

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

DAY 1: REVIEW

Visit the Parent Cue app (available for iOS and Android) to watch this week's Bible story.

Download it for free at parentcue.org/app.

Even if you already saw it at church, feel free to check it out again!

After watching So&So, write one thing that:

1. You liked:

2. You learned:

3. You'd like to know:

DAY 2: WHEN GOD STOPS YOU

Read Proverbs 16:9 (NirV)

Saul thought he was doing the right thing. He was sure he understood God's plan. But on the road to Damascus, Jesus stopped him. A bright light flashed, and Saul realized he had been wrong. God helped Saul see things in a completely new way.

Sometimes God stops us too. We think we know what's right, but God shows us something different. That can feel confusing or uncomfortable, like hitting a steep part of a mountain trail. But God knows where the path really leads.

When you discover something new about God, it can change how you think, act, or treat others. God doesn't stop you to hurt you. He stops you to help you grow.

Write one way God might be helping you see something differently right now:

DAY 3: SHARING WHAT GOD HAS DONE

Read Psalm 119:18 (NirV)

Write your favorite Bible story or verse. Then explain how it has made a difference in your life or helped you think or act differently.

Now, go and share that with someone else. Ask them if they've heard the story or the verse, then tell them what it means in your life. But don't leave it there. Ask them what their favorite Bible story or verse is too!

DAY 4: PERSEVERANCE

Read 1 Timothy 4:8 (NirV)

Find a friend or a trusted adult who will exercise with you. Working out together can be more fun and help you stay motivated.

Choose an activity you can both do, such as:

- Go for a walk or an easy jog.

- Do simple circuit training (like 10 sit-ups, 10 push-ups, or holding a plank).
- Go roller skating or roller blading.
- Ride bikes.
- Or choose another activity you enjoy.

Before you start, read 1 Timothy 4:8 together. Talk about how God cares about both our bodies and our hearts.

While you exercise, discuss why it's important to train your spirit too. Training your spirit can look like praying, reading the Bible, worshiping, or helping others.

Share with each other which activities have helped you grow closer to God. Talk about how you can make those activities a regular habit, and encourage each other to keep going.

DAY 5: SEEING WITH COURAGE

Read Isaiah 43:19 (NirV)

Many people were afraid of Saul because of his past. But God was still working. Barnabas helped others see that Saul had truly changed. God used Saul in powerful ways to strengthen the church.

God can help you see yourself and others the way He sees them. He's always doing something new, even when you can't see it yet.

When you trust God, He helps you move forward with courage. You don't have to understand everything. Just keep going and let God open your eyes step by step.

What new thing might God be doing in my life?

“God, thank You for helping me see things in a new way. Open my eyes to understand You more, and give me courage to follow where You lead. In Jesus’ name. Amen.”

Journal

Spend some time thinking about the question below and journal your thoughts or share them with a parent.

When have you discovered something new about God?



Don't stop. Don't give up. God's with you!



MEMORY VERSE

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

Talk About the Bible Story

Open the Bible together and read Acts 9:1-31 or watch the video together on the Parent Cue app.

Engagement Questions

- How can God help you see things more clearly?
- How has Jesus changed your life?
- Who is someone in your life you might need to see "in a new way"?

Faith and Character Activity

Scan the QR code below for activities to guide kids at every phase to trust Jesus in a way that changes how they see God, themselves, and the rest of the world.

Scan the QR code to get started



Prayer

Dear God, thank You for loving us and for making us new. Please help us to share Your love wherever we go so that people will know about You! We love You, God. In Jesus' name, Amen.

Weekly Parent Cues →

Preteen

ENGAGE IN EVERYDAY MOMENTS TOGETHER



Morning Time

As your kid starts their day, tell them how you are proud of how they have grown. Tell them a specific example of something you have seen.



Meal Time

At a meal, have everyone at the table answer this question: "When have you discovered something new about God?"



Drive Time

While on the go, ask your kid: "What are some things or people that you have seen change?"



Bed Time

Pray for each other: "Jesus, help us to see our world, ourselves, and others the way You see us."

More Ways to Engage with Your Kid

Faith & Character Activities



Worship Song of the Month



Download the Parent Cue app

AVAILABLE FOR APPLE AND ANDROID DEVICES

