

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: POWERED UP

Read Isaiah 40:31 (NirV)

Have you ever played a game until your controller batteries died or your device hit one percent? Everything slows down. Nothing works right. That's kind of like what happens when we try to handle life on our own. God knows we get tired. School, friendships, sports, and emotions can wear you out. That's why God promises to give strength to those who trust Him. When you feel weak, God doesn't just tell you to try harder—He invites you to trust Him. Trusting God is like plugging into a charger that never runs out.

God renews your strength so you can keep going, even when things feel hard.

Try This: Stand up and do 10 jumping jacks. Now pause and take one deep breath. While you breathe, whisper this prayer: "God, I trust You."

Think About It: When do you feel most tired, physically or emotionally? How could trusting God help you keep going in those moments?

DAY 3: DON'T GET TIRED

Read 2 Thessalonians 3:13 (NirV)

Doing the right thing can feel tiring, like being kind when someone is bothering you. Helping when no one says thank you. Choosing honesty when lying feels easier. God knows it can be hard, which is why He reminds us not to grow tired of doing what is good. On your faith trek, there will be moments when you want to stop trying. But every good choice matters, even the ones no one notices. God sees it all. He is proud of you—keep going!

Write one good thing you've done recently that felt hard:

Now circle one word that describes how you felt afterward
Happy • Proud • Relieved • Peaceful



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 3-4:22 or watch the video together on the Parent Cue app.

Engagement Questions

- What gave Peter and John courage?
- How has Jesus changed something in your life?
- What does it mean to have faith in Jesus' name in a way that becomes more than mere words?

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 being with us in the good times and hard times. Please help us remember that You are always with us and that we can keep doing good because one day You will make all things right. 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, let them know you are a big fan of theirs no matter what!



Meal Time

At a meal, have everyone at the table answer this question: "What have you seen God do?"



Drive Time

While on the go, ask your kid: "Who are some of your favorite people to be with?" (Don't take it personally if they don't name you in that list.)



Bed Time

Pray for each other: "God, thank You for always being with us. When we are lonely, sad, overwhelmed, or mad, help us to remember You are there with us in all the good things we feel and the bad things too."

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

