

READ 1 Samuel 1:16-18

DAY 1

Why do you think Hannah felt better after telling God why she was sad? _____

What is something in your life that you're sad about, or that you need an extra dose of patience to handle, because it feels like too much? _____

Take out a sheet of paper and write a prayer to God, telling Him what is bothering you and how you need His help. Put it all out there. He knows all your thoughts and feelings—He can handle them. And He will love you no matter what! How will you feel when you've gotten it all out?

Fold the paper and put the letter by your bed, or maybe even between the mattresses if you want to keep it to yourself and pray honestly to God about it. (PS: You'll need this letter another day this week!)

THANK God for being a God who cares about what's really bothering you.

READ James 5:7-8

DAY 2

If you have a houseplant somewhere in your house, go find it. If not, go outside and find a flower or a tree. Look at the dirt around the plant, flower, or tree. Think back to how it started. What was once a small seed surrounded by dirt, over time became something much bigger and beautiful. But it took time, water, and sun to make it grow. What would happen if you tried to rush the process? What if you could put it in sunlight 24/7 and dump gallons and gallons of water on it—would that make the plant grow faster? What would happen?

Sometimes we think we have to be *doing* something all the time to make things happen. We may pray and ask God for help, but then we go back to trying to solve the problem on our own in a big rush, worrying and making a mess instead of waiting to see what God has planned, but it's still in the works.

This week, give your problems to God and trust that He's working on it, even though we can't always see that.

ASK God to help you with your problems, and then trust that He can do just that.

READ Psalm 46:10a

DAY 3

Grab a stopwatch and ask a sibling or parent to play the Quiet Game with you. The goal of this game is for you to keep still and quiet, no matter what the person does to you. Take turns being "it." When you're "it," it's your job to get the other person to laugh, talk, or generally make noise. You can make silly faces, tickle them, whatever it takes (without hurting them). See how long it takes for them to crack and break the silence. Then switch roles.

It's hard to be still and quiet when there's a lot going on around you, isn't it? It's even harder to be still and patient when we have a problem we want to solve or a person who is annoying us. But God can give us the strength we need to be patient while He works out His plan. We just have to pray and ask Him to help us trust Him.

LOOK for ways to practice being still, waiting calmly with God this week, trusting Him.

WAIT

READ Philippians 4:6

DAY 4

Find the piece of paper that you wrote your letter to God on earlier this week. Now take the paper and crumple it up. Throw it in the trash.

Now go get it out of the trash, open it up and read it. Is it still there?

Of course it is! Asking God for help doesn't mean the problem will just go away. But if you tell God about it and trust that He has it under control, you can stop worrying and let it go. Try to forget about it knowing that He's in charge and wants the best for you.

This time, crumple the paper up and throw it away for good. Anytime you're tempted to worry or stress about that situation, remind yourself that God has it and you don't need to take it back—you can leave it with Him!

KNOW that God's plan and timing are perfect.