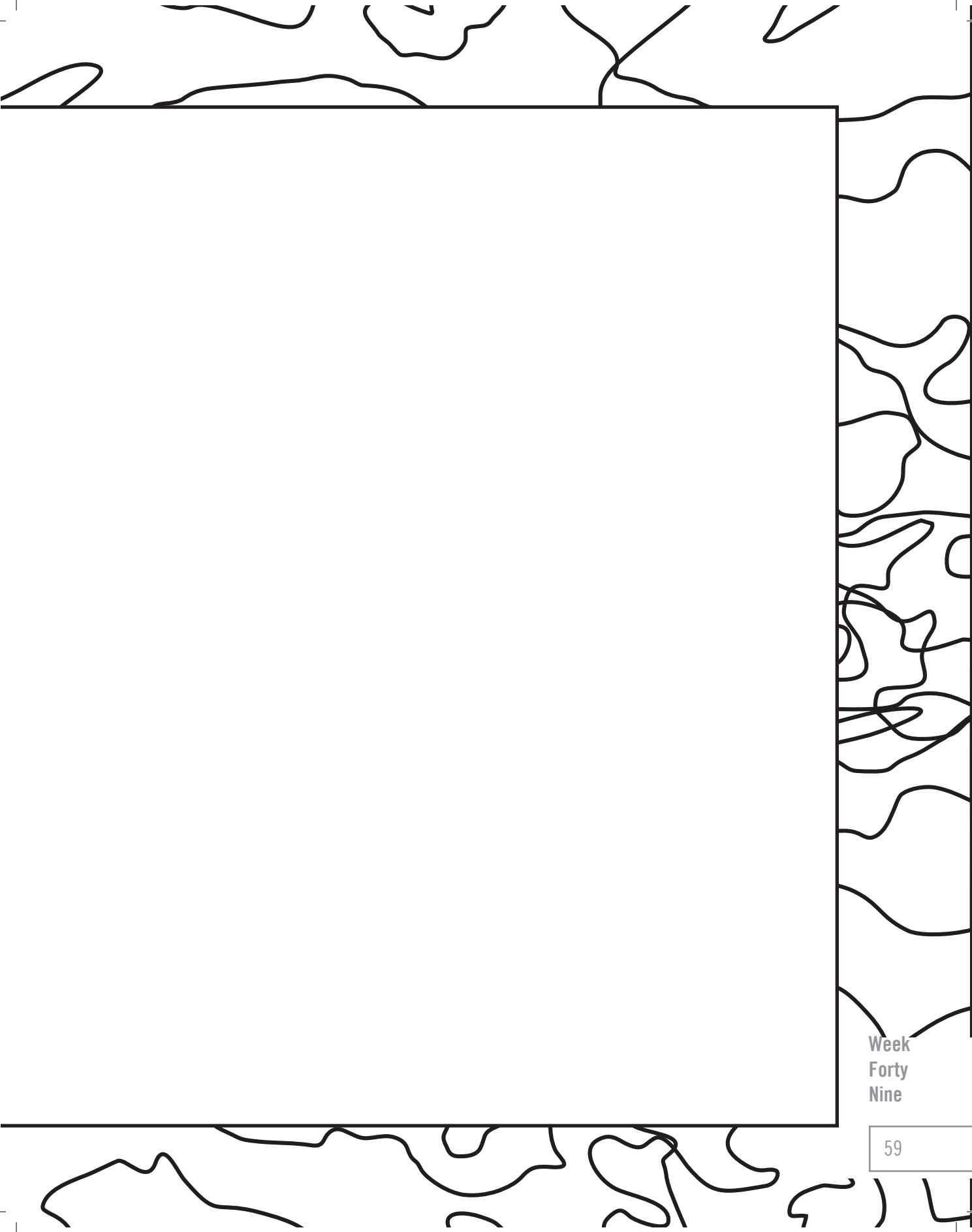
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**DID YOU KNOW?**

African elephants have been known to find villages of poachers or people they had conflicts with and attack or destroy the whole village. Similarly our resentment can destroy relationships.

**Doodle Space**





Week  
Forty  
Nine

# Forgiven

WEEK FIFTY

## Fixing Who I Am



*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

“God loves me for who I am,” we like to say. It’s true, but not entirely true. Yes, God loves you. And he loves how he made you. But we have messed up this world—and ourselves—by our sin. All of us.

“Well, I haven’t done anything that bad. I’m a pretty good person,” we like to say. You may want to give that another thought! Take another look at the Ten Commandments (Exodus 20) included in this week’s Spiritual Fitness Training, to see the gap between our “good” and God’s best. How many of them make you uncomfortable? And Jesus raised the stakes. You haven’t murdered anyone, but if you’re angry at someone, it’s like murder (Matthew 5:20–22)!

We are rebels, and we can’t fix ourselves. Our sin separates us from God’s life and leads to death (Romans 6:23). But thankfully, God sent his Son, Jesus, to save us and take the punishment our sin deserves.

God loves you more than you can comprehend. He loves you enough to not let you die in your sin. He makes a way for you to admit your sin, be forgiven, and find life in him. What an amazing God! In Psalm 103, David celebrated the Lord’s love for us—and his forgiveness. We can join in that praise too.

Un  
Shake  
Able

***God makes a way to confess our sin, be  
forgiven, and find new life in him.***

# Spiritual Fitness Training

It's time for an honest self-assessment. God gives us laws and guidance for our good. But we need his help to follow them. And we need to ask for his forgiveness whenever we fall short. As you read through Exodus 20:1-17 what do you need to confess and ask for God's forgiveness? Journal a prayer of confession below, while thanking God for his grace and forgiveness that abounds.

## THANK YOU FOR YOUR FORGIVENESS...

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

- ☐ Isaiah 57:15-16
- ☐ Joel 2:13

- ☐ Matthew 6:12-13
- ☐ 1 Corinthians 10:13

Week  
Fifty

"Forgiveness is the key which unlocks the door of resentment and the handcuffs of hatred. It breaks the chains of bitterness and the shackles of selfishness. The forgiveness of Jesus not only takes away our sins, it makes them as if they had never been."

—Corrie ten Boom, Dutch Christian who survived WWII concentration camps

Write Your Thoughts Here



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**TALKING TO GOD**

God, it looks like I've messed  
up much more than I even  
knew. Thank you for Jesus and  
your forgiveness.

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## God's Desired Sacrifice



*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

I pray every day, but my parents still fight. I didn't cheat, and I failed the test. I go to church and youth group, but God doesn't seem to answer any of my prayers.

We all have a strong sense of justice—for ourselves. We think we deserve all kinds of things. We may even let ourselves think God owes us.

But that's not what God says in Psalm 50. Rather, he says he already owns everything and there's nothing we can give or do to manipulate him. He doesn't need our sacrifices.

That's actually good news! God loves us first. His love doesn't depend on us giving up something we love or committing to working in a soup kitchen. The thing he desires is our hearts—our love. He wants us to come to him because we want to; to ask him for things because we know he loves us and even to trust him if he says no, or wait. He wants us to do things for him because we desire to show him our love for him. The sacrifice he wants from us is a grateful heart.

It can be difficult to grasp this. It's not something that motivates many people around us. But when we ask the Lord to show us our motives, to help us accept his love and grace, we find ourselves in a beautiful relationship with the God of the universe who needs nothing from us—and gives us everything.

Un  
Shake  
Able

***When we love the Lord, we find a beautiful relationship with the God who gives us all things.***



# Spiritual Fitness Training

How do you grow love for God? One way is to hear why other people love him. Ask a few people and write their responses.

**A parent:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**A chaplain/pastor/youth leader:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**A friend:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**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**

"Loving God more than anyone  
or anything else is the very  
foundation of being a disciple.

If you want to live your  
Christian life to its fullest, then  
love Jesus more than anyone or  
anything else."

—Greg Laurie, contemporary American  
pastor and author

Write Your Thoughts Here



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**DID YOU KNOW?**

African social spiders will allow their young to kill and eat them if food is scarce. Now that's a sacrifice!

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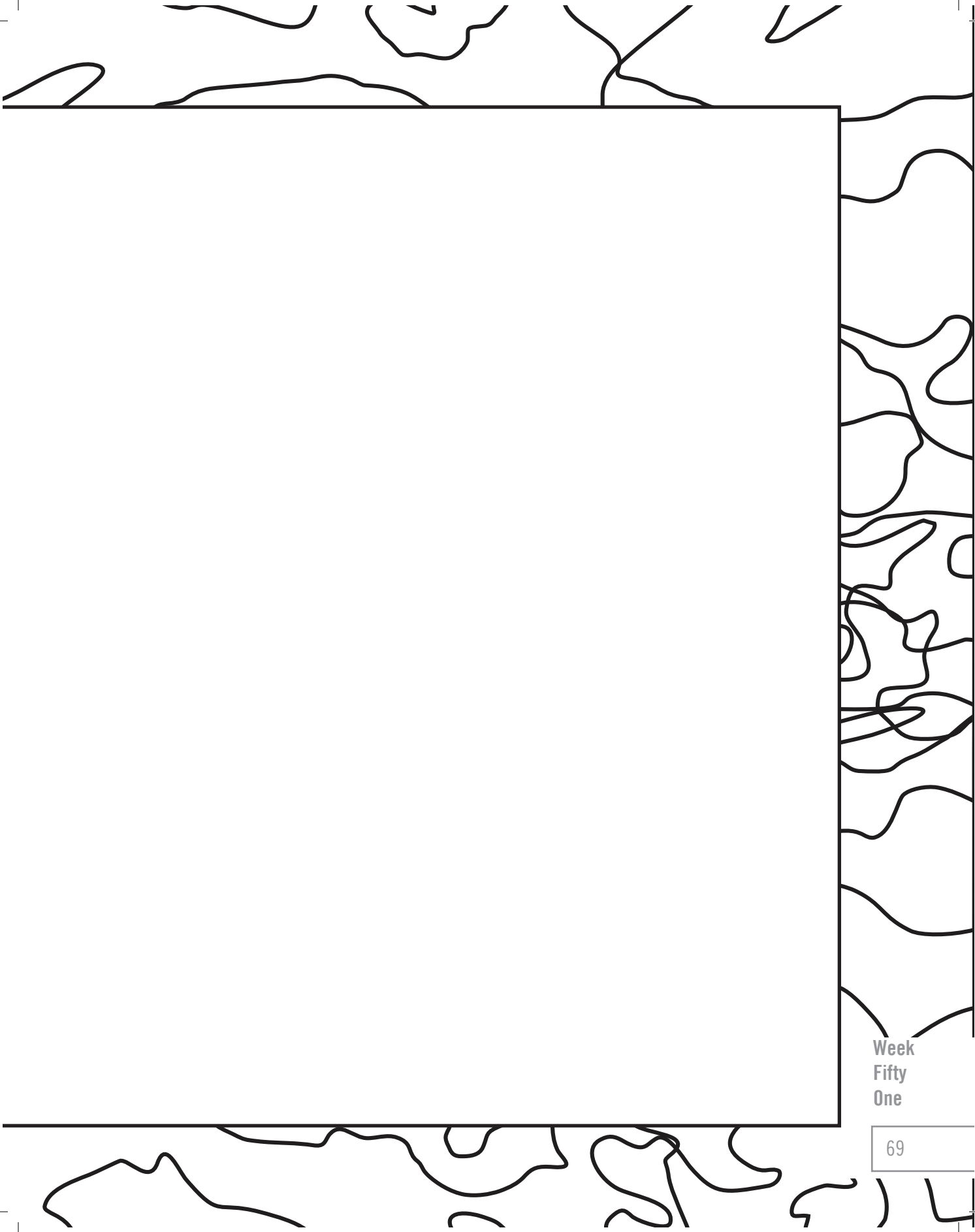
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**Doodle Space**





Week  
Fifty  
One

# Hope

WEEK FIFTY-TWO

## Time for Peace



*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

Peacetime. Wouldn't that be nice? It doesn't sound like it's coming any time soon. One skirmish barely gets squashed before another erupts. And too often, the American military ends up involved . . . maybe your parent.

And there are other conflicts too. Ugly riots and protests, less trust, ongoing crime.

People have been longing for peace for a while. They called the first World War "the war to end all wars." But it wasn't. We need someone to save us from ourselves.

God can. And he will. Right now, he helps individuals and nations negotiate the struggles. But someday, he will conquer all evil, destroy all weapons, and bring perfect, unshakeable peace.

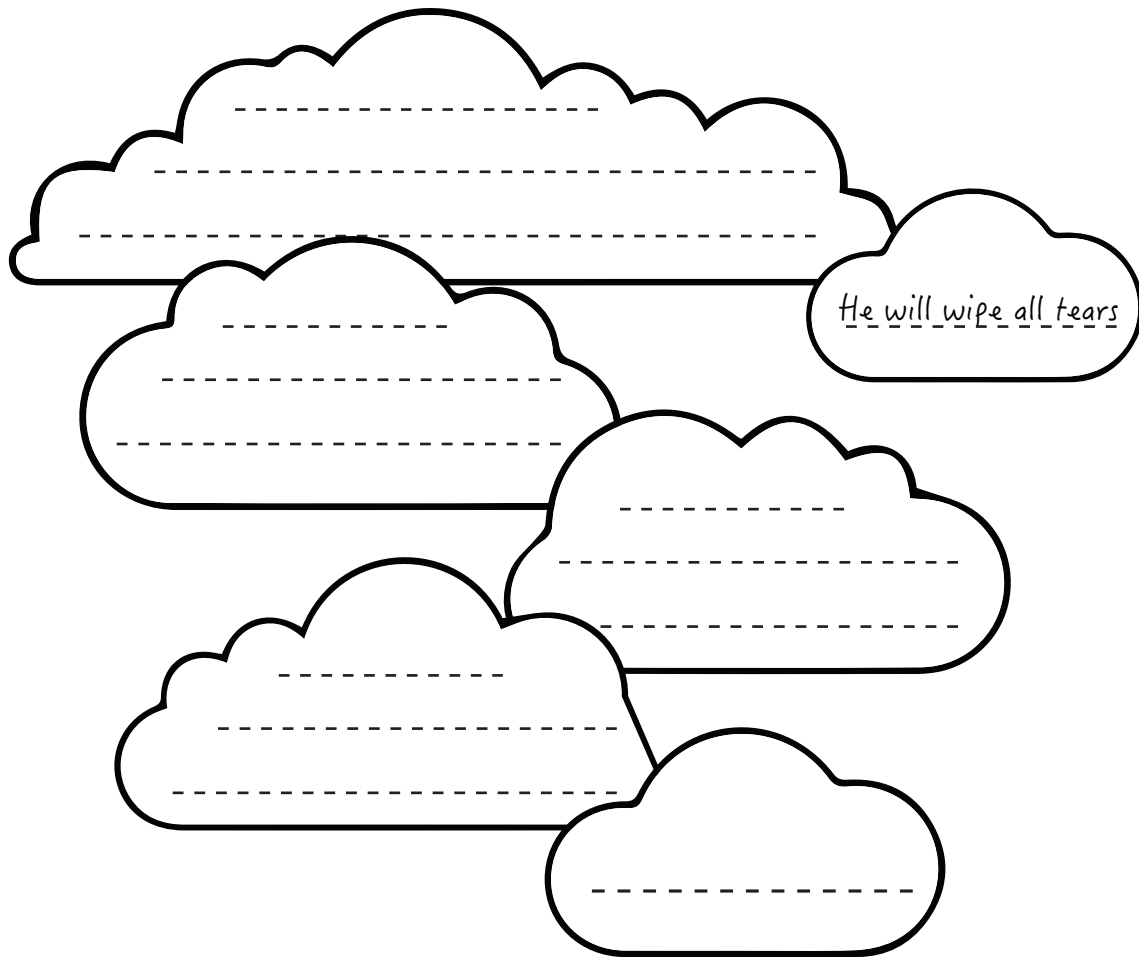
Until that time, we wait patiently. We can trust him to get us through today's struggles and bring us peace in the midst of chaos. We can pray for victims of war and ask for God's strength and wisdom for battles. We can hold onto him, for he is our hope who will bring us to the time of true peace. In God, we can be unshakeable.

Un  
Shake  
Able

***God gives us peace now, and the promise  
of perfect peace in the end.***

# Spiritual Fitness Training

We have to know God's promises to draw hope from them. Review this week's Keep it Going verses and jot down key words or phrases, below, that stand out to you in God promises to bring peace to the world.



## 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

"Sometimes we ask God for help and God gives us hope, not because it's different, but because it's the same."

—Bob Goff, contemporary American pastor and author



Write Your Thoughts Here



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**TALKING TO GOD**

God, the world’s conflicts are  
frightening. I need your peace now,  
and the world needs perfect peace.  
You are our hope.

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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?

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**Keep It Going!** 

Great job!  
Check your mailbox for  
your next book!

(It's coming soon!)

