

# CONFIDENCE

WEEK **3**  
K-1<sup>st</sup>

LIVING LIKE YOU BELIEVE WHAT GOD SAYS IS TRUE

**BOTTOM LINE:** Stay focused on Jesus.

Jeremiah 29:13

DAY  
**1**

## Little Bit Louder Now

With the help of an adult, look up this week's Bible verse, **Jeremiah 29:13**. Read through the verse together a few times normally and then start reading the verse really quietly, but getting louder as you go on, at the end you should be shouting!

Adults: You may have to model this for your child by echo reading (you read a few words in a tone, they echo the words and tone) starting by whispering and increasing in volume.

**THINK** of ways you can search for God with all of your heart.

DAY  
**2**

## What Can I Do?

Sometimes we get scared. When this happens it makes it easier to get distracted from our relationship with God. What are some things we can do to remind ourselves that when we're scared or lose focus, God is with us? Brainstorm a list of things you can do to help you through the next time you feel this way and write it down. Is it praying, singing, or reciting a verse? Post your list in your room or on your mirror to remind you of what to do when you get scared.

**ASK** God to help you stay focused on Him.

DAY  
**3**

## The Way You Pray

Right now, take sometime to focus on Jesus. Find a way to pray: kneel, lie down, fold your hands or raise them up, if holding something helps you focus better—you can do that too! You don't have to pray like this every time, but for now find what works for you and spend some time talking to God. Say something like this:

**"Dear God, sometimes I get distracted and have a hard time focusing on You. Help me remember to focus on you when I'm scared or confident or feel alone. I pray that You will allow me to remember that You are always there when I need you. I love You. God. Amen"**

**LOOK** for opportunities to focus on God all the time.

DAY  
**4**

## Fixed on Focus

With your eyes closed, stand on one foot and while you pick up the other foot and put it on your calf to do the tree pose. Count how long you can hold it without moving!

Was that easy or did you wobble a bit? Now, try it again but choose one fixed spot to focus on. It can be a spot on the wall or floor, something that won't move. Try the poses again with your eyes focused on your spot. Count how long you can hold your pose. Did you hold it longer once you focused or when you couldn't see?

Just like keeping your eyes focused on a fixed point so you didn't fall, we need to keep our eyes focused on Jesus. In the story from this week, once Peter stopped focusing on Jesus he started to sink into the water.

**KNOW** that when you focus on Jesus you cannot fall.

