

Make Waves: What you do today can change the world around you.

DAY 1

Read Psalm 90:1-2

When you go on vacation, even if it's somewhere super awesome, it's always good to come home.

Because God made you, He knows you. You can be yourself with God because He is like a refuge or safe place. He accepts you just as you are. But God didn't just make you. He made the whole world. And He has been the same faithful God since the very beginning. We can count on God to keep His promises because He is faithful.

When we understand how faithful God is, we can show faithfulness to others. Faithfulness is doing what you say you will do! It's keeping your word so others can depend on you.

Can you think of a time this week when you said you'd do something and you did it? Ask God to help you be faithful so others can count on you.

DAY 2

Read Lamentations 3:22-23

Have you ever watched the sun rise? Have you ever stopped to watch the sunset at the end of the day? The fact that the sun rises and sets every single day, without fail, is pretty incredible. It's a big beautifully spectacular reminder of God's faithfulness to us. After all, God made the sun. He's the one who causes it to rise and set to mark each day.

Because God is a faithful friend to us, we can be faithful friends too. Friends that others can depend on to do what we say we'll do. Friends that others can trust, always.

As a reminder of God's faithfulness, ask an adult to help you check a weather app to find out what time the sun will rise at your house tomorrow. Set your alarm and make a plan to get up early to watch it. As you watch the sun rise, thank God for His faithfulness to you and ask Him to help you be a faithful friend that others can count on.

DAY 3

Read Psalm 33:4

God is powerful enough to create the whole world and personal enough to send Jesus, God's Son, to save us. We can put our trust in God even though we cannot see Him because He is faithful.

Sound Wave Seeing

1. Grab the following:
 - a small mixing bowl
 - kitchen wrap (like cling wrap)
 - ¼ teaspoon of sand, salt or sugar
 - Noisemaking items like a metal spoon and cookie sheet, a kazoo or other instrument
2. Cover the bowl with kitchen wrap, making sure it fits tightly across the top like a drum.
3. Sprinkle the sand (or salt or sugar) across the top of the kitchen wrap. Put your mouth near (not ON) the bowl and begin to hum.

What happened to the sand? Did you see it move?

Repeat with the objects you've gathered and make some noise. Remember to place them close to the bowl without actually touching it.

Just like the sand moved because of those sound waves, you can make big waves when you show faithfulness! When you do what you say you will do, others count on you.

DAY 4

Read 1 Peter 1:7

Do you ever wonder why your teachers give tests? Tests allow teachers to see if you've learned the material and if you're ready for something new. In many ways, tests tell teachers what you know.

Tests aren't just for school. Sometimes our faith is tested. Peter compared this testing to gold. Have you ever held a piece of gold jewelry? At some point, it was melted in a hot fire which liquified the gold so that it could be poured into a mold to make that ring or necklace.

How hot does the fire need to be to melt gold? Take a guess: _____
(See the fine print below to check your answer.)

Peter says our faith is worth more than gold. When you put your trust in God, your faith might be tested but you can still stand strong. And when you do, God promises to make you more faithful.

This week, when something hard happens and you're tempted to say, "Why God? Where were you?" ask God to help you trust Him more. Recognize His faithfulness in the past and trust Him to be faithful in the future.

1945 degrees Fahrenheit

Be faithful so others
can count on you.