

LOOK UP

HOW TO FIND HOPE IN HARD THINGS





HEY FRIEND!

We are so excited to start this journey through some of our favorite Bible stories. For the next five weeks, we are going to learn all about Joseph, David, Jonah, Lazarus, and Naomi! Together, we are going to discover how to find hope in hard things and that no matter what, God is with us. We pray that through these next weeks we would learn how to face hard things and become braver, stronger, and more kind.



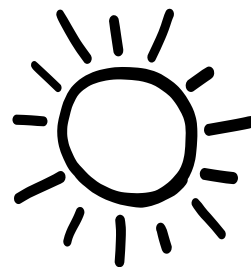


My favorite way to read
these verses is in the
International Children's Bible!

MY NAME IS
HOPE



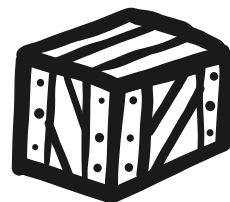
MEET HOPE!



She's our new friend.

Isn't that fun! It sounds like she's the perfect person to join us on this journey!

She's going to meet us here everyday and lead us through the journal. Each week, she'll introduce us to a new friend from the Bible!



HOPE IS A JOURNEY

Color in a stone to track each day you complete on our journey to discover hope in hard things.







WHO IS JOSEPH?

Joseph was one of twelve sons. Joseph was his dad's favorite. His dad even gave him a special gift to show it — a fancy colorful coat! This made his brothers very jealous, so they sold him into slavery. Joseph faced a lot of hard things because of what his brothers did to him. But! He had a special gift from God... Joseph was able to tell people what their dreams meant. Because of this special gift, Joseph became a major leader in Egypt!



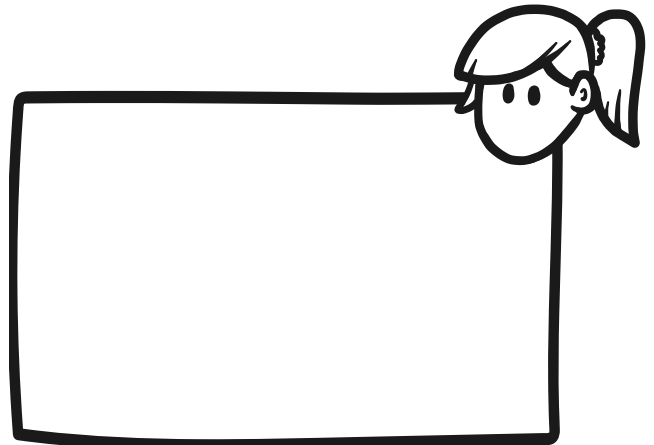
MONDAY

OH, BROTHER!

Sometimes, people hurt our feelings. Maybe by calling us names or saying something mean about our outfits. Sometimes, even our families hurt us—which can feel a whole lot worse! Joseph knew that feeling very well. His siblings were so jealous and so angry that they sent him away to not even be their brother anymore. Ouch! When people hurt us it can be hard to do the right thing and forgive them. It's a lot easier to hurt them back to make them feel as sad as we do. Joseph shows us how we can be kind to others even when we feel hurt. When Joseph chose to forgive his brothers, God blessed him! We can give our hurt and sad feelings to God and watch Him turn them into good and blessings for us too!

Share a time when someone hurt your feelings and you responded in the wrong way. How did it feel?

Now, share a time your feelings were hurt and you responded in the right way. How did that feel?



TUESDAY

READ:

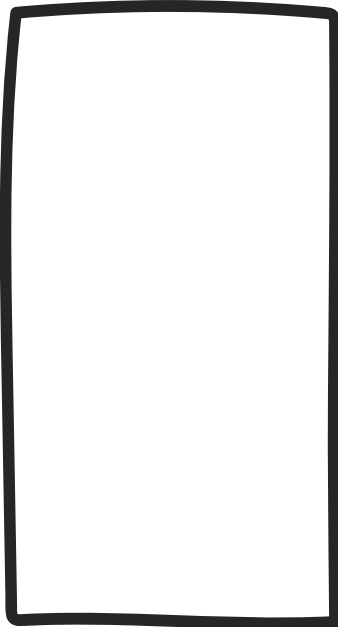
Genesis 37:3-4

THINK:

What is God telling you in these verses?

DO:

Write or draw something you can do to apply what you learned.



WEDNESDAY

READ:

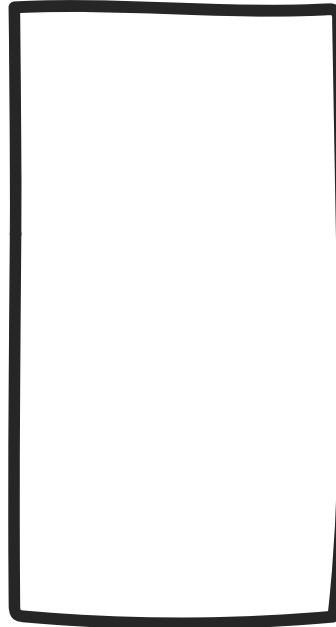
Genesis 37:5-8

THINK:

What is God telling you in these verses?

DO:

Write or draw something you can do to apply what you learned.



THURSDAY

READ:

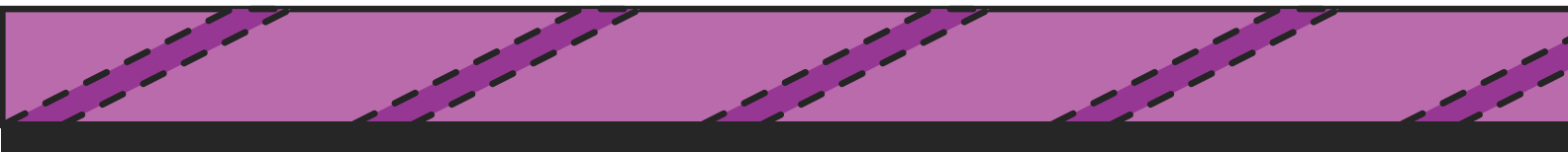
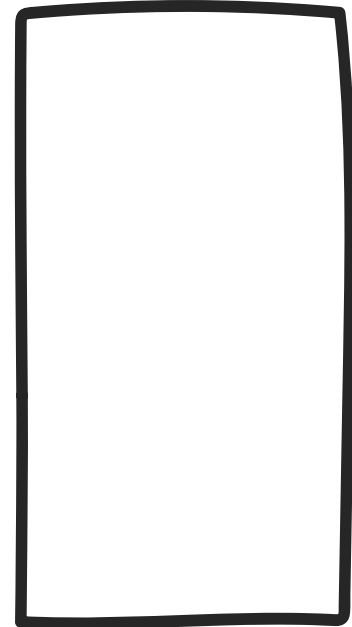
Genesis 37:9-11

THINK:

What is God telling you in these verses?

DO:

Write or draw something you can do to apply what you learned.



FRIDAY

READ:

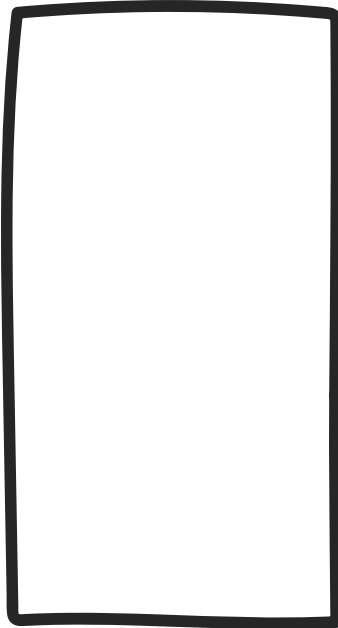
Genesis 37:18-20

THINK:

What is God telling you in these verses?

DO:

Write or draw something you can do to apply what you learned.



SATURDAY

READ:

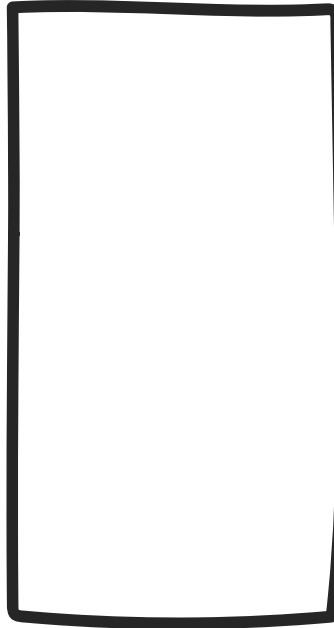
Genesis 45:4-5, 7-8, 14-15

THINK:

What is God telling you in these verses?

DO:

Write or draw something you can do to apply what you learned.

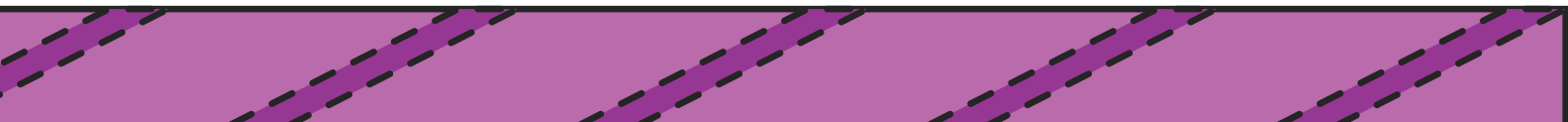
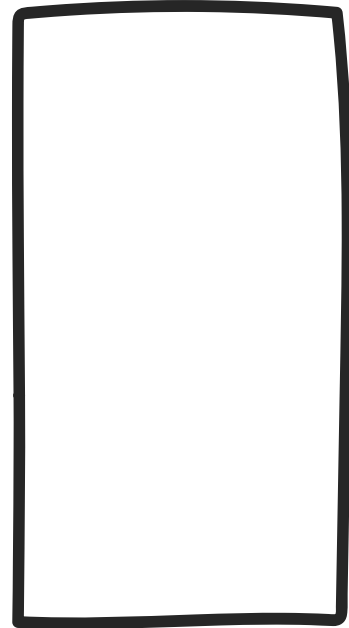


SUNDAY

SHARE WHAT YOU LEARNED IN FRESH LIFE KIDS!

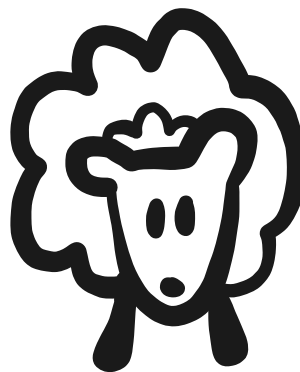
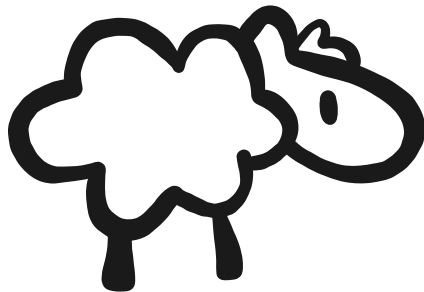
What was your Bible story today?

Write or draw a picture of your favorite part of the story!



WHO IS DAVID?

David was a very special king! Before he grew up to lead his country, he first had to learn how to be brave and patient while he was still a young boy. He learned how to be patient and brave by doing his regular everyday things, like being a shepherd, a musician, a little guy facing big giants, and quietly living in the wilderness while he waited for his time to shine.



MONDAY

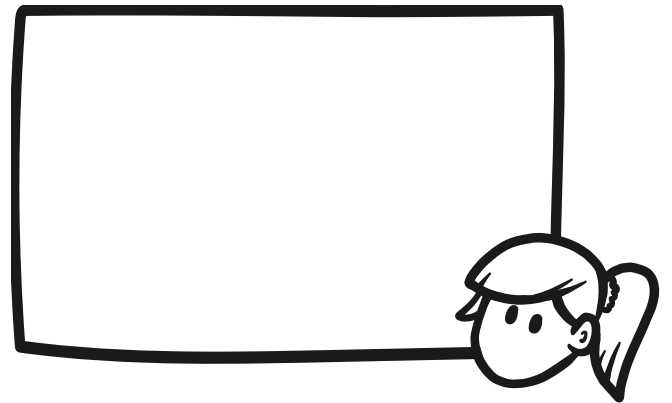
YOU CAN DO HARD THINGS!

We face lots of hard things in life, don't we? Like when we walk into the first day of school all by ourselves. That can be so scary! We can learn so much about how to face hard things from David. When David came face to face with a lion, do you think he felt brave? I bet he didn't! David had to trust God to keep him and his sheep safe. It was moments like this that built bravery in David so that one day he could later stand before a giant.

When we go through things that feel scary, we can look to God to give us that same confidence to keep us safe and build a bravery in us that can grow to match any big thing we face!

What was the last thing you did that took bravery?

Think of one way you help your friends face hard things?



TUESDAY

READ:

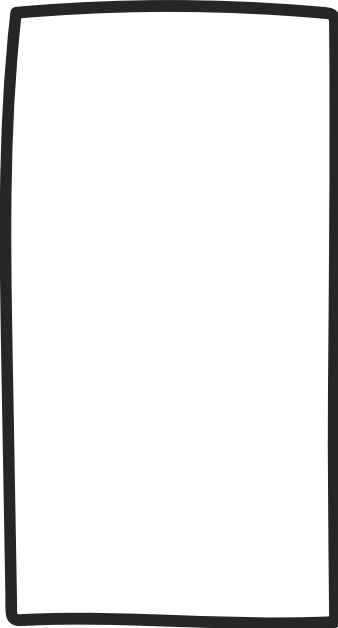
1 Samuel 17:12, 17-24

THINK:

What is God telling you in these verses?

DO:

Write or draw something you can do to apply what you learned.



WEDNESDAY

READ:

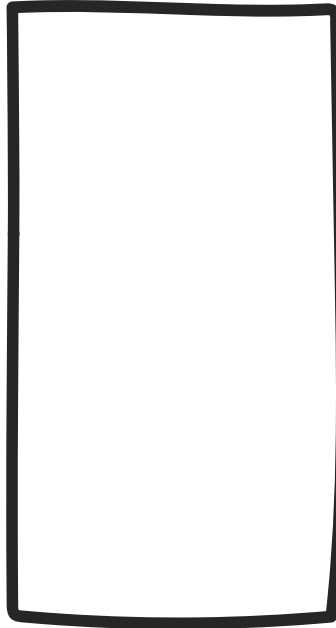
1 Samuel 17:26-31

THINK:

What is God telling you in these verses?

DO:

Write or draw something you can do to apply what you learned.



THURSDAY

READ:

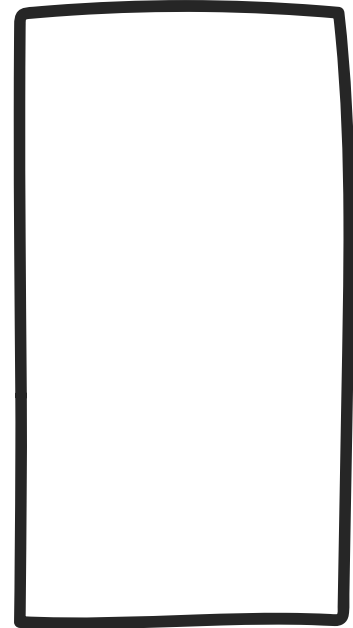
1 Samuel 17:32-40

THINK:

What is God telling you in these verses?

DO:

Write or draw something you can do to apply what you learned.



FRIDAY

READ:

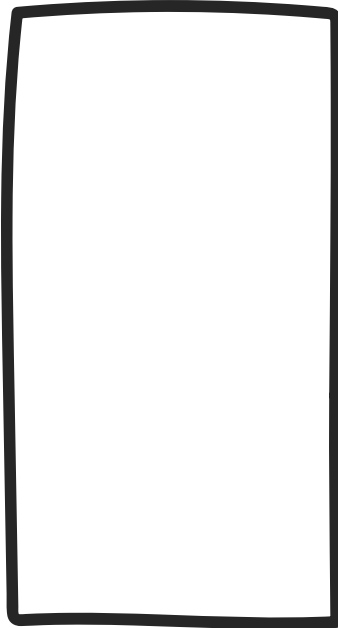
1 Samuel 17:42-47

THINK:

What is God telling you in these verses?

DO:

Write or draw something you can do to apply what you learned.



SATURDAY

READ:

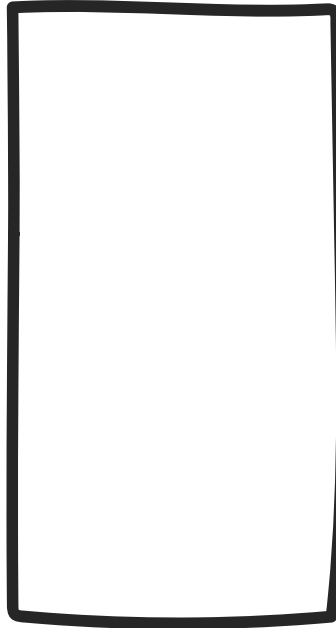
1 Samuel 17:48-51

THINK:

What is God telling you in these verses?

DO:

Write or draw something you can do to apply what you learned.

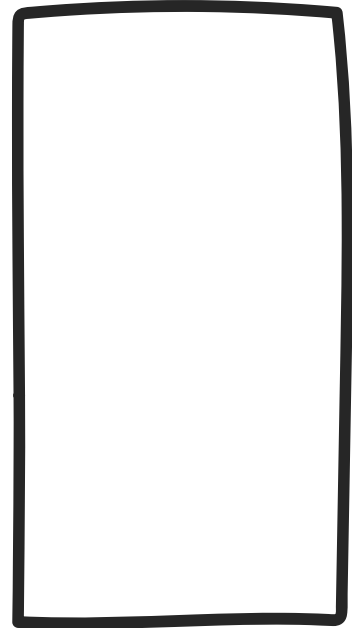


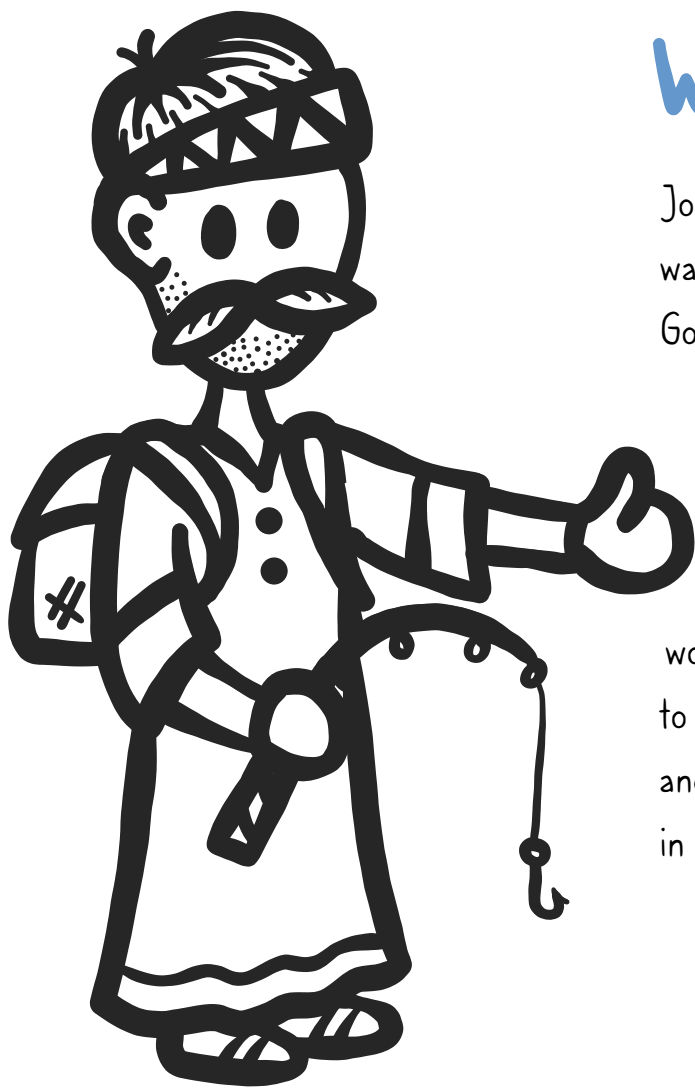
SUNDAY

SHARE WHAT YOU LEARNED IN FRESH LIFE KIDS!

What was your Bible story today?

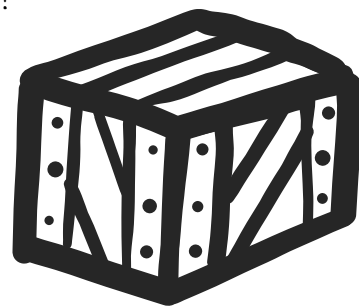
Write or draw a picture of your favorite part of the story!





WHO IS JONAH?

Jonah was a prophet: that's a really fancy way of saying that he was like a mailman for God's messages! The people of Nineveh were hurting Jonah's friends and family and doing VERY bad things. God told Jonah that he needed to go to Nineveh and give the people a special message. (That would be like God asking you to invite a bully to church!) Jonah didn't want to listen to God and he ran the other way. He even ended up in the belly of a big fish!



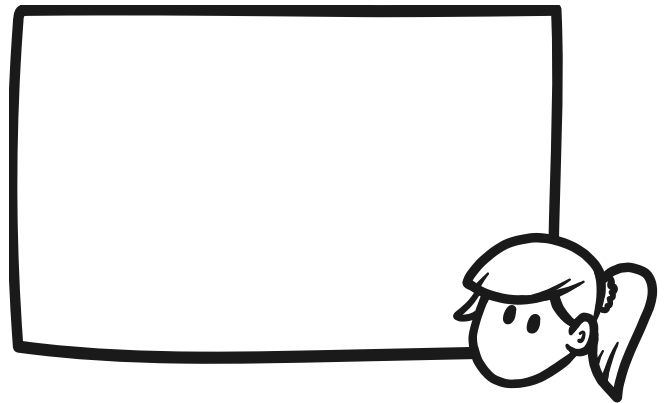
MONDAY

WHEN WRONG SEEMS RIGHT

Have you ever eaten a cookie when no one was looking or called someone a mean name? It can feel good in the moment to do the wrong thing when it's something we really want to do. But, after that comes the not-so-fun feelings like sadness, guilt, or the feeling like there's a frog in your stomach. Jonah learned this the hard way when he didn't do what God asked. When he tried to run away he ended up in the belly of a big fish! When we make the wrong choices, it's never too late to do what we can to make it right, just like Jonah turned around and went to Nineveh after he ran away the first time. Maybe that looks like taking a deep breath and apologizing to your mom or the friend whose feelings you hurt. No matter what it is, Jesus can help us do the right thing when we ask for His help!

How do you feel when you know you did something wrong?

What are some ways you can ask Jesus to help you?



TUESDAY

READ:

Jonah 1:1-3

THINK:

What is God telling you in these verses?

DO:

Write or draw something you can do to apply what you learned.

WEDNESDAY

READ:

Jonah 1:4, 10-12

THINK:

What is God telling you in these verses?

DO:

Write or draw something you can do to apply what you learned.

THURSDAY

READ:

Jonah 1:15-17

THINK:

What is God telling you in these verses?

DO:

Write or draw something you can do to apply what you learned.



FRIDAY

READ:

Jonah 2:1-10

THINK:

What is God telling you in these verses?

DO:

Write or draw something you can do to apply what you learned.

SATURDAY

READ:

Jonah 3:1-3

THINK:

What is God telling you in these verses?

DO:

Write or draw something you can do to apply what you learned.

SUNDAY

SHARE WHAT
YOU LEARNED IN
FRESH LIFE KIDS!

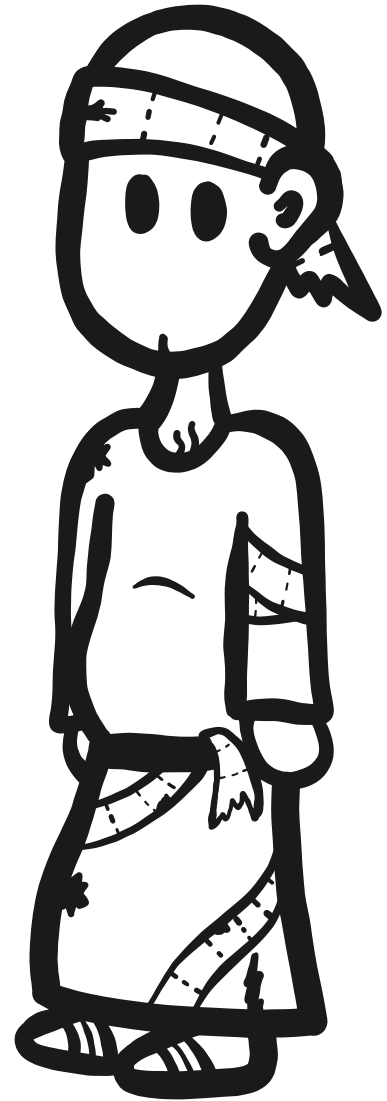
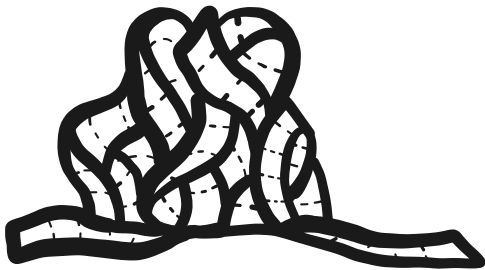
What was your Bible story today?

Write or draw a picture of your favorite part of the story!



WHO IS LAZARUS?

Lazarus lived in Bethany, near Jerusalem (where Jesus often travelled) and was the brother of Martha and Mary. Jesus loved Martha, Mary, and Lazarus a lot. Jesus was so close to Lazarus you could even call them best friends! One day, Lazarus got really sick and he died. All of his friends and family were crying and Jesus even cried too. But Lazarus wasn't dead forever, Jesus saved him and brought him back to life! His miracle made many people believe in Jesus!



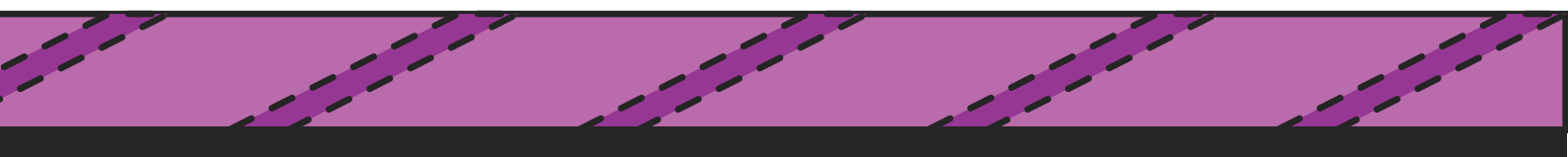
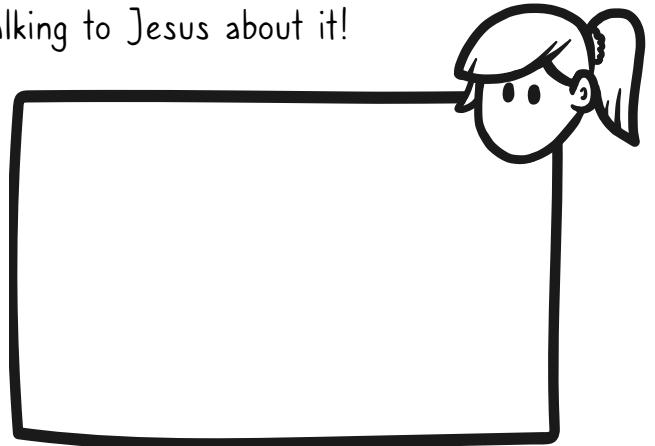
MONDAY

DEATH ISN'T THE END

It can be really big and scary when someone we love dies. We lose the chance to get to see them and do all our favorite things like bake cookies or ride bikes. What we learn from Lazarus is that, with Jesus, death is never the end! When someone we love goes to heaven, it's the last time we will see them for a while, but it's not the last time forever! One day we will get to do all our favorite things with them again when we're all in heaven together. But for now, it's okay to be sad, just like Jesus was sad when His friend Lazarus died. He's sad with us, but he also gives us hope that one day we'll all be together again! Until then, you can cry when you need to, remember all the sweet moments you shared, and keep talking to Jesus about it!

Have you ever had someone in your life die, maybe a friend or a family member or a pet? How did that feel?

Share some of your favorite things to do with them. What are you excited to do with them in heaven?



TUESDAY

READ:

John 11:1-3

THINK:

What is God telling you in these verses?

DO:

Write or draw something you can do to apply what you learned.



WEDNESDAY

READ:

John 11:17-19

THINK:

What is God telling you in these verses?

DO:

Write or draw something you can do to apply what you learned.



THURSDAY

READ:

John 11:20-27

THINK:

What is God telling you in these verses?

DO:

Write or draw something you can do to apply what you learned.



FRIDAY

READ:

John 11:32-36

THINK:

What is God telling you in these verses?

DO:

Write or draw something you can do to apply what you learned.

SATURDAY

READ:

John 11:38-44

THINK:

What is God telling you in these verses?

DO:

Write or draw something you can do to apply what you learned.

SUNDAY

SHARE WHAT
YOU LEARNED IN
FRESH LIFE KIDS!

What was your Bible story today?

Write or draw a picture of your favorite part of the story!





WHO IS NAOMI?

Naomi was a wife and mom who had two boys who were grown up and married. You could say Naomi had a good life, her name even means 'good'! Even though her life was good, there came a day when a lot of hard things happened to Naomi. She had to move because there wasn't any food where she lived. Then her sons and husband died! Naomi was so sad that she even changed her name to Mara, which means 'bitter'. Through all of the hard parts of Naomi's life she had to learn how to trust God and let others help her learn to be happy again.

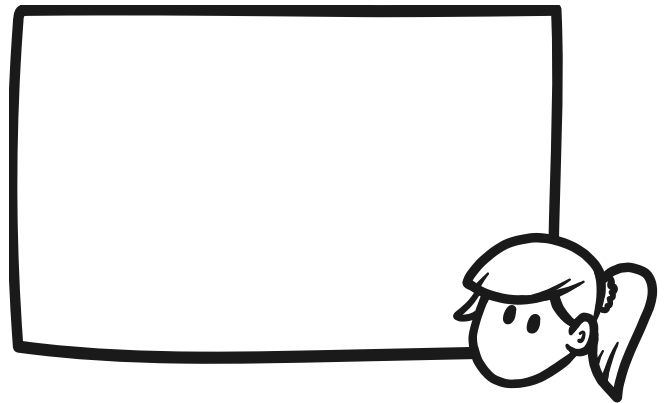
MONDAY

THE BIG HURT

There are moments in life that are really sad and hurtful. Maybe your family moves and you have to say goodbye to all your friends, or you lose something really special to you, or your cat runs away. If we are being honest, life can be hard. Did you know that we have a secret weapon for the hard things? Jesus! When we believe in Jesus, the hard things are a lot easier to live with. It doesn't always mean they go away, but it does mean we have access to a super-power strength. Jesus gives us hope that acts like a light in a dark room. Have you ever been in a room with all the lights off? When we are faced with hard things, it can kind of feel that same way! But the way we access the super-power strength is to call out to Jesus and look for the spots of brightness.

What was something really hard that happened in your life?

How did you see Jesus bring brightness to it?



TUESDAY

READ:

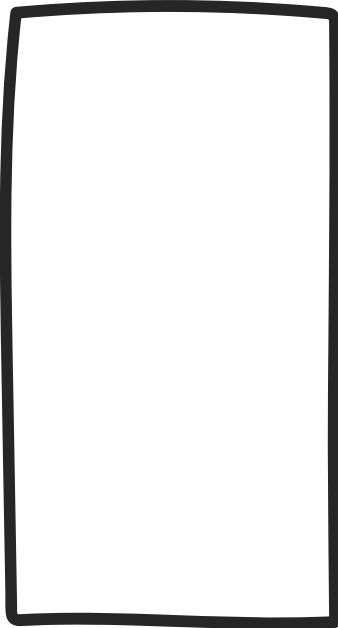
Ruth 1:1-5

THINK:

What is God telling you in these verses?

DO:

Write or draw something you can do to apply what you learned.



WEDNESDAY

READ:

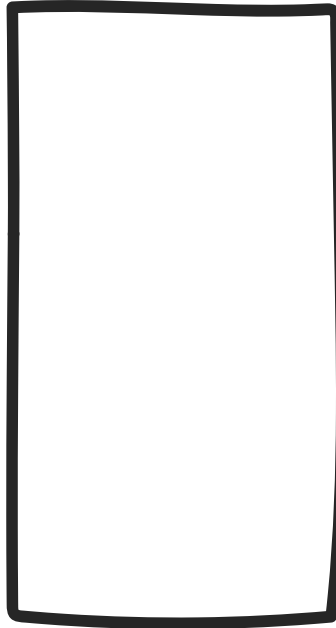
Ruth 1:6, 11, 14, 16, 18

THINK:

What is God telling you in these verses?

DO:

Write or draw something you can do to apply what you learned.



THURSDAY

READ:

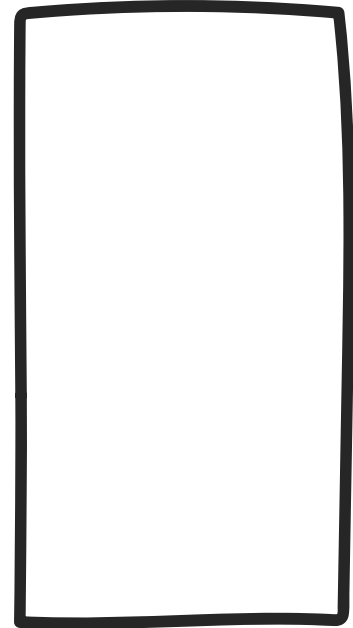
Ruth 1:19-21

THINK:

What is God telling you in these verses?

DO:

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FRIDAY

READ:

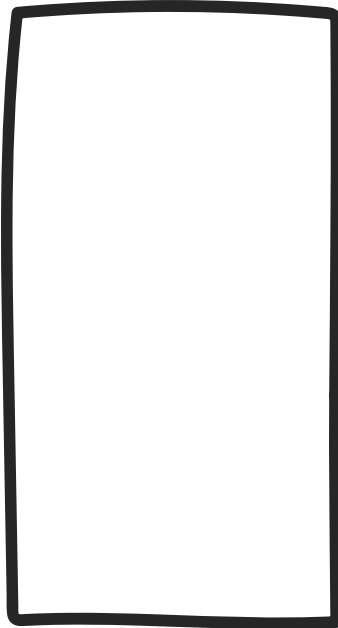
Ruth 4:14-17

THINK:

What is God telling you in these verses?

DO:

Write or draw something you can do to apply what you learned.



SATURDAY

READ:

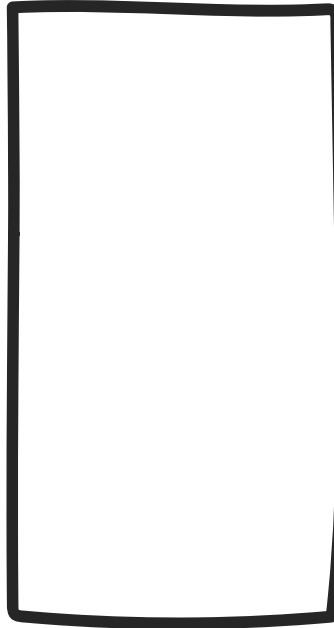
Matthew 1:5, 16

THINK:

What is God telling you in these verses?

DO:

Write or draw something you can do to apply what you learned.

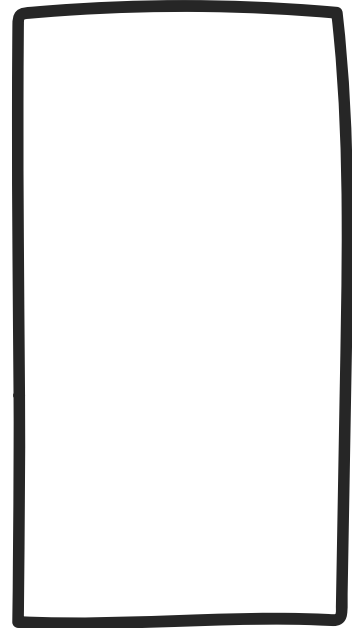


SUNDAY

SHARE WHAT
YOU LEARNED IN
FRESH LIFE KIDS!

What was your Bible story today?

Write or draw a picture of your favorite part of the story!



CONGRATULATIONS!

You finished your journal! We are so proud of you.

We pray that this journey has helped you feel closer to Jesus and filled you with hope. Do you feel it? That happy feeling in your heart is probably all that bravery and kindness and strength growing from your time learning about Joseph, David, Jonah, Lazarus, and Naomi.

We can't wait to see how you continue to grow as you keep showing up to Fresh Life Kids each weekend, praying every day, spending time with God, and inviting your friends to join you!

You're chosen, special, and loved, and God has big plans for you!

Love,

Pastor Levi, Jennie, and Fresh Life Kids (and your new friend, Hope!)