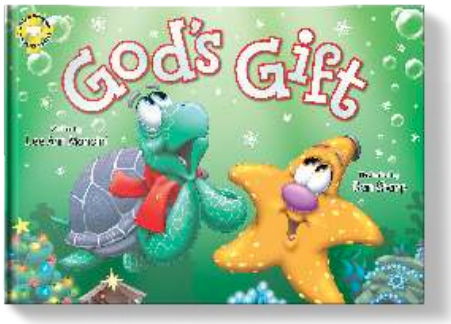


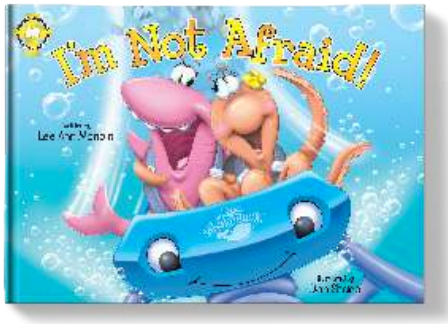

# Sea Kids Daily Devotional

BY LEE ANN MANCINI

31 DAYS

OF LEARNING GOD'S WILL



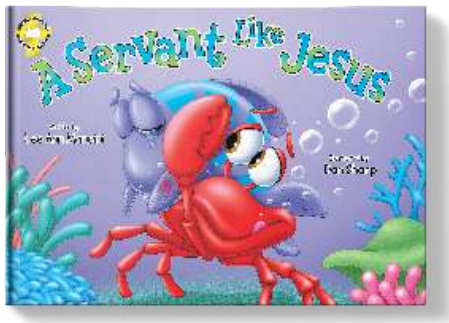




**The Adventures of the Sea Kids series is a great first step for introducing your child to what a relationship with Jesus looks like, giving them tangible, relatable stories that help them see how they can love others well and live like Jesus.** This devotional is designed for parents and children to work through together, reinforcing concepts from the book series and helping children go deeper in their relationship with Jesus. With a fresh perspective on putting their growing faith into action for each day of the month, children will be more excited than ever about following Jesus, learning more about Him and showing His love to the people around them.

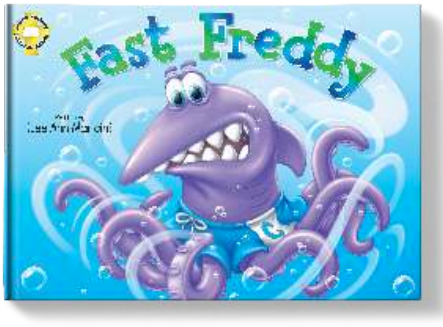
©2016 GLM Publishing and Lee Ann Mancini, All Rights Reserved.

SeaKids









Day 1

# The Biggest Choice

**Your days are filled with many things to do and choices to make.** There may come a time when you have to state what you believe and why you believe what you believe. The world will tell you there is no God. Do you believe there is no God? The world will tell you to look out for yourself and that you can do anything on your own. Can you do everything on your own? Whose help might you need?

**John 12:26**
***If anyone serves Me, he must follow Me; and where I am, there My servant will be also; if anyone serves Me, the Father will honor him.***

You do have choices to make every day such as what to wear, what game to play, when to clean your room, or when to do your homework. Some choices are hard to make and some are easy. But, the biggest choice you will ever make is the decision to follow Jesus or not to follow Jesus.

Maybe you have some friends who don't believe in Jesus and tell you He's not real. However, you may have some friends who tell you they believe in Him and they worship Him daily. Who do you believe?

Once you believe that Jesus is your Savior, He will send the Holy Spirit. The Holy Spirit will help you know what is true and what isn't. The Holy Spirit will guide and direct you in all of life's decisions. One day you will live in your forever house, heaven, and it will be wonderful.

## Questions for Little Ones



1. **What is a good choice and what is a bad choice?**
2. **What is one good choice have you made?**
3. **What is one bad choice have you made?**
4. **How can Jesus help you make good choices?**

Day 2

# Sharing and Caring

## Do you share the wonderful things God gives to you?

Perhaps you have a special toy that your friend would like to use. Do you share it? God gives us so much because He loves us. He cares for us.

He wants us to also care for others. Sharing is one way to do that. Another way is to be helpful. Do you help your mother and father when they ask you to help, or do you complain? Do you open the door for an elderly person, perhaps your grandparents?

The Lord takes care of all our needs. He feeds us, clothes us, and gives us people who love us. Our Father created the rain, the sun, the moon, and the earth for all His creatures and us.

Do you care for God's creatures? Perhaps, you help take care of your dog or cat. When you are told to walk or feed them, do you obey? By taking care of them you are sharing your love and showing you care.

**Psalm 121:3**
***He will not allow your foot to slip; He who keeps you will not slumber.***

**Psalm 147:9**
***He gives to the beast its food, and to the young ravens which cry.***

### Questions for Little Ones



1. **Which toys have you shared with your friends?**
2. **Do you obey Mommy and Daddy, or do you talk back?**
3. **What is a good way to take care of your toys?**
4. **What is something you can do to help your mommy or daddy around the house?**
5. **Think of one way you can show kindness to your teachers and friends.**

Day 3

# Being A Good Friend

**Jesus is our best friend!** He is always there to help us when we seek Him in prayer. Who is your best friend at school? What makes that person so special? Do you say things that make him or her feel good?

Sometimes our friends say or do mean things. Sometimes they act or talk that way because they had someone treat them badly. Maybe they were never taught how to be nice and friendly. Jesus knew people who treated Him badly. He still showed them love and kindness.

**John 15:15**
***No longer do I call you servants, for the servant does not know what his master is doing; but I have called you friends, for all that I have heard from my Father I have made known to you.***

Are you nice to your friends, even when they say or do mean things? Before you say something to that person, pray and ask the Holy Spirit to help you. Ask Him to give you the right words to say.

Friends are very special. They can be like family. You can study with them or go to a show with them or simply spend time playing a game with them.

Always be friendly. Always have a smile on your face and in your heart. You never know when you will make someone feel better just by being friendly to him or her!

## Questions for Little Ones



1. **How do you show kindness and love to your friends?**
2. **What do you do if someone is mean to you? Can you still be nice to him or her?**
3. **Is Jesus your friend? If He is, how do you talk to Him?**
4. **How was someone friendly to you?**

Day 4

# Good Habits

**A habit is something you do so much that you don't even think about it.** Some people have good habits, like waiting their turn to talk after someone has finished speaking. Some people hang up their clothes and don't leave them lying around on their bedroom floor.

There are bad habits too. Some people pick their teeth in public – Ew! Some people talk with their mouth full of food. These are not good habits.

Do you have good or bad habits? Make a list of your good and bad habits. A very good habit would be to start every day by thanking the Lord for all you have.

Start today with a new good habit, and after 30 days you will be able to do it without thinking about it. When you wake up, before you get out of bed, say "Thank you for this day, Jesus. I love you!"

**Psalm 5:3**

***In the morning, O Lord, You will hear my voice; In the morning I will order my prayer to You and eagerly watch.***

## Questions for Little Ones



1. **Do you know what the word habit means?**
2. **What is one good habit you already have?**
3. **What is one bad habit you have?**
4. **How can you get rid of a bad habit?**
5. **Which new habit do you want to start right now?**

Day 5

# Loving God's Creation

**Do you look out the window and love what you see?** Do the moon and stars at night look beautiful to you? God's Word tells us that everything He created is good. The plants give us food to eat and oxygen to breathe. Animals give us food, and our pets give us love. Do you have a cat or a dog? How do you show them love and affection?

You can show God you love what He created by being good stewards. A good steward is kind to God's creatures and makes sure they have food and water. A good steward respects the earth by not throwing trash out of their car window or on the sidewalk. The Bible says that if we take care of the little things God gives us, He will give us so much more in heaven (read Luke 16:9-11).

**Colossians 3:23**
***Whatever you do, work heartily, as for the Lord and not for men.***

God has given us a wonderful world full of things to love and admire. You can show your love for God's creation by taking the time to help keep it clean. Make sure you put your garbage in the garbage cans and to not be a litter bug.

We need to take care of our earth!

## Questions for Little Ones



1. **Why should we not throw trash out of the car window or in a park?**
2. **How can you be nice to the animals God made?**
3. **What does the moon look like to you?**
4. **Is the sun too hot or just right?**
5. **Who made the sun and the moon?**

Day 6

# Pray Every Day

**Jesus loves us!** We need to tell Him that we love Him. We cannot call Him on the phone, text Him, or send Him a letter or an email. The only way we can speak with Jesus is through our prayers and our thoughts.

When you get up in the morning, what do you say to your mom and dad? What would you say to your mom if she cooked your favorite meal? If your dad brought home a surprise for you, what would you say to him? You can talk with Jesus just like you talk to your parents. You can tell Him you love Him. You can thank Him for giving you a family who loves you.

You can also say "breath prayers" – short prayers you can say in one breath. For example, "Thank you, Jesus," or "Jesus, I love you," or "Thank you for my family."

Tell Jesus you love Him, and that you are thankful He died for your sins. Tell Jesus that you want to be filled with His Holy Spirit. Ask Him to guide you every day. As you go about your day, look for opportunities to speak to Him.

Remember that Jesus is always there for you whether you are sad or afraid or happy. Ask Him to help you and guide you in all situations.

**1 Thessalonians 5:16-18**

***Pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.***

## Questions for Little Ones



1. **What can you say to Jesus every day?**
2. **What can you ask Jesus to help you with today?**
3. **How can you show Jesus you love him by what you do every day?**
4. **Say a breath prayer to Jesus right now.**

Day 7

# Teasing

**Has anyone made fun of you?** How did that feel? Have you ever made fun of someone? At the time, did you think it was funny? How do you think that other person felt? It's human nature to laugh and joke, but not when it hurts someone's feelings.

I'm sure you have seen children teasing other children. Maybe they make fun of the way someone looks, talks, or walks. Maybe they make fun of someone because of the clothes they wear or even the color of their skin.

**Philippians 2:4**
***Let each of you look not only at his own interests, but also to the interest of others.***

But, did you know that we are all one big family? We are all from the same parents, Adam and Eve. Also, we are created in the image of God. So when we tease someone or make fun of them for a laugh, we are actually making fun of God and His creation!

Sometimes, children are made fun of every day. Before you say something unkind, look deep into your heart and have compassion for others. God, who loves you, loves the person you are making fun of too. Jesus said that everyone will be accountable for every careless word they speak.

## Questions for Little Ones



1. **Why do you think our words matter so much to God?**
2. **What is one kind thing you have said to a friend?**
3. **How could you show kindness to someone who has been treated badly?**
4. **What does it mean to look not only to your "own interests, but also to the interests of others"?**

Day 8

# Look for Beauty Everywhere

**To God, everything and everyone is beautiful.** A homeless man is beautiful when you understand that he has a soul created by a loving God. Using God's eyes, we can look past how someone looks on the outside. The body will fade away but a person's soul lasts forever.

There are old houses that have lasted through many years of families and storms. When they were first built, they were beautiful. Now they're old. Their beauty comes from the people who have lived there and received shelter and a place to raise a family.

What may seem ugly to one person, may be beautiful to another person. God created all humankind in His image. He cares about how people love others and show kindness – their inside beauty – not what they look like on the outside.

The world teaches that beauty is measured by outward appearance. Sometimes we see a person who we think is beautiful or handsome. But when we get to know that person, we discover he or she isn't so beautiful on the inside. We may see someone who looks different or not attractive on the outside but inside the person is like a beautiful diamond.

Ask God to help you see beauty in all things and all people.

**Song of Solomon 4:7**
***You are altogether beautiful, my love; there is no flaw in you.***

**Ecclesiastes 3:11**
***He has made everything beautiful in its time. He has also set eternity in the human heart; yet no one can fathom what God has done from beginning to end.***

## Questions for Little Ones



1. **What does the word "beautiful" mean?**
2. **Who is beautiful to you and why are they beautiful?**
3. **What is the most beautiful color?**
4. **Do you think Jesus is beautiful? Why or why not?**
5. **What is the most beautiful thing you've seen?**

Day 9

# Lying

**Do you think telling a lie is a bad thing to do?** Any time we say something that isn't true, we are lying. Big lies or small lies – a lie is a lie. Lying is one of the most common sins.

Sometimes people lie to make themselves look better to their friends. Some think it's better to lie than to get into trouble. Others lie because they don't want to hurt their friend's feelings.

**Proverbs 12:22**
***The Lord detests lying lips, But he delights in people who are trustworthy. (NIV)***

Is there ever a time when lying is okay? What if you lie to keep someone safe? In those rare situations, God looks at the intention of your heart. You are keeping the truth hidden to protect someone not to hurt them. Rahab lied to the spies to protect the lives of the men that came to do the will of God. God blessed her for helping to keep those men safe.

Remember, Jesus is the way, the truth and the life.

## Questions for Little Ones



1. **Think of a time you told a lie. Why did you choose to lie instead of tell the truth?**
2. **Has anyone ever lied to you? How did you find out about the lie? How did that make you feel about that person?**
3. **Why do you think God hates lying so much?**
4. **Can God forgive lying? Why or why not?**

Day 10

# Reading God's Word

**Why is it important to read the Bible every day?** Who can help you understand the words? If you said the Holy Spirit, you are right. The Bible has all the answers to the problems people face.

It is true that many men wrote the books of the Bible, but the Holy Spirit gave them the message. God loves us and wants us to look to Him when we have questions. Maybe you want to know how to be nicer or how to be more thankful. The Bible can teach you about those things. Perhaps you want to know how the earth was created. The Bible has the answer for that too.

It is good to read books. They teach us many things. They help us to see in our mind far away places. They make us laugh and cry. The Bible does that too. It is a love letter from God to us. He teaches us how to be good children and how to love each other as He loves us. When we are sad, God's Word can bring us joy.

You should read your Bible every day. God's Word is the only thing on earth that lasts forever and ever. It is the greatest story ever told!

**Psalm 119:105**
***Your word is a lamp to my feet and a light to my path.***

**2 Timothy 2:7**
***Think over what I say, for the Lord will give you understanding in everything.***

## Questions for Little Ones



1. **What is another name for "Bible"?**
2. **Who wrote the books of the Bible? Who gave them the words to write?**
3. **Which Bible story is your favorite? Why?**
4. **Why should people read their Bible every day?**
5. **How can God's Word answer questions about life?**

Day 11

# God Is Big

**How big is God?** No one knows God's physical size because no on has seen Him. He is big in that He knows all things, He is everywhere, and He is all-powerful. He has always existed. No one created God. He is a big God!

God has many names; YHWH (Yahweh) "to exist, to be;" Jehovah-Rapha, "God is our healer;" Jehovah-Jireh, "God is our provider;" and Elohim, "all-powerful and mighty." There are many more names. One name that stands out is Abba, which means, "Father."

God exists in the past, present and future. He heals us and provides for our needs. Nothing is too hard for Him because He's all-powerful and mighty. Even though God is bigger than all of creation, including the universe, He is still our Father.

His names tell us who God is. They describe what He does. Because He is our Father – our Daddy – He loves us as His children. Because He loves you, He takes care of all your needs. He is big enough to take care of the world and you. You are His child whom He loves.

Remember to thank God daily for how awesome He is and for the love He gives to you. Thanking Him is part of worshipping him – glorifying Him. Telling Him how much we love Him is another way to glorify God.

**Psalm 100:3**
***Know that the Lord is God. It is He who made us, and we are His; we are His people, the sheep of His pasture.***

**Psalm 150:6**
***Let everything that has breath praise the Lord. Praise the Lord.***

## Questions for Little Ones



1. What is the biggest thing you have ever seen? Guess what? God is bigger!

2. Which of God's names below is your favorite? Why?
   a. Yahweh: "God exists"
   b. Jehovah-Rapha: "God is our healer"
   c. Jehovah-Jireh: "God is our provider"
   d. Elohim: "God is all-powerful and mighty"
   e. Abba: God is our Father

3. How do you show God your love for Him?
4. How does God show His love for you?

Day 12

# Jesus Wants You to Win

**Have you ever entered into a race to win a prize?** Maybe you entered a running race or a swimming race or a backyard race with your friend to see who was the fastest. Most kids like to compete to see who is the best. It is even more fun if there is a prize waiting for them at the finish line.

When you are in a race, maybe you have your parents cheering you on, because they want you to win. Perhaps your coach is on the sidelines giving you guidance, because he wants you to win.

Jesus wants you to win too. He wants you to cross the finish line into heaven.

How do you do that? Every day you must choose to do what Jesus wants you to do. Have you heard the phrase, "What would Jesus do?" The better phrase would be "What did Jesus do?" He is our perfect example of what we need to do in order to win the race of life.

Jesus wants you to be kind, loving, and caring, to all people. He wants you to have the fruit of the Holy Spirit, which is showing love to others, being joyful always, having a peaceful mind and heart, having self-control, being kind and good to others, and forgiving others who may have hurt you. He wants you to treat others, as you would want to be treated.

At the end of your life's race, you will cross the finish line, and your prize of being with Jesus forever and ever in heaven will be waiting for you.

**Luke 6:31**
***Do to others, as you would have them do to you.***

**2 Timothy 4:7**
***I have fought the good fight, I have finished the race, I have kept the faith.***

## Questions for Little Ones



1. **When you play games do you like to win?**
2. **Do you know what game Jesus wants you to win?**
3. **How can you be nice to your friends?**
4. **How can you be nice to your parents?**

Day 13

# Jesus Is a King and You Are a King's Kid

**What does it mean that Jesus is a King, and you are a King's kid?** First, we have to understand why Jesus is a King. Jesus is the Ruler of all rulers. He defeated death, which is the enemy of all enemies. On Easter, we celebrate the fact that Jesus rose from the dead and is now sitting at the right-hand side of God. Jesus is on His heavenly throne in the kingdom of heaven.

**1 Peter 2:9-10**

***But you are a chosen generation, a royal priesthood, a holy nation, His own special people, that you may proclaim the praises of Him who called you out of darkness into His marvelous light; who once were not a people but are now the people of God, who had not obtained mercy but now have obtained mercy.***

You were born to your parents. If you believe in Jesus, you become Jesus' adopted child. Because Jesus is the King of kings, that makes you part of His royal family.

Has anyone called you a nasty name? You are not whatever nasty name someone has called you. You are the King's son; you are a royal child of Jesus!

Now that you know who you truly are, you, as a child of the King, should always honor Him by how you behave. You can honor Jesus by obeying Him. He wants His children to be kind and loving to others. He wants His children to think less of themselves and more about others. He wants you to help your mother and father, your sister and brother, and your teacher, neighbor and friend.

## Questions for Little Ones



1. **What is a king?**
2. **What does it mean when we call Jesus the King of kings?**
3. **What is one way you can honor Jesus?**
4. **Think of something you can do to show love to another person.**

Day 14

# Wearing Gear That Protects You

**When you get up in the morning, do you decide what you will wear that day?** Maybe it's cold outside, so you prepare by wearing warm clothes. Perhaps it is hot outside, so you wear shorts and a t-shirt. You wear clothes to protect you when you play sports too. Hockey players wear a chest guard and a helmet to protect their body and head. Baseball catchers wear guards that protect their knees, shins and feet.

It is good to wear gear that protects you from physical harm. You also need protection from spiritual harm. The devil attacks your heart and mind daily. He wants you to think bad thoughts, feel upset and angry and disobey God's Word.

God's Word tells you to put on the "armor of salvation." This invisible armor is explained in Ephesians 6:10-18. It protects you against the devil. Your strength to fight the devil comes from the Lord. When bad thoughts come into your mind, or when you are feeling angry or unsure of what to do, seek God's truth. Pray that He will help you do what is right. Trust Him to fight against the devil. God's Word is truth, and it will protect you from the devil's lies.

**Ephesians 6:11**
***Put on the full armor of God, so that you will be able to stand firm against the schemes of the devil.***

The breastplate of righteousness protects your heart. You need to know in your heart what is right and what is wrong. The shield of faith keeps you safe from the devil's attacks. The sword, which is the Word of God, keeps your thoughts on what is true. The helmet of salvation protects your mind from being corrupted by the lies of Satan.

## Questions for Little Ones



1. **Why does God give you clothes? What do they protect you from?**
2. **What is your favorite sport to play or watch? What kind of gear do the players wear?**
3. **When the devil puts bad thoughts in your head, what should you do?**
4. **When a football player or a hockey player puts on a helmet, what part of his body does it protect?**
5. **Who helps you fight your battles with the devil? How does He help you?**

Day 15

# Obey your Elders

**What does it mean to obey your elders?** What or who are elders? Elders are people who are older and wiser than you. Your parents, grandparents, and other adult family members are elders. Teachers, coaches, policemen, and firemen are also your elders.

Why do you have to obey your parents? God promises in His Word that you will live a long life if you obey your parents. God has given you parents to take care of you, protect you and love you, just like God loves you.

**Ephesians 6:1-13**
***Children, obey your parents in the Lord, for this is right. "Honor your father and mother," which is the first commandment with promise: "that it may be well with you and you may live long on the earth."***

God has placed other elders in your life. These are people who have the right to expect you to obey and respect them. Teachers help you learn what you need to know in life. Firefighters and police officers need you to obey them so they can protect you. Grandparents have much wisdom to share because they have lived a long time.

When you were little, your parents told you not to touch the hot stove so that you would be safe from being burned. When you were a little bit bigger, your parents told you to look both ways before you cross the road. That also was to keep you safe.

God is the Elder of elders! What would happen if the world did not obey God's commandments? The world would be full of people who kill, steal, lie, cheat, and murder. There would be no rules to protect and guide us.

God gave us laws to help us be good people and teach others His laws. Parents, grandparents, teachers and preachers teach God's laws to you so you can one day teach them to your children.

Jesus told His disciples that if they really loved Him, they would obey Him.

## Questions for Little Ones



1. **How can you show your parents that you love them?**
2. **What happens if you don't obey your parents? Your teacher?**
3. **Do you know who is an elder and can you name some elders in your life?**
4. **Can you name one or more of the laws God gave us?**

Day 16

# Loving Others

**What does it mean to love others?** Loving people – all people – are the "others" Jesus wants us to love. It's easy to love your parents, grandparents, aunts, uncles, and family members. By talking with them, you learned what they like and don't like.

What about loving people you don't know? The Bible tells us we are to love our families and neighbors. However, Jesus also said that we are to love our enemies. Loving those who love you is easy, but loving those who are mean to you can be a difficult thing to do.

How do you love a bully? How do you love someone who calls you names or makes fun of you in front of others? The only perfect example we have is Jesus. Jesus loved all people. Jesus loved the "others" who wanted to hurt and even kill Him. As He hung on the cross He said, "Father, forgive them, for they do not know what they are doing" (Luke 23:24).

Jesus tells us to forgive others who are mean. He says to be kind to everyone – your family and friends, people who need help, and even those who are mean to you. Sometimes, a bully just needs to be shown how to be kind.

**1 Peter 4:8**
***Above all, love each other deeply, because love covers over a multitude of sins.***

## Questions for Little Ones



1. **What can you do to show your love to your family?**
2. **What's a good way to show love to your friends?**
3. **How can you be nice to someone who is mean to you?**
4. **Who loves you more than your parents?**
5. **Who do you love the most?**

Day 17

# Being Courageous

**The word courageous means "bravery, or to be brave."**

Soldiers are brave. People who fight cancer are brave. Policemen and firemen are brave. Bravery describes anyone who is ready to face danger, pain or something they normally would not be able to do because they are afraid. Have you ever been brave?

**Hebrews 13:6**
***"The Lord is my helper, I will not be afraid. What will man do to me?"***

Being brave is not just for adults. Children have to be brave too. Maybe you fear speaking in front of your class. Perhaps you are afraid to stand up for yourself in front of a bully. It takes bravery to speak and stand up for Jesus and your faith when others tease you.

Jesus was brave. When the people were selling goods in the temple instead of worshipping God, Jesus was brave to overturn the tables and chase them out. He was also brave when the soldiers took Him away to be crucified.

When you are scared or afraid, pray to Jesus to give you strength to be brave and do the right thing. Sometimes it takes bravery just to be kind to others because you don't know if they will laugh at you or ignore you. Just know that God will reward you for every kind thing you think and do. He will not forget the times you stand up for Him.

## Questions for Little Ones



1. **What things scare you?**
2. **How can you be brave when you are scared?**
3. **What are ways to show kindness to others?**
4. **If there's something you're afraid to try or a person who is mean, what prayer can you say to Jesus to help you?**

Day 18

# Integrity

**The dictionary states that integrity means to be honest and to have good morals.** If you have integrity – good morals – you are truthful, polite, have goodness in your heart, and do the right thing, even when it is hard to do.

Let's say you are standing in a crowd of friends and one of them starts to pick on another kid and call him names. A person with integrity would stand up against that friend by telling him to stop picking on the other kid. Your friend may not like you anymore or may get mad at you, but you proved that you have integrity.

Integrity can be shown when you are taking a test in class and you don't cheat. If you listen to your parents and obey their rules, you are showing integrity. Be honest in all you say and do. Doing what is right needs to be an all-the-time thing. Be a person of integrity even when no one is watching you. Remember, God sees all things at all times.

**Proverbs 11:3**

***The integrity of the upright guides them, but the unfaithful are destroyed by their duplicity [dishonesty].***

## Questions for Little Ones



1. **Do you know what the word integrity means?**
2. **Name one way you can stand up for someone who is being mistreated.**
3. **Why is it important to have integrity?**
4. **What are some ways you can show you have goodness in your heart?**

Day 19

# Forgiveness and Mercy

**How can you show forgiveness to a friend who has said something mean to you?** What does it mean to forgive? Why do you think it's important to forgive others? Let's talk about grudges, forgiveness and mercy.

A grudge is a deep feeling of resentment or dislike because of something a person said or did to you. Perhaps your friend told a lie about you and now you have a nickname you don't deserve. Maybe your mom and dad blamed you for doing something your brother or sister did that was wrong, and they never told your parents the truth. When you stay angry and refuse to forgive others, you are "holding a grudge."

**Matthew 6:14-15**
***For if you forgive others for their transgressions [sins], your heavenly Father will also forgive you. But if you do not forgive others, then your Father will not forgive your transgressions.***

Jesus had people who blamed Him for things He did not do. He also had friends who lied about Him. When Jesus was punished and crucified for sins He did not commit, He didn't hold a grudge or look to get even.

No! Jesus did the opposite. He loved them! Jesus said we should forgive others for every wrong they do against us. Mercy is when you show kindness and forgiveness toward those who have hurt you.

When someone insulted Jesus, He did not insult the person back. He actually asked God to forgive them instead of punishing them.

Maybe someone acts mean toward you because no one has been nice to him or her. If you forgive that person and show mercy, he or she may learn how to do the same!

## Questions for Little Ones



1. **What do you do when someone is mean to you?**
2. **How can you show kindness to someone who was mean to you?**
3. **Sometimes the feeling of anger takes awhile to go away. What can you do to help it go away?**
4. **If you do or say something bad to another person, what should you do to make it right?**

Day 20

# Being Patient

**Sometimes, you may feel you just don't have enough time to do the things you need to do.** After all, there is school, homework, and chores to do. You may be in a hurry so you can have time to play outside or play game inside.

Do you find yourself cutting in line at school to get your food or a drink at the water fountain? Do you push your brother or sister behind you, so you can be first? Do you interrupt your mom or dad while they are in a conversation so you can be heard? If you do these things then you are not being patient.

Patience is a virtue – a good quality. People with virtue behave in good ways. It is who they are – a part of their character.

When someone sees you being patient, they see a godly character in you.

Jesus had to go through much suffering. He had to be patient as He waited for God the Father to save Him. And now Jesus looks forward to the day we will join Him in heaven. But He and God the Father are waiting so more people will believe and be saved.

Being patient allows you to be calm while you wait. You can be an example to others on how to be happy and content by being patient.

**2 Thessalonians 3:5**

***May the Lord direct your hearts into God's love and Christ's perseverance.***

## Questions for Little Ones



1. **What does the word patient mean?**
2. **How can you show patience when someone is playing with a toy you want to play with?**
3. **What can you do when someone wants to take a turn ahead of you?**
4. **What can you do to wait patiently – not demanding to be first in line or the first to be called on in school?**
5. **Why do you think it's important to have patience?**

Day 21

# Feelings and Actions

**How you feel affects how you act.** How you feel affects how you act. If you are happy inside you have a smile on your face. If you are not happy inside you will walk around with a sad look on your face.

There is an old saying:

Watch your thoughts; they become words.
Watch your words; they become actions.
Watch your actions; they become habit.
Watch your habits; they become character.
Watch your character; it becomes your destiny.
- Lao Tzu

**Psalm 32:11**
***Rejoice in the Lord and be glad, you righteous; sing, all you who are upright in heart!***

Your feelings and actions are directly affected by what you think. Good thoughts, lead to good words and actions.

You have a choice to see the good in all things, even when something bad happens. God wants you to give thanks in the good times and bad. This allows the Holy Spirit to work inside your heart, to teach you the things He wants you to learn, and to help you grow closer to Him.

## Questions for Little Ones



1. **What was a good thing that happened today?**
2. **What good thing can you do for someone today?**
3. **Tell Jesus why you love Him. How has He been good to you?**
4. **What makes you feel happy?**
5. **If something happens that makes you angry or sad, name one good thing you can do to help yourself feel better?**

Day 22

# Healthy Habits

**You have a choice to make every day.** The television continually shows commercials that want you to eat potato chips, ice cream, cake, candy and many other foods that are not good for your body. What are some unhealthy foods to avoid? What are some healthy foods you should eat? When your parents tell you to eat your vegetables, do you?

Exercise is important too. Hours of watching television or playing video games can be unhealthy. In order to grow strong and be less sick, children need to play outside for at least one hour every day.

If you love Jesus, you will try to always take care of yourself. After all, you represent the King of kings and the Lord of lords! He wants you to be strong so we can serve Him and others well. Pray He will help you make good choices in what you eat and what you do.

**1 Corinthians 6:19**

***Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? And you are not your own.***

## Questions for Little Ones



1. **What is better to eat, candy or vegetables? Why?**
2. **What is your favorite vegetable to eat?**
3. **What games do you play that make your heart beat faster and get you a little out of breath?**
4. **How does good food help your body?**
5. **How does playing outside help your body?**

Day 23

# When It Seems Too Hard To Do

**Life can be hard.** Sometimes, you will be asked to do things you may not want to do. You may be asked to do something you feel you cannot do. What tasks do your parents ask you to do that are difficult? What work does your teacher want you to do that seems too hard? When something seems too hard, how do you react? Do you whine about it? Do you find an excuse not to do it? Do you try but then give up?

There will be things in life that will seem too hard to do. But, with Jesus, you can do all things. The Apostle Peter wanted to walk on water like Jesus was doing. When he kept his eyes on Jesus, Peter walked on the water! When he took his eyes off Jesus and started to sink, he cried out to Jesus for help, and Jesus helped him.

**Philippians 4:13**
***I can do all things through Christ who strengthens me.***

Jesus can help you do things that seem too hard or impossible. Peter learned to depend on Jesus. When he started to sink, he asked Jesus for help. That is what you can do. Ask Jesus to help you and believe He will.

He can change the way you think about a task – giving you a joyful heart and a desire to succeed. He can give you people who can explain things you do not understand. He can also give you people who can help you start and complete your task. Jesus can help and guide you if you ask Him.

## Questions for Little Ones



1. What is difficult for you to do in school?
2. What tasks at home do you not want to do?
3. Instead of complaining or giving up, name three ways you can get help.
4. What prayer can you say to Jesus for help?
5. How can you help a friend when they have a task they don't want to do?

Day 24

# Trusting God

**What or who do you trust?** To trust means to have a firm belief that someone or something is reliable and trustworthy.

There are things you can trust and can be certain of. For example, you know that there are stars in the sky every night—even when you may not be able to see them. You can also trust that the earth is round and that gravity is real. You may not be able to see gravity, but you experience it every day. Gravity keeps you from floating away into outer space.

You can rely on a trustworthy person to tell the truth. That person only wants good things to happen to you.

Sometimes, however, people disappoint us. Perhaps a friend, teacher, or maybe even an adult in your family has betrayed your trust.

People can do things or say things that are unkind and hurtful. Sometimes they lie... Maybe someone was not there for you in time of need.

But God is always there. He is always truthful. He loves you more than anyone on earth can love you. Always. He takes care of all your needs according to His perfect will. You may not like some of the things that are happening, and it may seem that God does not take care of everything, but He does. Trust God even when you can't see Him working for you.

Pray to Him daily and ask Him to give you faith to trust in Him. Thank Him for His love for you.

**Psalm 84:12**
***Lord Almighty, blessed is the one who trusts in you.***

## Questions for Little Ones



1. **Who do you trust in your family or at school?**
2. **How can you show that you are worthy of trust to your friends and family?**
3. **In what ways does God show you He loves you?**

Day 25

# Peace Be with You

**What makes you feel nervous or worried?** Maybe you have too much homework or chores. Are there times when you have too much to do in a short period of time? Maybe your mind is filled with thoughts—scary, angry, sad thoughts—and you don't know how to stop thinking about them.

What do you do to calm down? How can you stop worrying?

Not having peace of mind can rob you of the joy Jesus wants you to have every day of your life. Our enemy, the devil, wants to steal your joy and your peace. He wants you to believe that your problems are worse than they really are. He will tell you that you need to worry or it won't get better. The devil is a liar!

**Psalm 29:11**
***The Lord gives strength to his people; the Lord blesses his people with peace.***

The moment you put your trust in Jesus, you made Him the Lord of your life. The fruit of His Holy Spirit dwells in you to bring you peace and joy, even when circumstances seem impossible. Jesus is in control of all things. Jesus is God the Son. Sometimes Jesus allows things to happen that disturb your peace, but in the end you become a better person and will have more peace and joy as a reward of your faith.

If you don't have peace about something, it may be because the Holy Spirit is telling you to change direction. Try to listen for that small voice behind you telling you what to do. It is the Holy Spirit guiding you, which will bring you joy and peace!

## Questions for Little Ones



1. **Do you know what the word peace means?**
2. **Do you have peace?**
3. **Do you know what the word joy means?**
4. **Do you have joy?**
5. **How does Jesus give you peace and joy?**

Day 26

# Planning Ahead

**When you wake up, what do you think about?** Do you try to plan your day, your week, or maybe even what you will do this year? It's good to use your time wisely. But before you make plans, ask the Lord to help you. Tell Him what you want or need to do. Then let Him help you figure out the right time.

Let's say that on Monday, Tuesday and Wednesday you have chores at home after school. On Thursday you have soccer practice. You have a big science test on Friday. Plus you really want to ride bikes with your friends on Tuesday. And when will you have time to read God's Word every day?

Put God first. Read His Word. That is one sure way that He can talk to you. There are many websites and books that can help you schedule your daily Bible reading. Before you know it, you will have read the whole Bible.

**Proverbs 16:3**
***"Commit your actions to the Lord, and your plans will succeed."***

Ask God to help you make good choices. You can use a weekly planner to help you stay on track. Use the planner to remind you about when schoolwork is due, when library books are due, what chores you have to complete, and other activities you may have. Most important, marking in the times and days you will read God's Word and pray will help you remember. The Lord will bless you for faithfully reading His Word, praying and worshiping. It will be the most important thing you do every day.

## Questions for Little Ones



1. **What do you think the word "commit" means?**
2. **Why should you ask the Lord to help you make good choices?**
3. **What should be the most important thing you do every day?**
4. **What is your favorite Bible story? Why?**

Day 27

# Heartache and Loss

**Some days are harder than others.** When you have something terrible happen in your life it can be heartbreaking. Who is always there to help you when you are scared or sad? Do you ever wonder why God allows bad things to happen?

Maybe you had to say goodbye to a loved one, a friend, or a pet. A break-up of the family because of divorce would be heartbreaking. Perhaps you witnessed a terrible accident, or learned that someone your friend loved had died.

**Psalm 147:3**
***He heals the brokenhearted and binds up their wounds.***

The Bible tells us that Jesus was a man of sorrow. He felt deep sadness. His heart was broken for those who crucified Him and rejected His message of salvation. He wept over the pain that widows and orphans suffered.

God's Word gives us hope when we feel hopeless. He said that those who suffer the most in this life would have the greatest joy in heaven. Stand strong in faith and Jesus will help you through the tough times. The heartache and loss will not last. His Word and promise of eternal joy will last forever!

## Questions for Little Ones



1. **Describe a time when you felt very sad.**
2. **What helped you feel better?**
3. **Do you think Jesus understands how you feel? Why or why not?**
4. **How can you help someone feel better when he or she is sad?**

Day 28

# Being Thankful

**Do you thank your parents for all they do?** Have you ever told your teachers that you appreciate them?

And what about God? Can we ever thank Him too much? God gives us so much. He gives us food for our body and His Word – The Bible – for our soul.

Look out your window. What do you see? What a blessing to be part of God's creation. He made the whole world for us.

Think about what God has done for you this day. He is always with you. He asks His angels to take care of you – to protect you and guide you.

If you have a problem, ask God to help you. He promises to take care of all your needs. Thank Him for caring for you. Your problems are for His glory.

Every day pray and thank God for all He has done. Tell Him that you love Him. Be thankful for your parents or those who guide you. It was God who chose them. Be most thankful for His Son, Jesus, who died for your sins! God will continue to bless you because you belong to Him.

**1 Thessalonians 5:18**

***Give thanks whatever happens, in all situations. This is what God wants for you in His Son, Jesus Christ!***

## Questions for Little Ones



1. Do you thank Mommy and Daddy when they help you?
2. Do you pray to God and thank Him every day for all you have?
3. If you are angry, do you ask Jesus to help you?
4. Look out the window. Find something God has made that makes you happy.
5. Do you thank your teachers for teaching you new things?
6. Hug someone in your family who loves you. Thank them for being there for you.

Day 29

# Faith, Love, and Hope

**The Bible talks about having faith, hope and love.** But what do these words mean? Do you have faith that your parents will take care of you? Do you hope they will always be there fore you? Do you love your parents?

Most children can say yes to those questions. Some, unfortunately, may say no. Our earthly parents are people who make mistakes, just like we do sometimes. If your parents treat you well, you can trust them—have faith in them. You know your parents love you. Your hopes are safe in their hands. They will help you grow and will cheer when you succeed.

**1 Corinthians 13:13**
***And now these three remain: faith, hope and love. But the greatest of these is love.***

Sometimes people "hope" they'll win a game or be chosen for an award or get a present they want. This is not the kind of hope the Bible talks about. Our hope is in Jesus. That means we know without a doubt that He will bring us into heaven to be with Him, just like he promised. Death won't be the end.

**Psalm 94:14**
***For the Lord will not abandon His people, nor will He forsake His inheritance.***

We have a heavenly Father who we can always place our faith, love and our hope in. He will never leave us or forsake us. Do you know what the word "forsake" means? It means to abandon or to leave someone—to not be willing to help and guide him or her.

Jesus is always there for you. Ask Jesus into your heart. Then His Holy Spirit will fill you with the faith, love and hope you need.

The world is not perfect. Your parents are not perfect. No one on earth is perfect. But Jesus is perfect, and He will always be there for you. All you have to do is pray to Him.

## Questions for Little Ones



1. **What does the word faith mean?**
2. **Besides your family, who or what do you love?**
3. **What does the word hope mean?**
4. **How do you know Jesus loves you?**

Day 30

# Hope for the Future

**Do you know what will happen later today, tomorrow, or the next day?** Are you afraid or scared of what the future may bring? Maybe you are excited to see what will happen today, tomorrow or in the days to come.

The devil will try to steal your hope and happiness. He wants you to worry about what will happen in your life. He doesn't like it when you are trying to obey God and do what God wants you to do. So the devil reminds you of all the times you made mistakes, and he wants you to think you will fail again.

Jesus wants you to have hope in all things. Listen to the Holy Spirit. He will encourage you to do well and to be excited for what God will do in your life. God is is all-powerful over all things. He created all things. He knows all things. And you can do all things God asks of you because His Spirit will help you.

Don't be afraid of the future. Place your hope in Jesus the King of kings. Jesus is God's Son, and He loves you more than you can understand. When the devil tries to steal your joy and hope, say a prayer to Jesus. His Holy Spirit will give you strength to tell that devil to leave you alone.

**Jeremiah 29:11**

***For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future.***

## Questions for Little Ones



1. **What does the word future mean?**
2. **What does the word hope mean?**
3. **How can you have hope in Jesus?**
4. **When you are afraid you will fail at something that God wants you to do, what can you do to not be afraid?**

Day 31

# Rejoice Always

**Did you know that the Apostle Paul was in an old, nasty, icky jail cell?** The Romans were going to let him die! As bad as that was for Paul, he still sang a song and rejoiced in the Lord. To rejoice is to feel great happiness inside your heart and soul. Our actions on the outside show that joyful feeling on the inside.

We are to rejoice in the Lord when we are happy or when we are sad. Paul did not want to be in that jail cell. Did he cry and yell out in anger? No. He praised God and gave thanks to the Lord by singing a song of joy. He was witnessing to others in his suffering.

**Psalm 118:24**
***This is the day that the Lord has made; let us rejoice and be glad in it.***

When sad or hurtful things happen, we sometimes can't think of anything but the how bad things are. We might try to smile but the smile doesn't reach our heart. But if we sing one of the worship songs we know, our heart starts to glimmer with light. Instead of thinking of how sad or lonely or hurt we are, we think about the words. We think about the Lord. Our heart fills with joy because Jesus loves us.

No matter what the day may bring, work on having a joyful heart. God created music. He created us to worship Him through music. There is always something good to sing about—even when tough times come your way.

## Questions for Little Ones



1. **Do you know what the word rejoice means?**
2. **Singing is one way to rejoice. What is another way?**
3. **Name something God has created that makes you feel happy?**
4. **What is your favorite song that you believe God would like too?**
5. **Do a dance for joy right now, and sing a happy song.**