



Hope is believing that something good can come out of something bad.



DAY 1

Read Hebrews 12:1

Have you ever watched the Olympics? Did you see a runner cross the finish line first and receive a gold medal? While it might look easy on TV, that two minutes of running to win required hours of training and hard work. It takes a *lot* of hard work and persistence to win a gold medal.

Today's verse talks about running your own race of faith. Sometimes it will be hard to live out your faith. What if you're the only one making the wise choice or treating others the way you want to be treated? The good news is that we can keep going when we keep looking to Jesus for help. And we can watch others who follow Jesus and learn from their example, too.

Hope Inspired

Ask your grownup to help you think of someone to interview who refused to give up. Use the questions below as a guide.

- Did you ever want to quit when things got hard?
- Why did you keep going?
- What happened because you refused to give up?

DAY 2

Read Hebrews 12:2-3

What did Jesus do for us?

How can that give us hope?

When we get discouraged and want to give up, what should we do?

Jesus endured the most awful pain and suffering that anyone has ever faced. He died on the cross for you and for me. Can you imagine the kind of grit it took to face something like that? But Jesus knew what would happen if He chose to give up. He chose to go through pain because of the joy that was to come—the chance for all who believe in Him to have a right relationship with God.

Jesus died for you so that you could live forever with God. Whatever happens, keep looking to Jesus to give us HOPE.



Read Matthew 28:20

Think about some things that you couldn't do as a preschooler that you can do now, like reading a book. . . or maybe riding a bike without training wheels. . . or playing a new sport. . . or even coloring inside the lines. Maybe you don't remember it now, but learning to do those things took some hard work and perseverance. At some point, you had to tell yourself to keep trying until you could do it! Aren't you glad you did? Now you CAN do these things.

The longer we follow Jesus, the better we'll be at making choices that honor Him. The longer we listen to Jesus and do what He says, the easier it will be to find hope even when we face hard things.

Whatever happens, keep looking to Jesus!

Use the word bank below to fill in the words of the verse.

end commanded obey
 always sure Teach

"..... them to
 everything I have you. And you
 can be that I am
 with you, to the very
" Matthew 28:20, NlrV

Read John 15:5

When Jesus spoke these words, He compared himself to the vine and His disciples to the branches. If you cut the branches off from the vine, nothing can grow.

We find hope, even when hard things happen, when we stay connected to Jesus. When we keep our focus on Jesus and let His power work in us, we can do great things! Just like the branches of a grapevine depend on the vine to grow, our strength and power and HOPE come from Jesus. Whatever happens, let's keep looking to Him as our source of help and hope.

Dependence List

List ten ways you depend on Jesus. Is there something you're trying to do on your own? Read over your list and thank God for sending Jesus to show you how to live out your faith with hope. Same rules apply, only move ONE item at a time. Ready? Go!

**Whatever happens,
 keep looking to Jesus.**

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DAY 1

Read John 5:17

In the beginning, God created the whole world. And then God chose to rest—to stop creating and enjoy the newly formed world. But then, sin entered the world. Adam and Eve thought they knew better. But God had a plan to fix that brokenness by sending Jesus, God’s only Son

From the time sin entered the world, God has been working to fix that broken relationship between people and God. Sending Jesus was God’s big rescue plan, and God is still at work to make sure everyone knows about it. That’s why we can have hope. **Whatever happens, remember God is still working.**

Decode It!

Fill in the blanks by using the code below.

+	(&)	#	@	^	=	-	<	>	%	!	:
A	D	E	F	G	H	I	K	N	O	R	T	W	Y

“My is always
 (+ % @ & >
 doing his He is
 ! < > =
 right up to
 ! < > = ^ - #
 this I am
 (+ :
 too.” John 5:17, NIV
 ! < > = ^ - #

DAY 2

Read John 12:13

When Jesus entered Jerusalem, the people shouted “Hosanna,” a word that means “save us.” The people wanted a king to save them from a corrupt government. This word “Hosanna” is also a word of praise. By saying “Hosanna to the Son of David,” the people were recognizing Jesus as their promised Messiah, their Savior.

They were right about Jesus being the Messiah. But they were wrong about Jesus coming to overthrow the Roman government because God had a bigger plan. A plan not just to save the people shouting “Hosanna” that day, but a plan to save all who put their faith and trust in Jesus. We can have hope because God is still working to make a way for everyone to have a relationship with God forever.

Hope Walking

Grab blankets from around the house and lay them in a path along the floor. Take off your shoes and grab your Bible. Read this week’s Bible story (John 12:12-16) as you walk along the blankets. Ask siblings or friends to help you act out the story together.



DAY 3

Read Romans 12:12

In the space below, write down three examples of hard situations you faced this week.

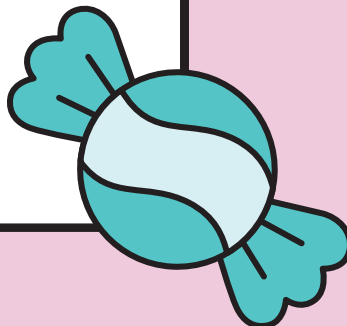
When you faced these hard things, were you joyful? How about patient? Did you pray?

God is always with you and is working in your life and in the world. That's why you can have hope and believe that something good can come out of something bad. Prayer is the key to finding that hope.

Remember, when you pray, you are talking to the God of ALL creation. First, talk about all the ways God is awesome. Spend some time praising God for hearing you, for loving you, and for continuing to work in the world around you. Tell God how you feel and what you're worried about. If there's something you've done that you need to ask forgiveness for, do it. Tell God you're sorry and ask for help to you make different choices next time. Then thank God for listening.

Prayer Points

- Talk about how awesome God is
- Ask for forgiveness
- Tell God what you're worried about
- Thank God for listening



DAY 4

Read 2 Corinthians 4:17-18

Is there something you're worried about? Is there something you need help with? Whatever it is you're facing, God is bigger — even if it doesn't feel that way. This temporary trouble or difficult situation is small compared to the bigness of God. God is in control and will help you through whatever it is you're facing. And even more importantly, God is WITH you.

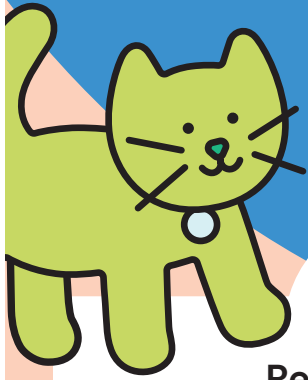
Hope Is Bigger

Grab an index card or piece of paper. Write down whatever it is that you're worried about in REALLY tiny print. Then, write out the word "HOPE" as big as you can on the same page and still make it fit. This is a visual reminder that this current problem is small compared to the BIGNESS of God and the hope we have in God. Write "2 Corinthians 4:17-18" somewhere on the front and hang it in a spot where you can see it every day.



Whatever happens,
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still working.

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DAY 1

Read 1 Peter 1:3

Think of something good that could come out of the not-so-good situations listed below. . .

- Losing a game
- Failing your test
- Moving to a new school
- Getting sick before a family vacation

Okay, getting sick before a vacation really isn't fun. But, as today's verse reminds us, something really bad—Jesus' death on the cross—brought something really good: Jesus' resurrection. Because Jesus rose again and beat death once and for all, we can be forgiven. We have a living hope because the pain that Jesus endured on the cross for all who choose to believe in Him made a way for us to have a relationship with God forever. Whatever happens, good or bad, remember that Jesus is alive.

Living Hope

Write out today's verse and decorate it any way you choose. Ask your grownup to hang your artwork in a place where everyone in your family can see it.

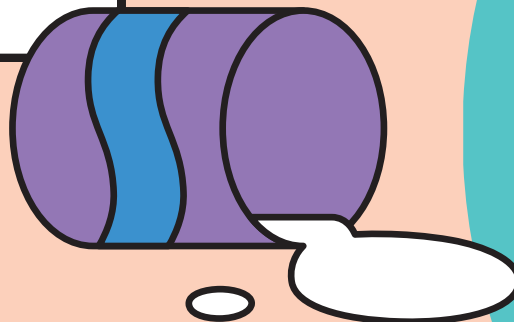
DAY 2

Read 1 Peter 1:6-7

Have you ever been in trouble? Maybe you talked back to your mom or got in a fight with your brother or sister. Maybe you lied to try to avoid punishment, but the truth came out and you got caught.

Sometimes, bad things happen because of our own wrong choices. But sometimes, bad things happen that aren't our fault. When that happens, it's important to remember that God is still in control. Those hard things, or trials, can strengthen our faith and trust in God.

Think about it like exercise. Push-ups, running laps, performing jumping jacks— those exercises can cause temporary discomfort, but the benefit is a stronger body. Sometimes the hard things we face help us grow a stronger faith! Read today's verses as you perform jumping jacks or jog in place.



DAY 3

Read Colossians 1:27

Why can you have hope? Because Jesus died for you so you can have a relationship with God forever. And when you follow Jesus, He is always with you. He will give you everything you need to follow Him. He is your hope.

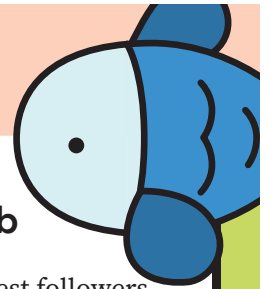


Think of something that you know you should do but have a really hard time with—like telling the truth or being kind to a certain kid in your class. Write it down on a card and ask Jesus to help you in that particular situation. On the opposite side of the card or piece of paper, write the words of today’s verse as a reminder that Christ is IN you. Whatever happens—because Jesus is alive, He will give you hope to keep going.



DAY 4

Read John 16:33b



Jesus spoke these words to His closest followers, the disciples. He knew His time on earth was about to end. And He wanted to prepare these men for life without Him. So He reminded them of one BIG truth. They could have hope because Jesus wins.

When we put our trust in Jesus and what He did for us on the cross, we find REAL hope. Because no matter what “trouble” we face in this world, Jesus has overcome it. He beat death and rose again.

Whatever happens, remember Jesus is alive!

Trouble

Write down some examples of “trouble” in your own world. Maybe you’re fighting with your best friend. Maybe school is really hard right now. Maybe your brother is driving you NUTS. Over the examples you’ve written, write the words “Jesus WINS!” in big block letters. Then say a prayer, thanking God for the hope we have in Jesus.

Three horizontal lines for writing inside a rounded rectangular box.

Whatever happens,
remember Jesus is alive.

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DAY 1

Read Romans 8:24-25

Hope

This week, we'll take a closer look at several verses from Romans 8. Grab some colored pencils. Draw a box around the word "Hope" every time it appears in these verses in your Bible. Remember, hope is believing that something good can come out of something bad.

Answer the following questions:

Hope that can be seen is what?

.....

We hope for what?

.....

In order to wait, what do we need?

.....
A I P E T N E C

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We can have hope, even when we don't know what will happen, because of what Jesus did for us on the cross. No matter what happens to us here on earth, we can have a relationship with God forever. We may not know how a certain situation will turn out, but we *do* know that in the end, we will be with God forever when we trust Jesus as our Savior.

*Answers: No hope at all; what we don't have yet; patience*

## DAY 2

### Read Romans 8:26

#### Underline It

Do you still have your colored pencils from yesterday? Pick a different color than one you've already used and underline the words "helps," "weak," "pray," and "Spirit" in Romans 8:26, NIV.

According to Romans 8:26, what happens when we are weak?

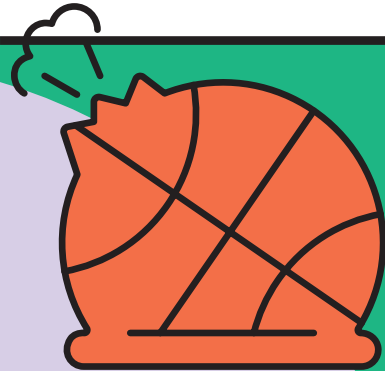
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What will God's spirit do when we aren't sure how to pray?

.....

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When something bad happens, you might have questions about how it will turn out. Maybe you aren't even sure what to pray for. The good news is that when you trust in Jesus, the Holy Spirit will help you know how to pray. We can always have hope because God has all the answers. **Whatever happens, remember God is bigger than your questions.**



DAY 3

Read Romans 8:27

Highlighted

Use a different colored pencil to underline the words “looks” and “knows”. Use a red pencil to draw a heart over the word “hearts.”

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Sometimes it’s hard to have hope—to believe that something good will come out of something bad—when we don’t know what will happen. That’s when we have to remember that God is with us and that God is in control. God sees our hearts and knows the things we’re worried about better than anyone else. God knows what we need to pray even when we aren’t sure how to pray. Remember whatever happens, God is bigger than your questions.

DAY 4

## Read Romans 8:28

### Mark Up

Use your colored pencils to put a box around the words “all things” and draw a heart over the word “love.”

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Do you have questions that you just can’t answer?

Questions like...

Why do bad things happen to good people?

Why is the kid in my class so mean?

Why do I have to share a room?

Why are we having turkey surprise in the cafeteria again?

What exactly is turkey surprise?

Asking questions is a good thing. God gave you the ability to think and learn and grow, and questions are how we learn! No question or problem is too big for our great God!

You can always pray and ask God for help because your questions are important to God. Even if you don’t get the answer right away, you can trust God to work things out in just the right way, at just the right time. God is BIG enough to handle any situation and personal enough to hear every single prayer. Whatever happens, remember God is bigger than your questions.



Whatever happens,
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