EPIC
AN ADVENTURE OF LOVE AND TRUST AND HOW IT CHANGED THE WORLD

WEEK 3

DAY 1

READ MARK 4:39–40

Did you know that hurricanes are given their own name? This makes it easier for communication purposes, especially when more than one storm is brewing.

What are the names of the storms in your life right now? Write them in the raindrops above. It could be things like "a hard class" or "divorce" or "didn't make the team." Naming your storms is important because it makes it easier to talk to God about them when you realize exactly what they are!

Spend some time talking to God about your storms. Think about the power Jesus had to stop the storm in its tracks. Can you trust God with your storm? He may not stop it, but you can definitely trust Him to carry and stay with you through it.

THANK God for keeping you safe in all of life's storms.

DAY 2

READ PSALM 55:22

Do you have a favorite chair you sit in while you watch TV, or a certain seat where you like to sit at the dinner table? Hopefully it's a sturdy chair and you don't have to worry about falling out of it. In fact, most of the time we're sitting down, we don't think about whether the chair we're about to put our whole body on can actually support us, do we? Without even thinking about it, we're putting all our trust in that one chair—that it will hold us up and not let us fall or get hurt.

How cool would it be if we could trust God the same way? That without even thinking about it, we would always trust Him to hold us up and know that He wouldn't let us fall. Because He won't—He's promised He'll always be there to carry us through the storms. Go sit in a favorite chair now, wiggle around a bit, and thank God for being trustworthy.

ASK God to help you to trust Him with your whole heart.

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READ NAHUM 1:7

Where would your family go if a storm was coming? Hopefully your family has a plan for where you would go to be safe during an emergency.

What about that place makes it safe? List all of the things that make you feel safe when you're there:

_____ _____

_____ _____

_____ _____

The truth is, no matter how sturdy or strong your family's hiding place is, it's never going to be as safe as you are with God. Look at the list you made above. Do the words you used to describe your safe place apply to God too? Hopefully so, because God is the safest place you can go! The next time you have a storm in your life—a bad day, you're scared, your friend is mean to you—run first to God.

THINK about all the ways God has been your safe place and thank Him!

DAY 4

READ 1 PETER 5:7

Have you ever done a trust fall? Get a parent (or older sibling that you trust) and ask them for help with this one. Put some pillows down on the floor. Then fold your arms across your chest and fall back over them, trusting that your parent will catch you. (Parents, be sure to do it!)

Why did you trust your parent to not let you fall? Was it because you have the strongest mom or dad in the world? Was it because they knew you'd be mad if they let you fall? While all of that may be true, that's probably not why you trusted them. You trusted them because you know that they love you and care for you, and they don't want to see you hurt. If your parents love you that much, how much more does your heavenly Father love and care for you—the One who made you?! He IS the strongest in the whole world and He is bigger than all your problems.

KNOW that God you can trust God because He is bigger than all your problems and He cares for you!

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