



PSALM 56:3-4

When I am afraid, I put my trust in you. ⁴In God, whose word I praise, in God I trust; I shall not be afraid. What can flesh do to me?

When your body doesn't feel good, trusting God can be hard. If you are very sick, you may need to go to the hospital. You might feel afraid, but remember that God always knows where you are. He is right there with you. God is the one who made your body. He knows more about it than even the best doctor. He will allow only what is best for you. He can give the doctor wisdom to find out what is wrong and how to help.

When you must go to the hospital, give that trouble to Jesus. Pray for your doctor—that God will help him or her know what to do for you. Ask God to help you be brave. You can say along with one of the Bible writers, “When I am afraid, I put my trust in you” (Psalm 56:3).

Maybe you'll get to share with your doctor or nurse how God is helping you to be brave. You may even be able to encourage someone else who is scared. Whether you're in the hospital just a few days or for a long time, God will be there. You can trust Him to help and care for you!



THINK ABOUT IT!

Why can you trust God, even if you are very sick or in the hospital?



TALK TO GOD

Thank God that He knows all about your body. Ask Him to help you to be brave even if you have to go into the hospital.



1 THESSALONIANS 4:13-14

But we do not want you to be uninformed, brothers, about those who are asleep, that you may not grieve as others do who have no hope. ¹⁴For since we believe that Jesus died and rose again, even so, through Jesus, God will bring with him those who have fallen asleep.

Jeremy's grandpa died. He would miss him so much. Tears came to Jeremy's eyes as he thought about all the fun times he'd had with grandpa.

When someone you love dies, it's normal to feel sad. It's okay to cry. God knows how you feel. You will miss that person, and you may wonder why he had to die. God has planned all of our days. He knew when we would be born. He knows when each person will die.

The Bible says, "Precious in the sight of the LORD is the death of his saints" (Psalm 116:15). A saint is a person who knows Jesus as his Savior. When that person dies, he goes to be with the Lord Jesus. If you know Jesus as your Savior, you'll see that person again in Heaven someday. You can know he is happy and peaceful in Heaven. Maybe you're not sure if the person who died knew Jesus. You'll have to trust that God knows. God always does what is fair and right. Talk to God about how you feel. God is your Heavenly Father. He can comfort you when you are sad. Isn't it good to know you can give this trouble to Jesus?



THINK ABOUT IT!

What is something good you remember about someone who has died?



TALK TO GOD

Thank God that He knows how you feel when someone you love dies. Talk to Him about it.



HEBREWS 11:1, 6

Now faith is the assurance of things hoped for, the conviction of things not seen...⁶And without faith it is impossible to please him, for whoever would draw near to God must believe that he exists and that he rewards those who seek him.

Are you sitting down? Did you examine the chair first to see if it would hold you? No! You probably didn't even think about it. Now lift your feet off the floor. With all of your weight on the chair, you are now trusting the chair alone to hold you. You have faith in the chair.

The Bible says, “Without faith it is impossible to please [God]” (Hebrews 11:6). Faith in God means believing without questioning what God says and acting on it. It means trusting Him completely. You put your faith in the Lord Jesus Christ when you believed in Him as your Savior. Now that you are a Christian, God wants you to continue to have faith in Him.

You need faith to handle the hard things that come into your life. You need faith to say “no” to sin. You need faith to trust God's plan for you. In Hebrews, chapter 11, the Bible lists a whole group of people who were heroes because of their faith in God. They were just like you and me. God tells us about them to encourage us to have faith. God is faithful to you—you can have faith in Him!



THINK ABOUT IT!

Finish this sentence: To me, faith in God means ...



TALK TO GOD

Thank God that He is faithful to you. Ask Him to help you have faith in Him for everything in life.



1 SAMUEL 17:45-46

Then David said to the Philistine...I come to you in the name of the Lord of hosts, the God of the armies of Israel, whom you have defied. ⁴⁶This day the Lord will deliver you into my hand... that all the earth may know that there is a God in Israel.

A young man named David had a GIANT problem! The Bible tells about a giant named Goliath, who shouted threats at the army of Israel. He made fun of the true and living God. The Israelites were all afraid—even the king!

David was angry when he heard Goliath's evil words. He went to King Saul and said he would fight the giant. But, David was young. He was not a mighty soldier. How could he fight this huge enemy?

David knew he couldn't beat Goliath—but God could. David told the king that when he took care of his father's sheep, a lion and then a bear came to attack them. God helped David kill them. Then David said, "The Lord who delivered me from the paw of the lion and from the paw of the bear will deliver me from the hand of this Philistine [Goliath]" (1 Samuel 17:37).

When you have a problem, you can do what David did. Think about problems God has helped you with before. Think about how faithful and trustworthy God is. Then trust God to help you again. He did it for David! With God's help, David killed the giant. God will help you, too, if you'll trust Him.



THINK ABOUT IT!

What is one way God has helped you with a big problem?



TALK TO GOD

Thank God for how He has helped you before. Thank Him that you can still trust Him with every problem.

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If I pray, will God make problems stop?



2 CORINTHIANS 12:7-9

...a thorn was given me in the flesh...to keep me from becoming conceited. ⁸Three times I pleaded with the Lord about this, that it should leave me. ⁹But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.”

Often when people pray, God makes problems stop, but not always. A man in the Bible named Paul had a big problem. It might have been a painful physical problem. Whatever it was, Paul wanted to get rid of it. So he prayed—not once or twice, but three times! Each time, Paul asked God to take the problem away (2 Corinthians 12:7-8).

God answered Paul’s prayer, but not in the way you might think. God said to Paul, “My grace is sufficient [enough] for you, for my power is made perfect in weakness” (2 Corinthians 12:9). Because God’s strength shows up best in our weak areas, His answer to Paul was “no.” He allowed Paul’s problem to continue. God wanted to show His grace in Paul’s life by giving him the strength to go through the problem.

God may take away your problem when you pray, but sometimes God wants to give you grace to go through it. He wants your life to bring honor and praise to Him. At times, that may be done best through suffering. As others see how God gives you strength to trust Him, they will praise Him. Maybe they will be encouraged to trust Him, too.



THINK ABOUT IT!

Why do you think God doesn’t always take away your problems?



TALK TO GOD

Thank God that you can have His strength to go through problems. Ask Him to help you trust Him all the time.



PHILIPPIANS 4:6-7

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

There has probably never been anyone who suffered as a Christian more than a follower of Jesus named Paul. In 2 Corinthians 11:23-33, Paul tells about many of his hard times. Often he was put in prison for telling people about Jesus. He was beaten many times. He suffered in shipwrecks and was stranded on the open sea. He was attacked by bandits. He was falsely accused of wrongdoing. His life was constantly in danger. Toward the end of his life, Paul was chained in a cold, damp prison dungeon. Eventually, he would be put to death for being a Christian.

Did Paul complain or feel sorry for himself? No, he thanked God! In his dark prison cell, Paul wrote these words, “Rejoice in the Lord always” (Philippians 4:4). How could Paul rejoice? He knew that God was in control. He trusted in God no matter what.

What about you? Are you thankful, even in hard times? Don’t give in to grumbling and complaining or feeling sorry for yourself. Instead, be thankful. How? Remember all God has done for you. Thank Him that He is in control and He’s there to help you.



THINK ABOUT IT!

Make a list of things God has done for you.



TALK TO GOD

Thank God that He is always with you to help you, even in hard times.

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Does God always answer prayer?



1 JOHN 5:14-15

And this is the confidence that we have toward him, that if we ask anything according to his will he hears us. ¹⁵And if we know that he hears us in whatever we ask, we know that we have the requests that we have asked of him.

When you pray about something, will God answer you? He promises to answer if you are His child. God says, “Call unto me, and I will answer you” God doesn’t say, “I might answer” but “I will answer.” Does that mean He will always give you what you want? No. God will do what He knows is best for you.

Sometimes in the Bible God gave people what they prayed for. He gave Hannah a baby son when she asked (1 Samuel 1:20). Other times God’s answer was “no.” Paul wanted God to take away a problem he had (2 Corinthians 12:7-9). God said, “No.” Instead He helped Paul deal with the problem. The third answer God gave was “wait.” Two sisters wanted Jesus to heal their sick brother, Lazarus. The Lord Jesus waited until Lazarus had died. Then Jesus brought him back to life! People realized that Jesus really was the Son of God! (John 11:5, 32, 43-44)

God gives those same answers to prayer today. He may say “yes,” He may say “no” or He may say “wait.” Your job is to keep praying, believing God will answer your prayers in the way He knows is best for you.



THINK ABOUT IT!

Which of these answers might God give when you pray?

Wait

No

Yes

I don't care about you



TALK TO GOD

Ask God to help you trust Him to answer your prayers in the way He knows is best. Thank Him for hearing and answering you.