

TREK: Don't Stop, Don't Give Up—God's With You.

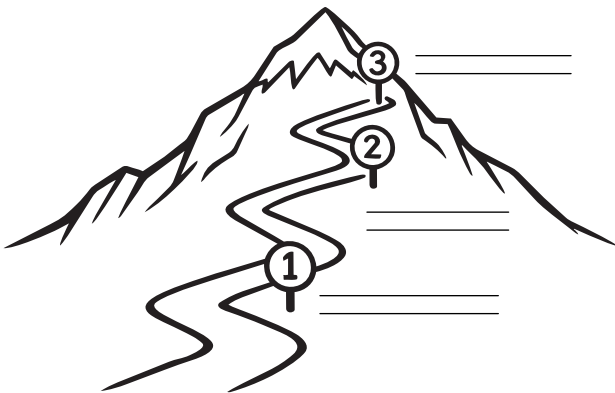
DAY 1

Brave Steps Forward

Acts 4:19-20 (NirV): But Peter and John replied, "Which is right from God's point of view? Should we listen to you? Or should we listen to God? You be the judges! There's nothing else we can do. We have to speak about the things we've seen and heard."

Peter and John were told to stop talking about Jesus. If they didn't, bad things could happen. But Peter and John remembered all the things Jesus had done—including healing many people and raising from the dead! They knew God's Spirit was with them, so they kept going.

Activity: On each step, write one thing God has done for you. (Examples: "God made me," "God hears me," "God helps me," "God forgives me," "God gives me friends.") Then, draw a star next to one step that helps you keep going today.



DAY 2

Do Good, Keep Going!

Read Galatians 6:9 (NirV): "Let us not become tired of doing good. At the right time we will gather a crop if we don't give up"

Our Memory Verse reminds each one of us that we can keep going. When you do good and no one notices, God sees. When you choose kindness again, God sees. When you try again after a mistake, God helps you. When you're tired and want to quit, God helps you. God will always be with you and will always help you, so keep going!

At-Home Activity: Ask an adult for 6 sticky notes. Write one good thing you can do on each note: "Help my sister," "Pray for a friend," "Share," "Tell the truth," "Say sorry," "Encourage someone." Put the sticky notes in a line on the floor like a trail up a mountain. Walk the trail and read each one out loud. Pick one to do today. Thank God for helping

Keep going because of what God has done.

DAY 3

Remember the Win

Read Acts 4:31 (NIRV): "After they prayed, the place where they were meeting was shaken. They were all filled with the Holy Spirit. They were bold when they spoke God's word."

Peter and John didn't quit. They prayed, and God gave them courage. The Holy Spirit helped them keep going. Maybe you feel nervous or tired. Maybe homework is hard. Maybe you're trying really hard to be patient with a sibling or a kid at school. Remember, God has helped you before, and He can help you again. Pray and ask the Holy Spirit for help and guidance. When God is with you, you don't have to be afraid to keep going. You got this ... just take the next step!

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Personal Reflection: Think about a time God helped you. Did someone encourage you? Did you feel calm after praying? Did God help you make a good choice? Write or draw what happened. Then finish this sentence: "I can keep going because God has \_\_\_\_\_." Say it out loud. Ask God to help you remember it this week.

### DAY 4

## Courage on the Climb

*Read Acts 4:29 (NIRV): "Lord, consider the bad things they say they are going to do. Help us to be very bold when we speak your word."*

Peter and John could have quit. But they prayed. They remembered that God was with them. And God helped them keep going. God made you. God loves you. God gave His Son for you. When you remember those truths, you have nothing to be afraid of. So don't give up! Share the good news about Jesus wherever you go! His love is too great to keep to ourselves ... tell someone about God's love!

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Pray this: "God, thank You for loving me and helping me. When I feel afraid, remind me that You are with me. Help me keep going and keep telling others about You. I trust You every day. In Jesus' name. Amen."

