

JOURNEYING WITH JESUS

A 21-Day Devotional for Kids



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Hey, world changer.

You are about to begin a special 21 day journey called **Transformed Kids**. This journey is about learning how God made you, how much He loves you, and how He is still shaping your life every single day.

Being *transformed* doesn't mean becoming someone else. It means becoming more like who God created you to be.

Over the next 21 days, you'll read a short devotion, pray, think, draw, and take small steps that help you grow closer to God. Some days will feel easy. Some days may feel challenging. That's okay. God is patient, kind, and always with you.

You might also be joining your family and your church as they fast and pray. For kids, fasting doesn't mean skipping meals. It means choosing to pause something you enjoy, like extra screen time or a favorite treat, so you can make more room in your heart to listen to God.

Think of it like this: When we slow down, God helps us see more clearly.

As you go through these pages, remember this truth:

You are not broken.

You are absolutely loved

You are being shaped by God.

We are so proud of you for starting this journey.

Let's begin together.

With love,



PASTOR
Heston

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Checklist

Here's a list of things that you may need:

☐ Bible + Notebook/Coloring book:

Use this for drawing and notes.

☐ Bible:

Have your bible ready

☐ Art Supplies:

Colored pencils, markers, or crayons for anything special you want to create.

☐ Refrigerator Magnets:

Share daily challenges and special drawings and place them on your refrigerator.

☐ Prayer List or Prayer Notes:

Create a list of friends or family members that you want to pray for

☐ A parent/guardian grandparent or older sibling:

For some of the challenges you might need some help.

☐ Daily devotional Schedule:

Arrange with a parent/guardian a schedule or routine for when you'll read the devotional and do the challenges

DAY 1 — GOD IS STILL SHAPING ME

Key Scripture

“God created people in his own image.”

Genesis 1:27 (NLT)

Devotional Reading

Have you ever watched someone shape clay?

At first, the clay doesn't look like much.

It's soft. It's a little messy.

And it doesn't look finished yet.

But gentle hands keep working.

God is the greatest Creator.

And the Bible tells us something important about you:

You were made **on purpose**.

You were made **with care**.

You were made **in God's image**.

That means God didn't rush when He made you.

And He's not finished yet.

Sometimes we forget that God is still shaping us.

We listen to other voices. We try to fit in.

We think we need to be different.

But today we learn this truth:

God is still shaping me. And what God makes is always good.



Think About It

- Have you ever wanted to be more like someone else?
- What does it mean that God made *you* in His image?

Take a quiet moment and remember:

God knows who you are becoming.

Today's Transformation Step

1. Look in a mirror.
2. Say: **"God made me on purpose."**
3. Thank God for one thing about yourself.

Prayer

God,

Thank You for making me on purpose.

Thank You for shaping my life with love.

Help me remember that You are still working on me.

Amen.

God is still shaping me and He doesn't make mistakes.

DAY 2 — GOD HELPS ME MAKE GOOD CHOICES

Key Scripture

“Don’t copy the behavior and customs of this world.”

Romans 12:2a (NLT)

Devotional Reading

Have you ever done something without really thinking about it first?

Maybe you said something quickly.

Maybe you followed what everyone else was doing.

And later you thought, *Why did I do that?*

Sometimes our choices happen fast.

Especially when we feel pressure.

Pressure can come from friends.

Pressure can come from wanting to fit in.

Pressure can even come from fear of being left out.

The Bible reminds us that we don’t have to copy what everyone else is doing.

God helps us pause. God helps us choose.

God helps us live in a way that honors Him.

Being transformed doesn’t mean being perfect.

It means learning to choose God’s way, even when it’s not the easiest way.



Today's Transformation Step

Today, practice the **pause**:

1. When you feel rushed or pressured, stop for one second.
2. Take a deep breath.
3. Ask God quietly,
"Help me choose what's right."

That small pause can make a big difference.

Prayer

God,
Thank You for helping me when choices feel hard.
Help me pause and listen to You.
I want to choose Your way, even when others don't.
Amen.

Journal Prompt

Draw or write about a time when you felt pressure to do something.
What choice did you make?
What would you like to do next time?

God helps me choose what's right, even when it's hard

Day 3 — Normal Isn't Always Right

Key Scripture

Judges 21:25

“At that time, God’s people did whatever seemed right to them, instead of following God.”

Today’s Devotional

Sometimes things feel “normal” just because we see them a lot.

If everyone talks a certain way...

If everyone treats others a certain way...

If everyone laughs at something unkind...

it can start to feel like that’s just how things are.

In today’s Bible verse, God’s people weren’t being mean on purpose. They weren’t trying to be bad. They simply stopped asking God what was right. They began to decide for themselves.

And that’s where the trouble started.

God didn’t create us to guess our way through life. He gave us His Word and His love to help us know what is right and good. When we listen to God, He doesn’t confuse us. He **guides** us.

Being transformed doesn’t mean being afraid of the world.

It means learning to let **God’s way lead us**, even when something feels “normal” but isn’t kind, wise, or loving.



Journal Prompt

Draw or write about something that feels normal to others but doesn't feel right inside you.

Then answer:

- How do you think God wants you to act instead?
- Who can help you listen to God when you're unsure?

Today's Transformation Step

Today, practice **checking with God**.

When something feels confusing, quietly ask:

"God, is this the right way?"

You don't have to be scared or rushed. God is gentle and loves to guide you.

Prayer

God,

Thank You for showing me the right way to live.

Help me trust You when I feel unsure.

Teach me what is good, kind, and true.

I want to follow You. Amen.

I follow God, not the crowd.

Day 4 — God Dresses My Heart

Key Scripture:

“Don’t let anyone capture you with empty ideas and silly thoughts that come from people who don’t follow Christ.”

— Colossians 2:8 (adapted)

Today’s Devotional

Every morning, we get dressed. We choose shirts, shoes, and jackets that feel right for the day. But did you know that we also “get dressed” on the inside?

We put on ways of thinking. We put on attitudes. We put on feelings about ourselves and others.

Sometimes we don’t even notice when we’re wearing something on the inside that God didn’t give us.

The Bible tells us that Paul was writing to people who loved God, but they lived in a city where lots of different ideas were around them. People believed many things at the same time. Some ideas sounded smart. Some sounded spiritual. But not all of them came from God.

Paul wasn’t worried that they would stop loving Jesus. He was worried they might start adding other ideas *on top* of Jesus.

That can happen to us too.

We can start wearing thoughts like:

- “I have to be better than others.”
- “I’m not good enough.”

- “What people think matters more than what God thinks.”
- “I should act like everyone else.”

God cares about what we wear on the inside because our thoughts and attitudes shape how we live.

God wants to dress our hearts with truth, kindness, love, and courage.

And the good news is this: ***You get to choose what you put on.***

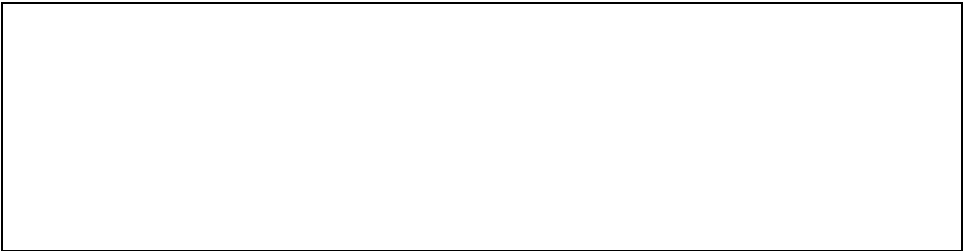


Journal Prompt

Think about today:

- What are some thoughts or attitudes I've been wearing lately?
- Are they helping me love God and others?
- Or do they make me feel worried, angry, or not good enough?

Draw or write one thing you want God to help you “take off”
and one thing you want God to help you “put on.”



Today's Transformation Step

Today, pay attention to your reactions.

If you feel upset, nervous, or pressured, ask yourself:

“Is this a thought God gave me... or something I picked up from around me?”

Choose one moment today to put on kindness, patience, or truth, even if it feels uncomfortable at first.

Prayer

God,
Thank You for caring about my heart.

Help me notice the thoughts and attitudes I wear every day.
If I've picked up things that aren't from You, help me let them go.
Dress my heart with truth, kindness, and love.
Help me choose Your way today.
Amen.

***God doesn't just care about how you look on the outside.
He lovingly shapes what you wear on the inside, because our hearts
matter to God.***

Day 5 — What's Important to God Is Important to Me

Key Scripture:

“What good is it for someone to gain the whole world, yet lose their soul?”

— Matthew 16:26 (adapted for kids)

Today's Devotional

Sometimes it feels like the most important things are what we can see, new toys, cool shoes, winning games, or getting the most views or likes. But Jesus helps us see something deeper. He reminds us that even if someone gets *everything* on the outside, it doesn't mean their heart is healthy on the inside.

God cares about what's happening in your heart. He cares about how you treat people, how you speak, and how you grow. You are more than what you own or what you achieve. You are someone God is shaping with love and purpose.

When we choose what matters to God, kindness, honesty, and love, we are choosing the better way. Those things last longer than trophies, screens, or stuff. God is helping you become someone strong on the inside.



Journal Prompt

What is something that feels really important to you right now?
How can you invite God to help you care for your heart too?

(You can draw or write your answer.)

Today's Transformation Step

Today, choose one heart-focused action.

You could encourage someone, tell the truth even when it's hard, or help without being asked.

Let your choice show what matters most to you.

Prayer

God, thank You for caring about my heart.

Help me choose what matters to You, even when other things try to distract me.

Teach me to love what You love and grow the way You want me to.

Amen.

God cares more about who you are becoming than what you are getting.

Day 6 — God Gives Me What I Need

Key Scripture

“My people have done two wrong things: They have left Me, the spring of living water, and they have dug their own wells, broken wells that cannot hold water.”

— Jeremiah 2:13 (adapted)

Today’s Devotional

Have you ever been really thirsty, like *really* thirsty, and thought something would help, but it didn’t?

Maybe you grabbed a snack when what you really needed was water. Or maybe you kept playing when your body actually needed rest.

God tells His people in the Bible that they were trying to fill themselves with things that couldn’t really help them. He compared Himself to fresh, clean water, and everything else to broken wells that don’t work.

That doesn’t mean the people were bad. It means they were looking for help in the wrong places.

Sometimes we do that too.

We might think a toy, a screen, attention, or winning will make us feel better inside. But even when those things are fun, they don’t last forever. God does.

God knows what your heart needs, not just what you *want*, but what truly helps you grow strong, safe, and whole. When you go to God first, He fills you in a way nothing else can.



Journal Prompt

Finish this sentence in your own words or drawings:

- “When I feel empty or upset, I sometimes try to feel better by _____.”
- “Today, I can go to God by _____.”

(Parents: This is about awareness, not correction.)

Today's Transformation Step

Today, when you feel bored, upset, or unsure, try this first:

- Take a deep breath
- Say quietly, “God, I need You.”
- Then choose something healthy that helps you feel calm or cared for *(talking to someone, resting, praying, or playing kindly)*

Prayer

God,

Thank You for taking care of me.

Help me remember that You give me what I really need.

When I feel empty or unsure, help me come to You first.

I trust You. Amen.

***God is not just someone you believe in,
He is the One who fills you when nothing else can.***

Day 7 — I Choose God

Key Scripture

“Choose today whom you will serve... But as for me and my family, we will serve the Lord.”

— Joshua 24:15 (adapted)

Today’s Devotional

Every day, we make choices.

Some choices feel small, like what to wear or what game to play. Other choices feel bigger, like how we respond when we’re upset, who we listen to, or what we do when something feels confusing or hard.

In today’s scripture, Joshua is speaking to God’s people at an important moment. They had seen God do amazing things. God rescued them. God provided for them. God protected them. And now Joshua reminds them of something powerful: even after all of that, they still have a choice.

Joshua does not force them. He does not scare them. He invites them.

He says, *“Choose today.”*

That means following God is not something we do once and forget about. It is something we choose again and again. We choose God when we tell the truth. We choose God when we are kind. We choose God when we ask for help instead of handling everything on our own.

Choosing God does not mean we will never make mistakes. It means we are deciding who we belong to and who we trust to lead us.

And here is the good news: God is always ready when you choose Him.



Journal Prompt

Think about today.

- Was there a moment when you had to choose how to act?
- Did you choose kindness, patience, or honesty?
- Was there a moment when choosing God felt hard?

Draw or write about one choice you made today.

Today's Transformation Step

Today, practice making one intentional choice to follow God.

It might look like:

- Choosing kind words instead of angry ones
- Choosing honesty instead of hiding
- Choosing prayer instead of worry

Afterward, notice how it feels to choose God.

Prayer

God,
Thank You for loving me and being patient with me.
Help me choose You today.
Help me listen to Your voice and trust Your way.
I want to belong to You. Amen.

God does not force your heart. He invites it. And every time you choose Him, you are becoming who He created you to be.

Day 8 — I Know Jesus' Voice

Key Scripture

"My sheep listen to my voice; I know them, and they follow me."
— John 10:27 (adapted)

Today's Devotional

Have you ever been in a room with lots of noise, people talking, music playing, sounds everywhere and then suddenly heard a voice you recognized right away?

That's what Jesus is talking about when He says His followers know His voice.

Jesus isn't saying He always speaks out loud. He's teaching us that when we spend time learning about Him, praying, and listening, we begin to recognize what His voice is like. Jesus' voice sounds loving. It sounds true. It helps us choose what is right.

There are many voices around us every day. Some voices rush us. Some make us feel worried. Some tell us to do things that don't feel right inside.

But Jesus' voice is different.

His voice brings peace.

His voice reminds us we are loved.

His voice helps guide us when we are unsure.

God is teaching us how to listen, and learning to hear Jesus is part of how He is changing us on the inside.



Journal Prompt

Think about your day so far.

- What are some voices you hear every day? (friends, teachers, screens, thoughts)
- Which voices make you feel calm and safe?
- Draw a picture of yourself listening to Jesus.

Today's Transformation Step

Today, practice **recognizing good guidance**.

When you have a choice to make big or small, ask yourself:

- Does this choice feel kind?
- Does it feel peaceful?
- Does it help me do what's right?

Choose the option that feels loving and true.

Prayer

Jesus,
Thank You that You know me.
Help me learn Your voice.
When I feel confused or unsure,
help me choose what is loving and right.
I want to follow You. Amen.

The more we learn to recognize Jesus' voice, the easier it becomes to follow Him.

Day 9 —God’s Truth Helps My Thoughts

Key Scripture

“We can choose to stop wrong thoughts and make them obey Christ.”
— 2 Corinthians 10:5 (adapted)

Today’s Devotional

Did you know that thoughts are powerful?

What we think about can affect how we feel, how we act, and even how we see ourselves. Sometimes thoughts pop into our minds without warning. Some are helpful, but some are not.

A thought might say:

- “I’m not good enough.”
- “I always mess up.”
- “No one understands me.”

God doesn’t want those thoughts to control us.

The Bible teaches us that God helps us **choose** our thoughts. That means we don’t have to believe every thought we think. God’s truth helps us notice when a thought isn’t kind, isn’t true, or isn’t helpful, and then choose a better one.

God’s thoughts bring hope.

God’s thoughts bring peace.

God’s thoughts help us grow strong on the inside.

Learning to think God’s way is part of how He is transforming us.



Journal Prompt

Think about a time you felt sad, mad, or worried.

- What thought were you having in that moment?
- Was that thought kind and true?
- Draw or write one true thought God might want you to remember instead.

Today's Transformation Step

Today, practice **thought swapping**.

When a negative or unkind thought shows up, try this:

1. Notice the thought.
2. Ask, "Is this true?"
3. Replace it with a thought that is loving, hopeful, or honest.

Example:

Instead of "I can't do this," try "God is helping me learn."

Prayer

God,
Thank You for caring about my thoughts.
Help me notice when my thoughts aren't kind or true.
Teach me to think the way You want me to think.
Help my mind grow strong and healthy.
Amen.

God's truth helps guide our thoughts, and our thoughts help shape who we are becoming.

Day 10 — God Helps Me Change

Key Scripture

“You were taught to stop living the old way and to be made new in how you think. Then you can live the new way God made you to live.”

— Ephesians 4:22–24 (adapted)

Today’s Devotional

Have you ever tried to learn something new, like riding a bike, reading bigger words, or getting better at a sport?

At first, it might feel hard. You might wobble. You might mess up. But over time, with help, you grow stronger.

That’s how God helps us change too.

God doesn’t expect us to change everything all at once. He knows growth takes time. He works with us patiently, helping us let go of old habits and learn new, better ones.

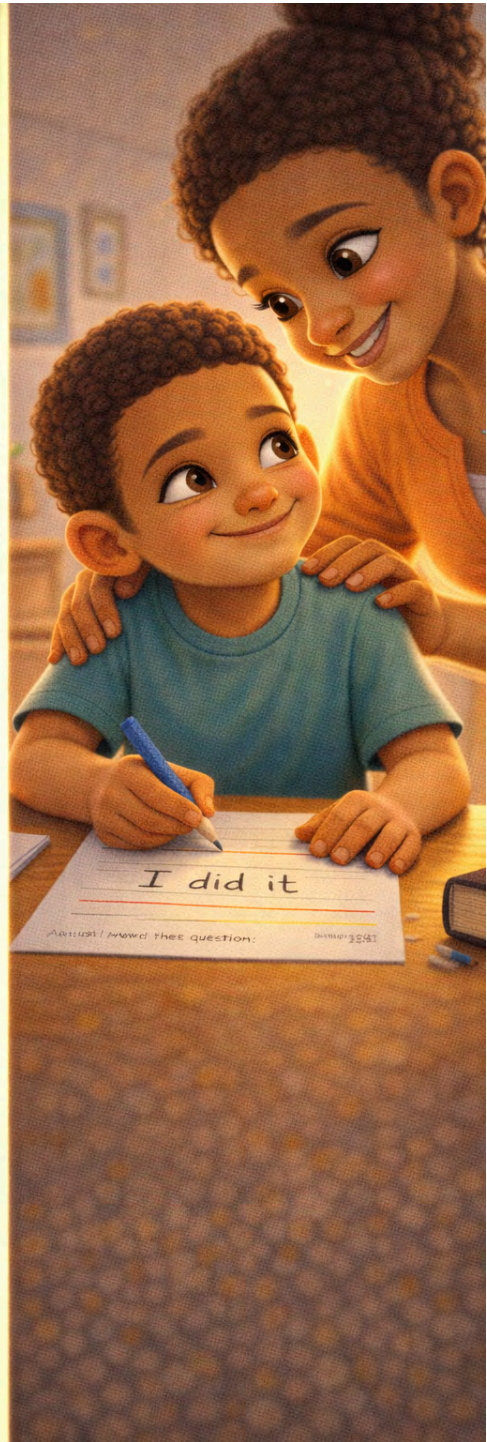
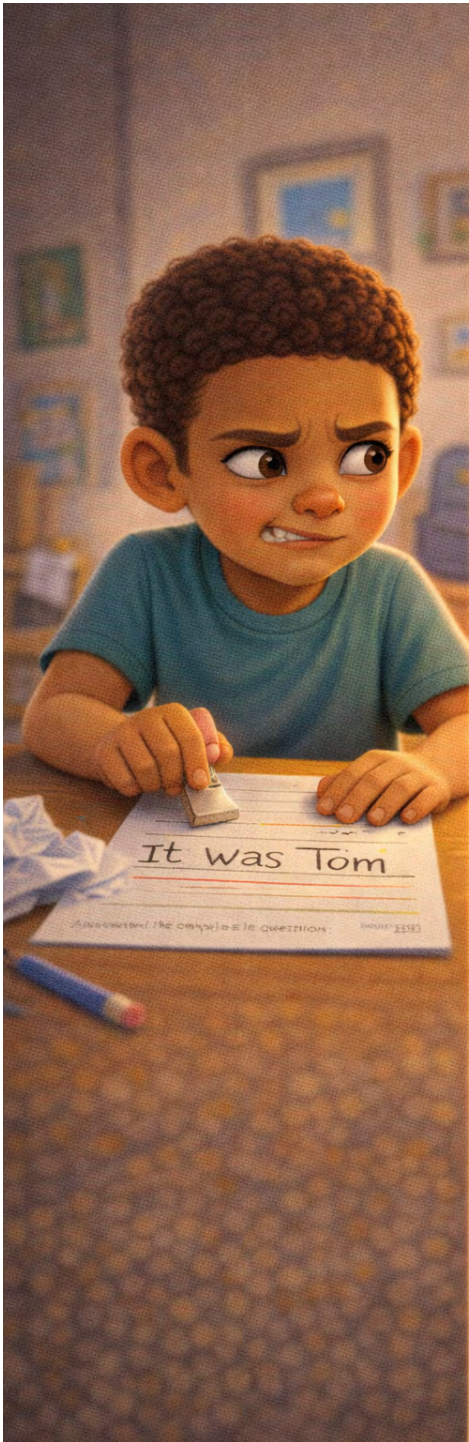
The Bible tells us that God helps us:

- Let go of old ways that don’t help us
- Learn new ways of thinking
- Grow into who He created us to be

Change isn’t about being perfect.

Change is about growing.

And God is with us every step of the way.



Journal Prompt

Think about something you are learning right now.

- What feels hard about it?
- Who helps you when you're learning?
- Draw or write about how God might be helping you grow, even when it's slow.

Today's Transformation Step

Today, practice **trying again**.

If something feels hard, or you don't get it right the first time, don't give up.

Say to yourself: *"God is helping me grow."*

Every time you try again, you are growing stronger on the inside.

Prayer

God,
Thank You for being patient with me.
Thank You for helping me grow and change.
When things feel hard, help me keep trying.
I trust You are working in me.
Amen.

God isn't rushing your growth, He is shaping it with care.

Day 11 — What I Think Shapes My Life

Key Scripture

“People who think about what the Spirit wants will have life and peace.”
— Romans 8:5–6 (adapted)

Today’s Devotional

Have you ever noticed how your thoughts can change how you feel?

If you think, *“I can’t do this,”* you might feel stuck.

But if you think, *“God can help me,”* you might feel braver.

That’s because what we think about doesn’t just stay in our heads, it shapes how we live.

The Bible teaches us that when we think God’s way, it leads to life and peace. That doesn’t mean we never have hard thoughts or bad days. It means God helps us choose what thoughts we hold onto.

God’s thoughts remind us:

- We are loved
- We are not alone
- We can make good choices
- God is with us

When we think God’s way, our hearts feel calmer, and our actions follow.



Journal Prompt

Think about a time when your thoughts changed how you acted.

- What were you thinking?
- How did it make you feel?
- Draw or write one thought that helps you feel peaceful and strong.

Today's Transformation Step

Today, practice **choosing one good thought**.

When a worried or unkind thought shows up, gently replace it with a true one, like:

- *"God is with me."*
- *"I can make good choices."*
- *"God helps my mind."*

You don't have to fix every thought, just choose one good one to hold onto.

Prayer

God,
Thank You for caring about my thoughts.
Help me think the way You want me to think.
When my mind feels busy or worried,
fill me with Your peace. Amen.

What you think today can shape who you become tomorrow, and God is guiding your thoughts with love.

Day 12 — God's Way Is Better

Key Scripture

“My thoughts are not your thoughts, and your ways are not My ways,” says the Lord.

— Isaiah 55:8–9 (adapted)

Today's Devotional

Have you ever thought you knew the best way to do something, only to find out later there was a better way?

Sometimes we think, *“I’ve got this figured out.”*
But God sees more than we do.

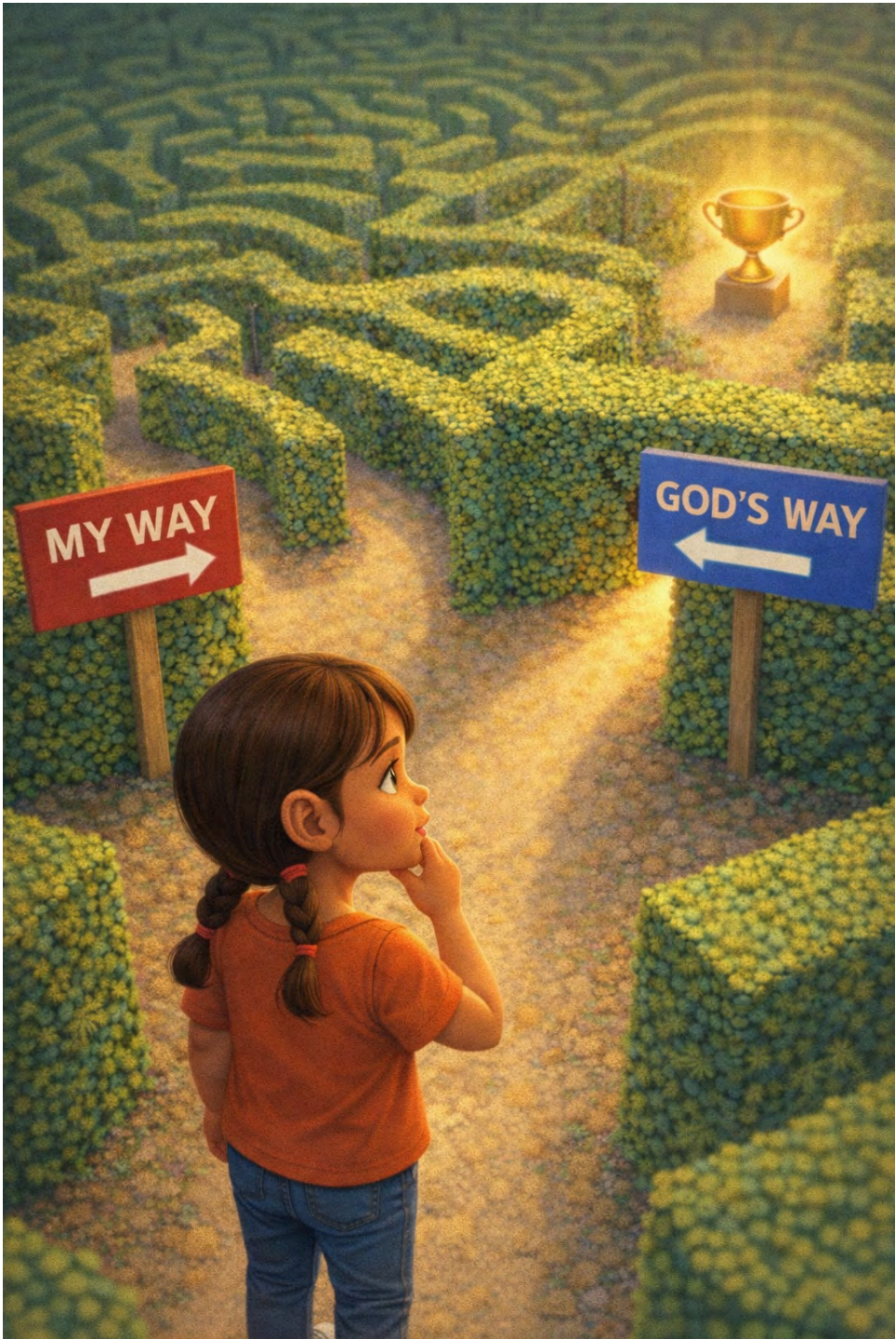
God sees:

- What is happening now
- What could happen later
- What is best for our hearts

The Bible reminds us that God's ways are higher than ours. That doesn't mean God is far away, it means God understands things we can't always see yet.

Following God's way doesn't mean we stop thinking.
It means we trust that God loves us and wants what's best for us.

When we listen to God, even when His way feels different, we learn, we grow, and we become wiser.



Journal Prompt

Think about a time when you wanted something one way, but later realized another way was better.

- What happened?
- How did it feel to learn something new?
- Draw or write one thing you trust God with today.

Today's Transformation Step

Today, practice **trusting God's way**.

When you're unsure or don't understand something, say:

"God, You know best. I trust You."

Trust grows when we choose it, even in small moments.

Prayer

God,
Sometimes I don't understand everything.
But I know You love me and see more than I do.
Help me trust Your way,
even when it feels different from mine.
Thank You for guiding me.
Amen.

***God's way is not just different, it's better.
And He walks with you as you learn to trust Him..***

Day 13 — I Can Pause and Respond Well

Key Scripture

“Everyone should be quick to listen, slow to speak, and slow to become angry.”

— James 1:19–20 (adapted)

Today’s Devotional

Sometimes big feelings show up fast.

Someone says something hurtful.

Something doesn’t go your way.

You feel frustrated, angry, or upset, and before you know it, you want to react.

God understands our feelings.

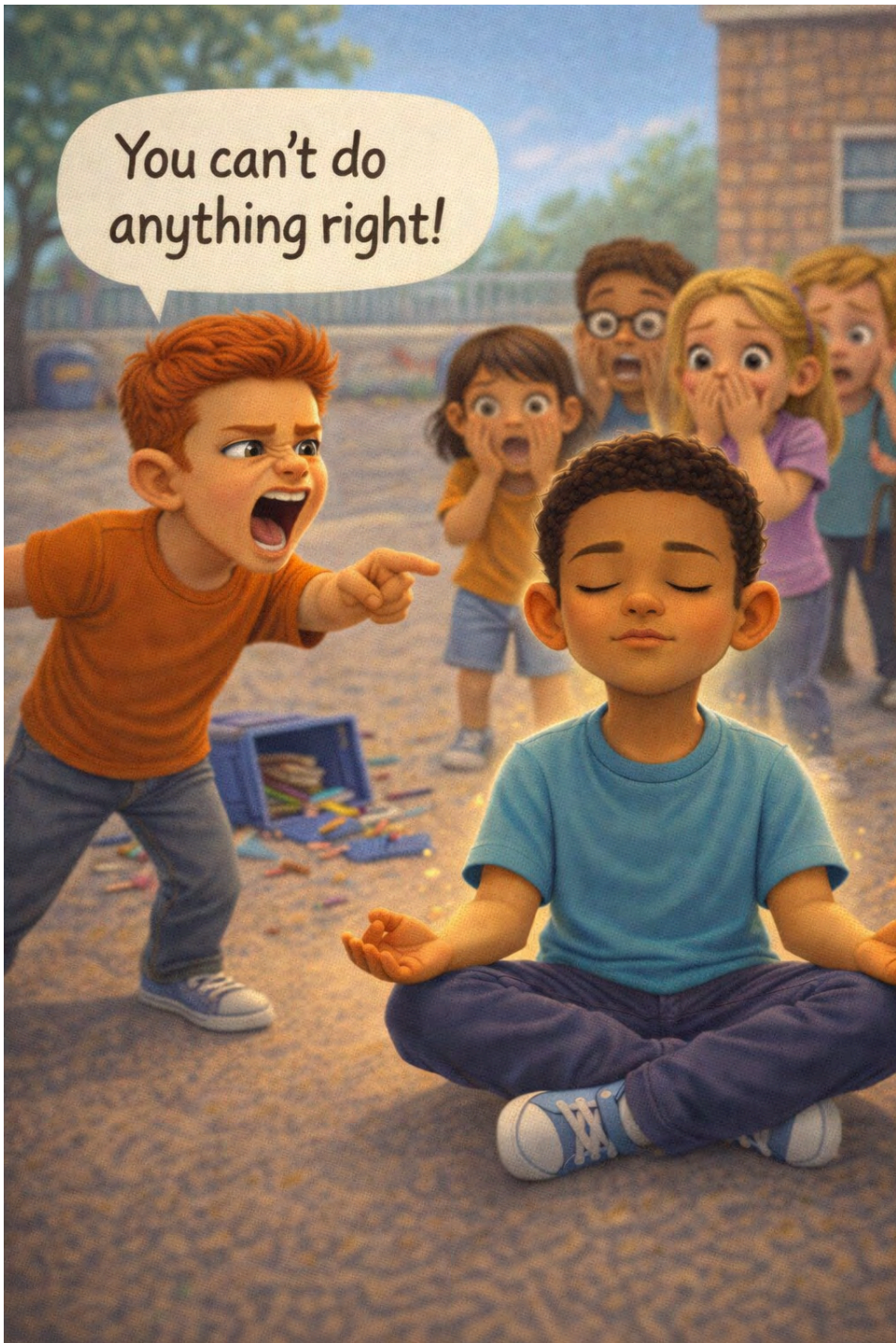
Feelings are not bad, but what we do with them matters.

The Bible teaches us that wisdom helps us slow down and listen before we speak or act. When we give ourselves a moment, we give God space to help us choose a better response.

Responding well doesn’t mean pretending we aren’t upset.

It means choosing words and actions that bring peace instead of more trouble.

God helps us grow strong on the inside, strong enough to respond with care.



Journal Prompt

Think about a time when you reacted quickly.

- What were you feeling?
- What do you wish you had done differently?
- Draw or write one way you can respond with kindness next time.

Today's Transformation Step

Today, practice **choosing your response**.

When strong feelings show up:

- Take a breath
- Think about what would help, not hurt
- Choose words that reflect who God is shaping you to be

Every good response is a step of growth.

Prayer

God,
Sometimes my feelings feel really big.
Help me slow down and listen
before I speak or act.
Teach me to respond with kindness and wisdom.
Thank You for helping me grow.
Amen.

***Strong kids aren't the ones who react the fastest.
They're the ones who learn how to respond with wisdom.***

Day 14 — God Is Still Working on Me

Key Scripture

“God began a good work in you, and He will continue it until it is finished.”

— Philippians 1:6 (adapted)

Today’s Devotional

Sometimes we wish growing were faster.

We want to get better right away.

We want to stop making the same mistakes.

We want to feel proud of ourselves all the time.

But God reminds us of something important:

He is not finished yet.

Just like learning to read, ride a bike, or play a sport, growing takes time.

There are practice days, learning days, and even hard days. But every day matters.

God is patient.

He doesn’t give up on us when we struggle.

He keeps working, even when we can’t see it yet.

If you’re still learning...

If you’re still growing...

That means God is still shaping you, and that’s a good thing.



Journal Prompt

Think about something you are learning right now.

- What is one way you've grown since last year?
- What is something you are still learning?
- Draw or write one thing God might still be working on in you.

Today's Transformation Step

Today, practice **encouraging yourself**.

When something feels hard or unfinished:

- Remind yourself, "God is still working on me."
- Try again instead of giving up.
- Thank God for helping you grow little by little.

Growth happens one step at a time.

Prayer

God,
Thank You for being patient with me.
Thank You for helping me grow,
even when I don't get everything right.
Help me trust You while I'm learning.
I'm glad You're not finished with me.
Amen.

***You don't have to be perfect to be growing.
You just have to keep walking with God.***

Day 15 — I Am New in Jesus

Key Scripture

"If anyone belongs to Christ, they are a new person. The old life is gone. A new life has begun!"

— 2 Corinthians 5:17 (adapted)

Today's Devotional

When something becomes new, it doesn't just look different, it works differently.

A new backpack holds new books.

A new pair of shoes takes you new places.

And when Jesus makes us new, He helps us live in new ways.

Being new in Jesus doesn't mean we forget everything about our past. It means God gives us a fresh start from the inside out.

Jesus helps us think new thoughts.

Choose kinder words.

Make better choices.

You are still *you*, but now you belong to Jesus.

And that changes how you live, love, and grow.



Journal Prompt

Think about the word *new*.

- What is something new you've tried before?
- How did it feel at first?
- Draw or write one way Jesus is helping you become new on the inside.

Today's Transformation Step

Today, practice **living like someone who belongs to Jesus**.

- Try to choose kindness, even when it's hard.
- Tell the truth, even when it feels uncomfortable.
- Remember that Jesus is helping you grow every day.

New life means new choices, one step at a time.

Prayer

Jesus,
Thank You for making me new.
Thank You for loving me just as I am
and helping me grow into who You made me to be.
Help me live like I belong to You today.
Amen.

***You are not who you used to be.
You are becoming who God created you to be.***

Day 16 — Old Ways Don't Fit Anymore

Key Scripture

"My old self has been nailed to the cross with Christ. I no longer live, but Christ lives in me."

— Galatians 2:20 (adapted)

Today's Devotional

Have you ever outgrown something?

Shoes that used to fit feel too tight.

Clothes that once worked don't feel right anymore.

Growing means some things stop fitting, and that's okay.

When Jesus lives in us, He helps us grow in new ways.

Some old habits don't feel right anymore.

Some choices we used to make don't match who we're becoming.

That doesn't mean we're "bad."

It means we're growing.

Jesus helps us learn new ways to respond,

new ways to speak,

and new ways to choose what's right.

When old ways don't fit anymore,

it's a sign that God is doing something new inside you.



Journal Prompt

Think about growing.

- Is there something you used to do that you don't do anymore?
- Is there a better choice you're learning to make now?
- Draw or write one way Jesus is helping you grow.

Today's Transformation Step

Today, notice one moment where you choose a **better way**.

- Maybe you stop yourself before saying something unkind.
- Maybe you choose honesty instead of hiding.
- Maybe you ask for help instead of reacting.

Growing doesn't mean being perfect.

It means choosing Jesus again and again.

Prayer

Jesus,

Thank You for living in me.

Help me let go of old ways that don't help me grow.

Teach me new ways to think, speak, and act.

I want my life to look more like You.

Amen.

*Growing can feel uncomfortable sometimes.
But it's how God helps us become strong.*

Day 17 — I Look Up to God

Key Scripture

“Think about the things of heaven, not the things of earth.”

— Colossians 3:2 (adapted)

Today’s Devotional

Where you look often shapes where you go.

When you look at the ground, it’s easy to miss what’s ahead.

When you look only at what everyone else is doing, it’s easy to feel confused or rushed.

God invites us to look **up**.

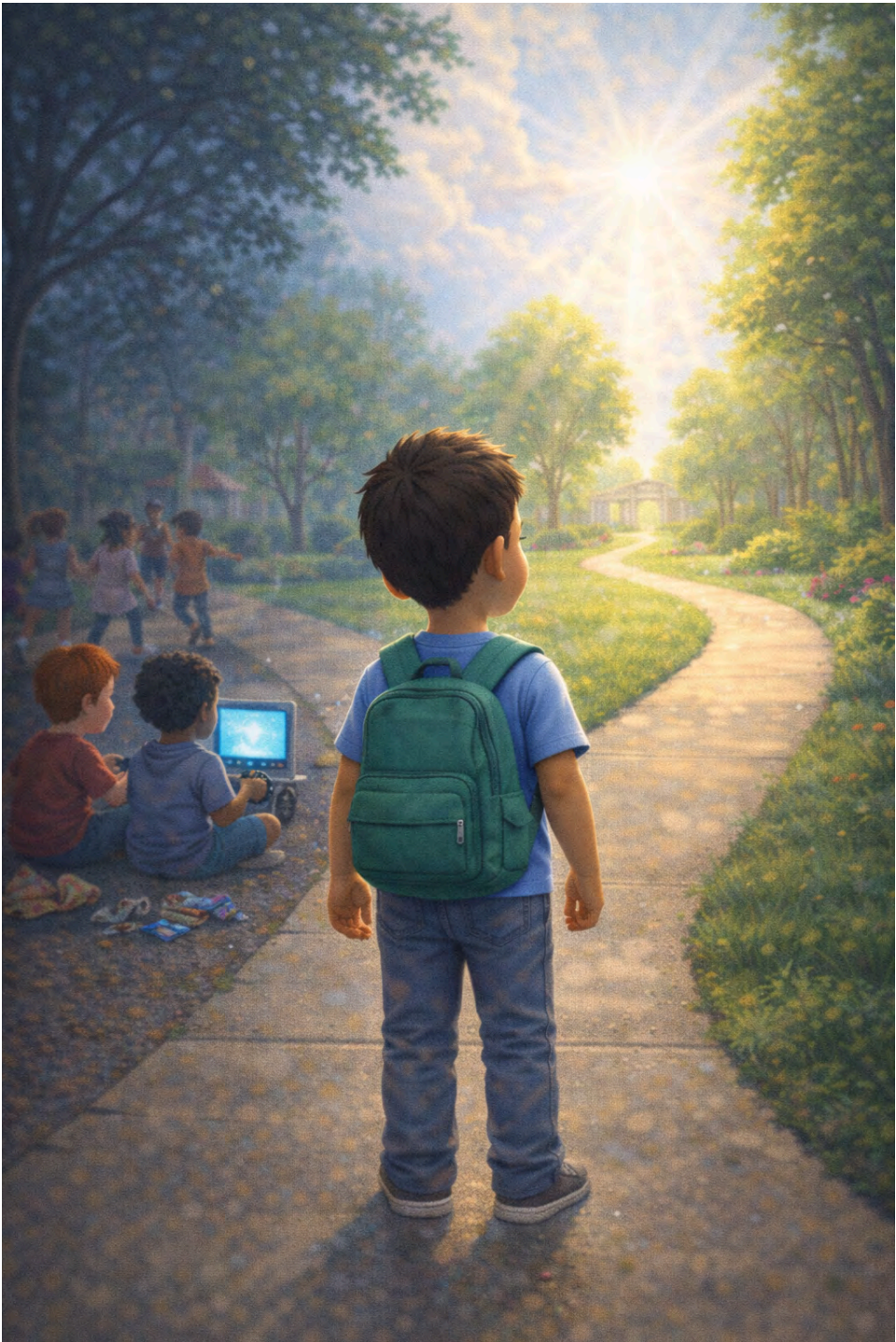
Looking up doesn’t mean ignoring real life.

It means remembering that God helps us decide what really matters.

When we look to God, He helps us:

- choose kindness instead of copying others,
- stay calm when things feel noisy,
- remember who we belong to.

Looking up helps us stay focused, even when the world feels distracting.



Journal Prompt

Think about what you look at or think about most.

- What helps you feel calm and close to God?
- What sometimes distracts you or pulls your attention away?
- Draw or write one way you can “look up” today.

Today’s Transformation Step

Today, practice **checking your focus**.

When you feel distracted, worried, or unsure:

- take a quiet breath,
- remember God is with you,
- ask yourself, “*What would God want me to do right now?*”

Looking up helps us choose wisely.

Prayer

God,
Help me look to You when I don’t know what to do.
Help me focus on what matters most.
Guide my choices today.
I trust You to lead me.
Amen.

*When you look up,
you don’t get lost as easily.*

Day 18 — I Am Faithful in Small Things

Key Scripture

“Whoever can be trusted with very little can also be trusted with much.”
— Luke 16:10 (adapted)

Today’s Devotional

Big things are built from small choices.

Sometimes we think God only cares about the big moments ,
the big wins, the big prayers, the big decisions.

But God notices the small things too.

He sees:

- when you tell the truth,
- when you help without being asked,
- when you try again after messing up,
- when you choose kindness in quiet moments.

Being faithful doesn’t mean being perfect.

It means doing the right thing, even when no one is watching.

Little choices matter to God , because **your heart matters to God.**



Journal Prompt

Think about your day so far.

- What is one small good choice you made today?
- What is one small good choice you want to make tomorrow?
- Draw or write about a moment where you tried your best.

Today's Transformation Step

Today, practice **being faithful in one small thing**.

Choose one simple action:

- helping someone,
- telling the truth,
- finishing what you start,
- showing patience.

Do it on purpose, knowing God sees and smiles.

Prayer

God,
Thank You for caring about the little things I do.
Help me make good choices, even when they feel small.
Teach me to be faithful and kind every day.
Amen.

*Small faithfulness
leads to big growth.*

Day 19 — I Protect My Heart

Key Scripture

“Guard your heart above all else, for it determines the course of your life.”

— Proverbs 4:23 (adapted)

Today’s Devotional

Your heart is important.

Not just your feelings , but your thoughts, your choices, and what you let inside.

Every day, things try to enter your heart:

- words people say,
- things you watch,
- attitudes you copy,
- thoughts that repeat in your mind.

God doesn’t ask you to be afraid of the world.
He teaches you to be **wise** about what you let shape you.

Protecting your heart doesn’t mean closing it.
It means choosing carefully what you allow to stay.

When you guard your heart, you make room for God’s peace, truth, and joy.



Journal Prompt

Think about your heart like a garden.

- What helps your heart grow?
- What hurts or distracts your heart?
- Draw or write about something that helps your heart feel peaceful.

Today's Transformation Step

Today, practice **protecting your heart**.

Choose one thing to do differently:

- turn away from something that doesn't help you,
- speak kindly to yourself,
- ask God for help when something feels confusing.

Remember: protecting your heart is a loving choice, not a fearful one.

Prayer

God,
Thank You for caring about my heart.
Help me choose what is good, kind, and true.
Teach me to protect my heart with wisdom and love.
Amen.

*A protected heart
is a growing heart.*

Day 20 — Others See Jesus in Me

Key Scripture

“Let your light shine before others, so they may see your good works and give glory to God.”

— Matthew 5:16 (adapted)

Today’s Devotional

You may not always notice it,
but people are watching how you live.

They notice how you treat others.
They notice how you respond when things don’t go your way.
They notice when you choose kindness, honesty, and love.

Jesus calls that **light**.

Light doesn’t shout.
It doesn’t push.
It simply shines.

When God is shaping your heart, your life begins to look different, not louder, just brighter.

And when others see that light, it helps them see God too.



Journal Prompt

Think about light.

- Where do you see light helping people?
- How can *your* actions help others today?

Draw yourself as a light, shining kindness to someone else.

Today's Transformation Step

Today, choose one way to **shine your light**:

- help someone without being asked,
- say something encouraging,
- choose kindness even when it's hard.

You don't shine to be noticed ,
you shine because God is working in you.

Prayer

Jesus,
Thank You for Your light in me.
Help me live in a way that shows Your love.
Let my words and actions help others see You.
Amen.

*Your life
can quietly point people to God.*

Day 21 — God Is Making Me New

Key Scripture

“Let God change the way you think. Then you will know what is good and pleasing to Him.”

— Romans 12:2 (adapted)

Today’s Devotional

You’ve come a long way.

God has been shaping you.

Teaching you. Helping you grow , little by little.

You may not feel completely different,
but that’s okay.

Transformation doesn’t always happen all at once.
Sometimes it happens quietly, day by day, choice by choice.

And the most important truth is this:

God is still working on you.

He is helping you think in new ways.

Love in new ways.

Choose in new ways.

You are not the same as when you started
and God is not finished yet.



Journal Prompt

Look back at the last 21 days.

- What is one thing you learned about God?
- What is one way you've grown?

Draw a picture of yourself growing , like a plant, a tree, or a light getting brighter.

Today's Transformation Step

Today, celebrate.

- Thank God for how He has helped you grow.
- Share one thing you learned with someone you love.
- Remember: growing with God is something you get to do every day.

Prayer

God,

Thank You for walking with me.

Thank You for helping me grow.

I trust You to keep shaping my heart and my life.

Help me live like someone You are making new.

Amen.

*God is shaping you.
God is teaching you.
God is making you new
and the journey continues*



CERTIFICATE OF COMPLETION

This certifies that

has faithfully completed the
21-Day Transformed Kids Journey



What This Means

You showed up. You listened. You grew.

Over these 21 days, you learned that:

♥ God loves you

🛡️ God knows you

🌱 God is making you new

Declaration Over You

We celebrate the work God has begun in you
and believe He will continue to grow you
into someone who reflects His love, truth, & light.



Key Scripture:

"Do not copy the behavior
and customs of this world,
but let God transform you
into a new person
by changing the way you think."

Romans 12:2 (adapted)

