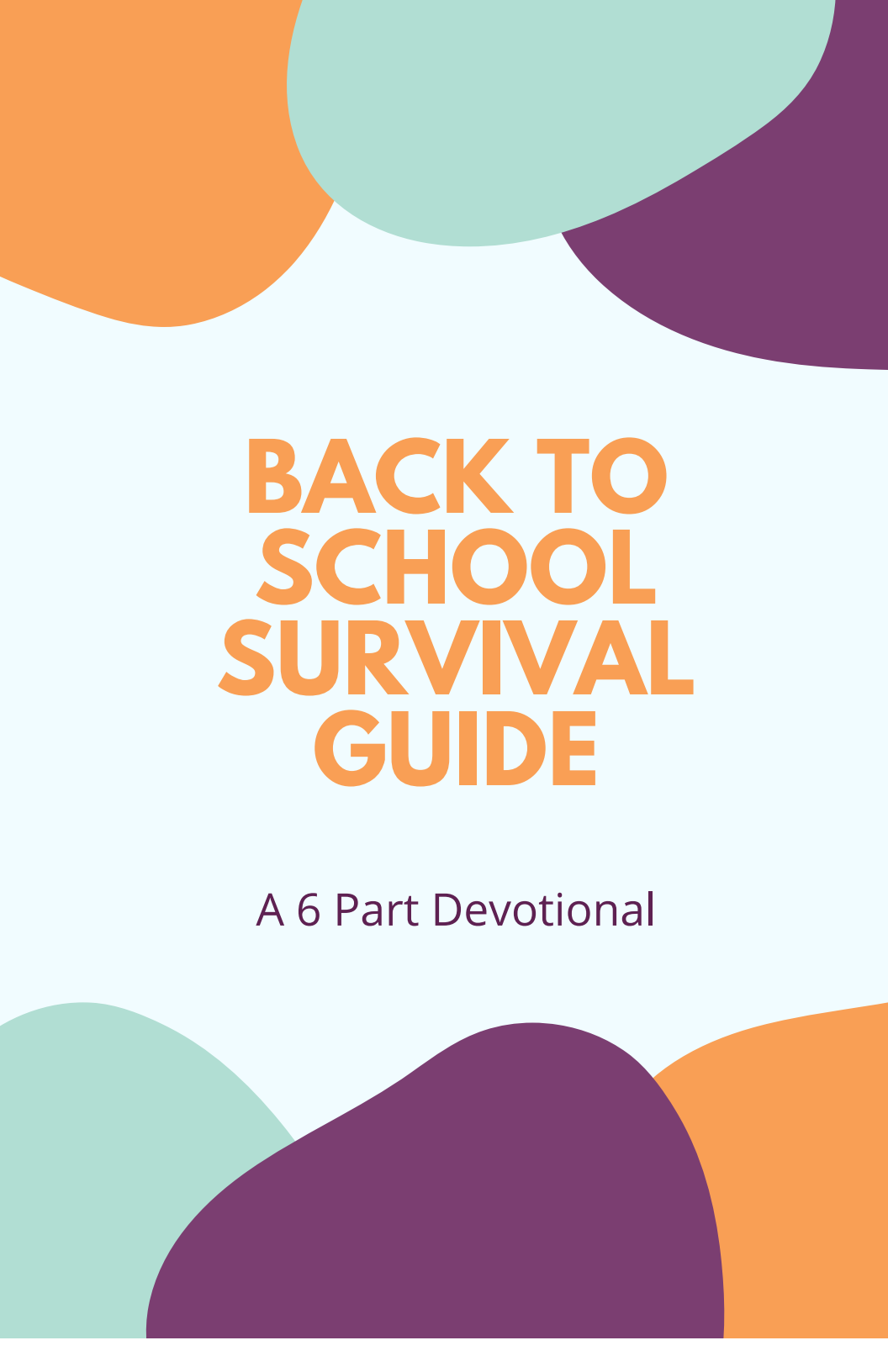




BACK TO SCHOOL SURVIVAL GUIDE

A 6 Part Devotional



WELCOME!

Back to school is always a time filled with emotion - excitement, anxiety & lots of things in between!

With so many changes and so much unknown, your family may be feeling overwhelmed or uncertain!

This 6-part devotional is meant to help you "survive" back to school by focusing on God and what He provides for us! As you journey through this devotional together, I hope your family is encouraged & feels ready to face this school year!



PART 1: NEED HELP?

CHAT ABOUT IT:

- Would you rather help a friend eat a giant pizza or a dozen donuts?
- When is a time that a friend or family member helped you?
- Have you ever asked God for help? What happened?

CHEW ON THIS:

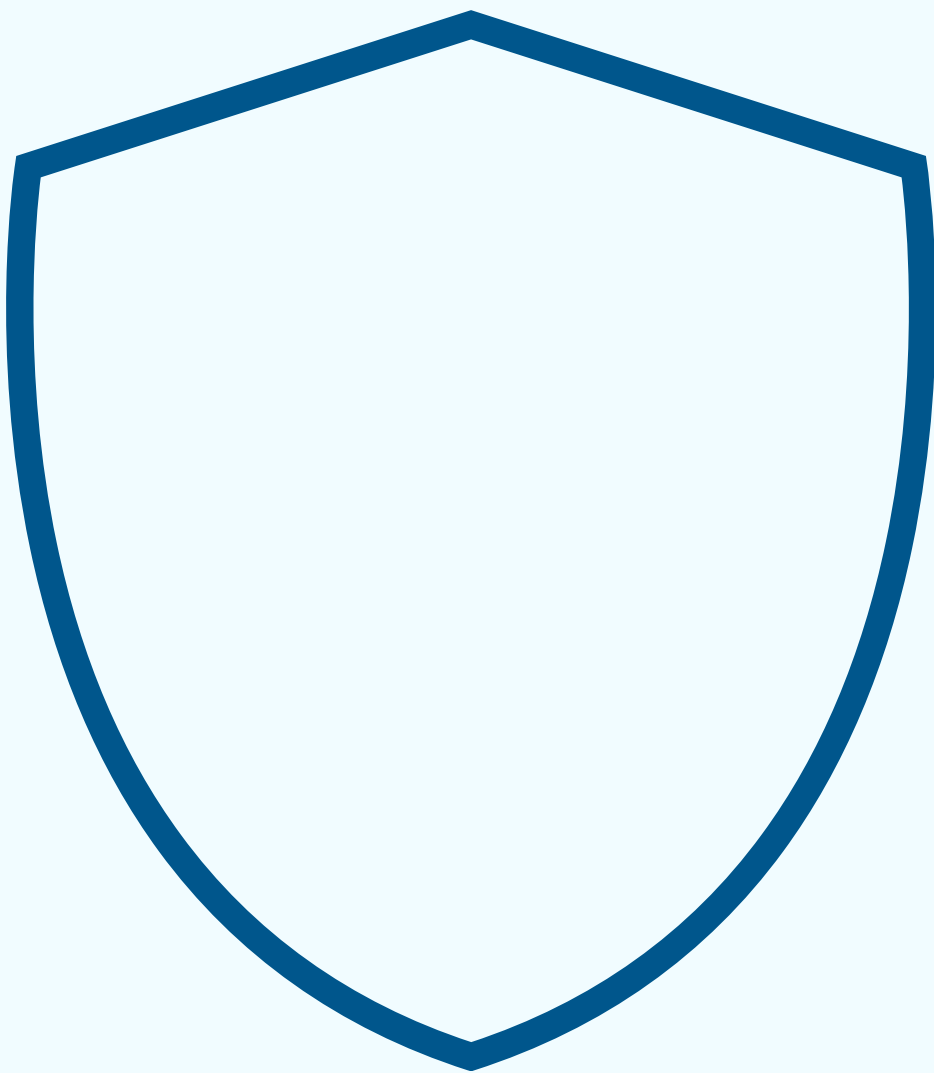
Have you ever been in a situation where you really needed **help**? Maybe you were stuck on a math question, couldn't find your favorite book, or couldn't move something on your own! Whatever it was, we all need a little help sometimes.

As you head into a new school year, you may be feeling all sorts of ways - excited, scared, overwhelmed, or confused. No matter how you're feeling - there's good news! God wants to be your **helper**.

Psalms 28:7 says: "The Lord is my strength and my shield; my heart trusts in Him and He helps me!" No matter how you feel or what you face this school year, God can help you as you trust in Him!

CHALLENGE

As you head into this school year, you may be feeling all sorts of ways! The good news is, God wants to help you. The Bible refers to God as our "strength and shield." Decorate the shield below with doodles, words & designs to remind you that God is your **Helper**.



PART 2: NEED WISDOM?

CHAT ABOUT IT:

- What is the hardest assignment or test you've ever had to do?
- If you could know everything there is to know about one subject, what would you choose?
- Do you know what wisdom means? What do you think it is?

CHEW ON THIS:

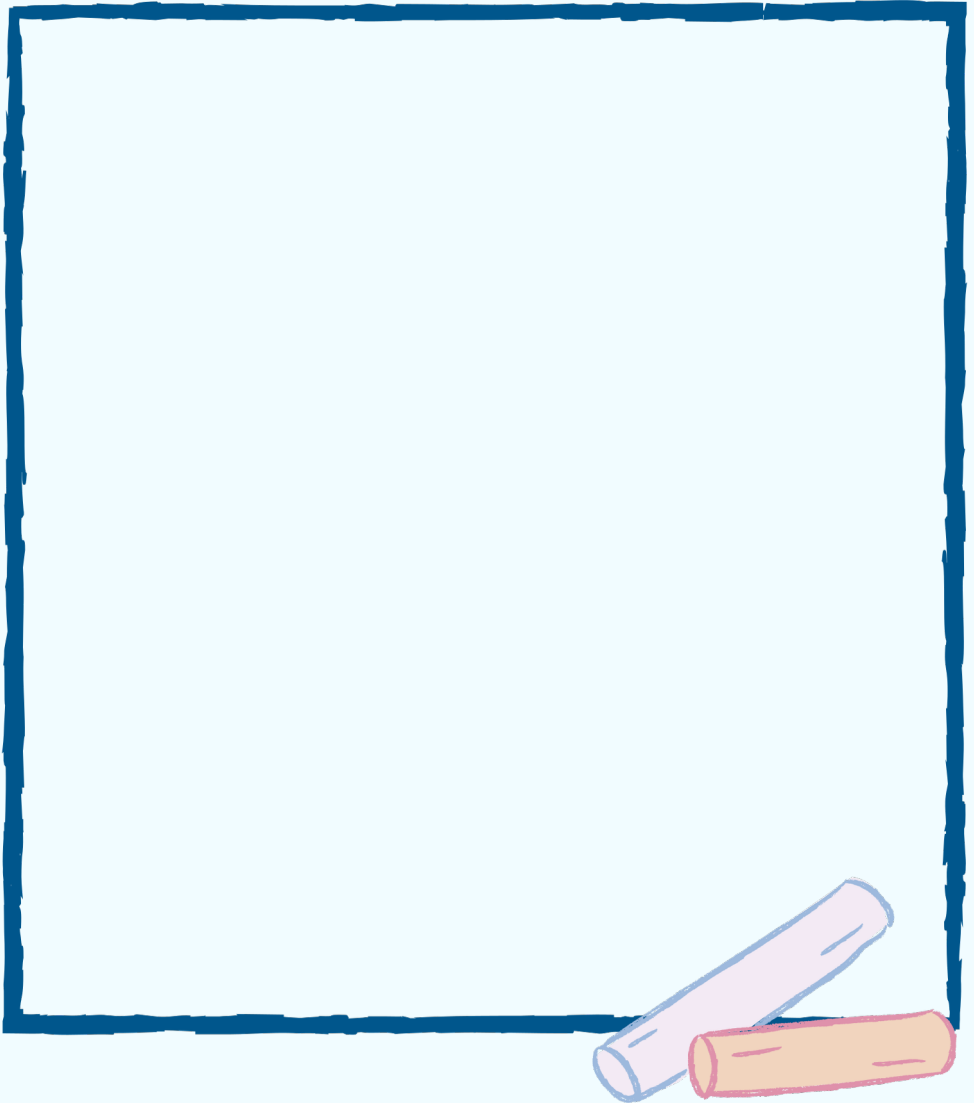
Think back to the hardest test or assignment you've ever had to do! Whatever it was, none of us like having to do hard things - especially when we can't figure out the answers!

This school year may be filled with hard things! There may be times you feel confused or you just don't know what to do. The Bible tells us in James 1:5 that: **"If you need wisdom, ask our generous God and He will give it to you!"**

Wisdom is **knowing the right thing to do, and being able to do it!** That wisdom only comes from God - and He will give it to us when we ask! If you're facing hard things this year, just ask God for HIS wisdom!

CHALLENGE

Wisdom comes from God - all we have to do is ask Him! Use the chalkboard below to write or draw a prayer asking God for His wisdom.



PART 3: NEED STRENGTH?

CHAT ABOUT IT:

- Would you rather be able to **fly** or **lift a million pounds**?
- Who is the strongest person you know?
- Have you ever had a moment where you felt weak?
What did you do? How did it feel?

CHEW ON THIS:

Think about a strong person you know, or you've seen on TV. When I think about **strong**, I think about superheroes. They are brave and can do absolutely amazing things!

There are moments in life when we need to be strong too. We might be going through something difficult, feel alone or that we just can't keep going! Have you ever had a time you felt like that?

The good news is, no matter how weak we might feel, God wants to give us His strength! In 2 Corinthians 12:9, God says: "My strength is made perfect in weakness." Even when we feel like we can't be strong, God wants to give us His strength to keep going! Thank God for His strength today.

CHALLENGE

Create an acrostic poem out of the word STRENGTH. Use each letter for either (a) a word or phrase that describes God or (b) a word or phrase that you need God's strength for!

S
T
R
E
N
G
T
H

PART 4: NEED COURAGE?

CHAT ABOUT IT:

- What is scarier - **spiders or snakes?**
- Tell everyone about a moment when you have felt scared.
- Do you think God can help you when you're scared? Why or why not?

CHEW ON THIS:

Over the past few months, there have been a lot of scary things happening in our world! What are some scary things you've heard about? Whatever you've heard, or whatever makes you feel scared - it's okay to feel that way!

There were many times in the Bible when people felt scared too. God's chosen people, the Israelites, were about to enter a new, promised land and they were terrified! God spoke to them and reminded them: "Be strong and courageous! Do not be afraid, do not be discouraged, for the Lord your God will be with you wherever you go!"
(Joshua 1:9)

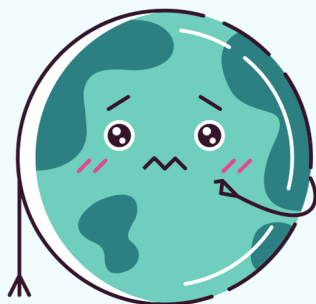
That promise is still true for us today! No matter what we face or where we go, we don't need to be afraid. God can give us courage!

CHALLENGE

One of the best ways to overcome our fear is by spending time in God's presence! Take some time today to listen to one of your favorite worship songs. After you're done, you can use the space in this page to draw or write your favorite message from the song.

Need some suggestions for a song?! Check out:

Fear Get Out Of Here - Orange Kids
Stand in Your Love - Josh Baldwin
Raise a Hallelujah - Bethel Music
Build My Life - Good Kicks
Way Maker - All Star Kids Club
Bye Bye Bye to Fear - Yancy



PART 5: NEED PEACE?

CHAT ABOUT IT:

- What do you think would be more peaceful - **a day in the sun or a day in the snow?**
- What makes you feel peaceful?
- What do you think God's peace feels like?

CHEW ON THIS:

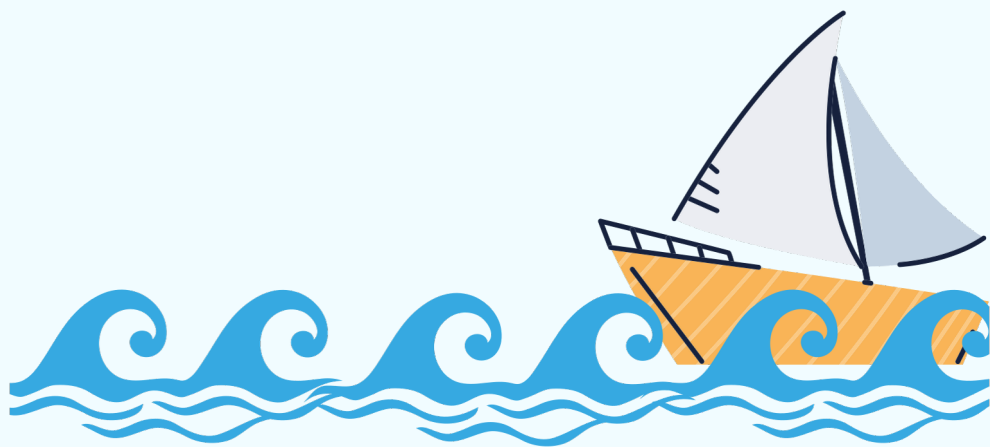
Have you ever been caught in a storm? Once, while driving, I got caught in the biggest thunder and lightning storm I'd ever seen! It wasn't a fun moment.

Once, Jesus' disciples were out on the sea, and they got caught in a massive storm. They were so scared that they woke Jesus up from a nap! When Jesus woke up, He looked at the wind and waves and simply said - "Peace! Be Still!" and the storm stopped right away.

There are moments in our lives when we might feel like there's a storm in our hearts. A fight with a friend or family member, a hard day or fear about the future may make things feel "stormy." We can still count on Jesus to bring peace to our hearts and minds, just like He did for the disciples - when we invite Him in!

CHALLENGE

What things make your heart feel "stormy?" Write or draw them in the waves beneath the boat! Then, take some time to pray and tell Jesus about those things. Ask Him for your peace!



PART 6: NEED JOY?

CHAT ABOUT IT:

- What would make you feel happier - **going to a zoo** or **going to an amusement park**?
- What is one thing that brings you joy?
- Do you think it's possible to feel joy even when things are tough? Why or why not?

CHEW ON THIS:

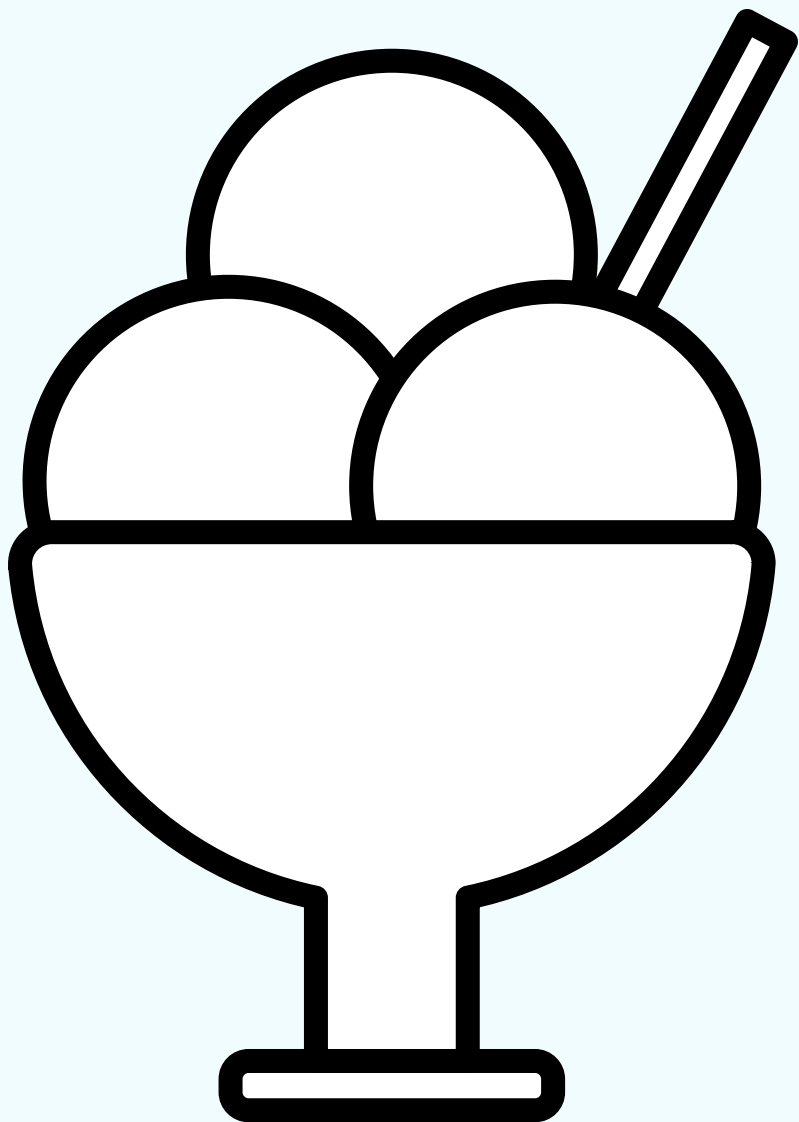
Going back to school this year may feel different than other years. Maybe you're feeling sad or disappointed about the things that are different - like not being able to see your friends, having to do some classes online, or missing out on gym class or recess!

Did you know that the Bible tells us even in sad or disappointing times God can give us joy? Joy is different than just feeling happy! Joy comes from knowing God, and knowing no matter what happens, He's on our side! When we know that, we can have joy in our hearts - no matter what's going on around us.

Nehemiah 8:10 tells us that: "The joy of the Lord is our strength!" Even in the sad moments of this school year, God can give your heart joy as you get to know Him more!

CHALLENGE

Heading into a new school year is worth celebrating! One of my favorite ways to celebrate is with ice cream. Take the time to decorate this ice cream sundae, then find some real ice cream (or another favorite treat), blast some dance music & celebrate all the good things God is doing - even when life is hard!





PRAYER

LET'S THANK GOD FIRST! DRAW OR WRITE SOMETHING YOU'RE
THANKFUL FOR IN THIS SPACE!

LET'S ASK HIM FOR HIS HELP! DRAW OR WRITE SOMETHING YOU
NEED GOD'S HELP WITH THIS SCHOOL YEAR.

LET'S PRAY FOR OUR TEACHERS! WRITE THE NAMES OF SOME
TEACHERS YOU KNOW (OR DRAW THEM!)

LET'S PRAY FOR YOUR FRIENDS! WRITE THE NAMES OF OR DRAW
SOME FRIENDS YOU CAN PRAY FOR:

LET'S PRAY THAT GOD WILL HELP US SHOW HIS LOVE! ASK GOD FOR
A WAY YOU CAN DO THAT THIS YEAR, AND WRITE OR DRAW IT HERE:

back to School PRAYER

USE THIS GUIDE TO PRAY ALONG WITH US, AND THEN STICK IT SOMEWHERE YOU'LL SEE IT! PRAY FOR THESE THINGS DAILY AS WE HEAD INTO THE SCHOOL YEAR. YOU CAN CHECK IT OFF WHEN YOU'VE COMPLETED PRAYING.

LET'S THANK GOD FIRST!

I PRAYED:

- FOR HIS FAITHFULNESS
- FOR HIS PROTECTION
- FOR THE OPPORTUNITY TO LEARN

LET'S ASK HIM FOR HIS HELP!

I PRAYED:

- FOR SAFETY & HEALTH THIS SCHOOL YEAR
- FOR A GREAT FIRST DAY OF SCHOOL
- FOR PARENTS TO HAVE PEACE OF MIND

LET'S PRAY FOR OUR TEACHERS!

I PRAYED:

- FOR HEALTH
- FOR WISDOM
- FOR CREATIVITY & GUIDANCE

LET'S PRAY FOR OUR STUDENTS!

I PRAYED:

- FOR THOSE GOING TO KINDERGARTEN
- FOR THOSE STARTING POST-SECONDARY
- FOR THOSE WHO ARE FEELING SCARED

LET'S PRAY FOR OUR CHURCH!

I PRAYED:

- FOR CREATIVE OPPORTUNITIES TO MINISTER
- FOR CHRISTIAN STUDENTS TO SHINE A LIGHT
- FOR WAYS TO SHOW GOD'S LOVE

FIVE LAKES KIDS