

# DEVOTIONAL

for parents



An amusement park ride can spark joy or leave you feeling more than a bit scared. There are twists, turns, and sometimes, a little bit of pain, too. Those things are true in life, too, so how can we learn to overcome our feelings of fear whenever we experience them? In this 4-week series from the Old Testament, we'll look at stories where people trusted God to help them through their difficult moments. From these stories, we'll see that **God can turn fear into courage, hurt into hope, turn wrongs into rights**, and transform our **worry into trust**.

Want to learn and grow alongside your kid as we go through this teaching series? You can! Spend a few minutes each week **studying** the passages of Scripture we'll be teaching, **praying** about what God wants to do in you and in your family, and **growing** by putting God's words into practice in your own life.

## WEEK 1 God can turn fear into courage.

Esther 7:1–6; 2 Corinthians 4:6–12; Joshua 1:9

### STUDY

Take a moment to read the passages we're covering this week.  
**What stands out to you in this passage and why?**

### PRAY

This week, ask God to be with you when you're afraid.

### GROW

**So what's your next step?** Do you need to journal about where God is working in your life? Can you share your fears and worries with someone else? Can you ask someone close to you how they focus on God when they are afraid? Whatever your next step is right now, take it.

## WEEK 2 God can turn hurt into hope.

Job 2:1–10; Romans 8:26–28; Psalm 34:18

### STUDY

Take a moment to read the passages we're covering this week.  
**What stands out to you in this passage and why?**

### PRAY

This week, talk with God about a situation where you could use hope.

### GROW

**So what's your next step?** Is there someone you could share your feelings or situation with? Can you journal about times when God has brought you hope? Could you ask someone to share their personal stories of when God turned hurt into hope? Whatever your next step is right now, take it.

## WEEK 3 God can turn wrongs into rights.

Amos 5:10–15; James 5:1–8; Isaiah 1:17



### STUDY

Take a moment to read the passages we're covering this week.  
**What stands out to you in this passage and why?**



### PRAY

This week, name the wrongs you see in the world and ask God to help make them right.



### GROW

**So what's your next step?** Do you need help seeing the wrongs that are happening in your community? Is there a person or local organization you could partner with to make things right in your community? Is there a right you need God's help with in your life? Whatever your next step is right now, take it.

## WEEK 4 God can turn worry into trust.

Matthew 11:28–30; Psalm 91:9–15; 1 Peter 5:7



### STUDY

Take a moment to read the passages we're covering this week.  
**What stands out to you in this passage and why?**



### PRAY

This week, invite God to help you grow your trust.



### GROW

**So what's your next step?** Can you ask someone to help you develop your trust in God? Can you create something that reminds you to trust God when you feel worried? Can you learn simple practices to help you when you feel worried? Whatever your next step is right now, take it.