GOD KNOWS. GOD HEARS

1

Read Romans 8:26

1. **God knows my feelings. God knows when I am upset, sad or tired.**



Does God know how I feel?

YES NO

2. **God hears my prayers. I can pray with words or silently.**

Can I pray without speaking?

YES NO

I can turn to God



3. **God helps me pray. God knows what I need, even when I cannot find the words.**

Does God hear me without words?

YES NO

4. **God is with me. God loves me on hard days!**

When does God love me?

ALL THE TIME ONLY WHEN IT IS HARD

Prayer with Motions.

God, you know how I feel

(GIVE YOURSELF A HUG, OR HAVE SOMEONE HUG YOU)

Thank you for hearing me, even when I don't use words

(POINT TO YOUR EARS AND THEN TO YOUR MOUTH)

Please help me when things are hard

(PALMS TOGETHER IN A PRAYING MOTION)

Thank you for loving me all the time

(CREATE A HEART WITH YOUR HANDS OR POINT TO YOUR HEART)

STRENGTH FOR TODAY

2

Read: Isaiah 40:27-31

Devotional

God made the sky, the mountains, and the eagles—and He made you, too! Isaiah reminds us that God never gets tired, and He knows when you do. Just as God made air to help an eagle soar, He gives you strength and helps you when you feel tired.





God sees me

GOD KNOWS WHEN I FEEL TIRED OR ALONE

DOES GOD KNOW HOW I FEEL?

- ✓ YES
- ✗ NO



I can rest

I CAN PAUSE AND ASK GOD FOR HELP

IS IT OK TO TAKE A BREAK?

- ✓ YES
- ✗ NO

God gives me strength

IN ISAIAH, WE READ THAT GOD GIVES US WINGS LIKE EAGLES. GOD HELPS ME WHEN I AM TIRED

TAKE A MOMENT TO THANK GOD FOR HELPING YOU EVEN WHEN YOU ARE TIRED



GOD HEARS ME

3

Read: Psalms 40:1-5

👂 **God hears me. David waited for God, and God heard him. I can tell God how I feel.**

Motion: Hold a hand near your ear.



🤲 **God helps me. God helped David when life was hard. I can ask God for help, too.**

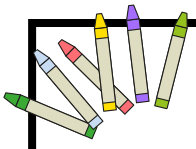
Motion: Hold your hands open.



🙌 **I can thank God. David sang to thank God. I can say “thank You,” sing, or pray silently.**

Motion: Lift your hands, if comfortable.





Write or draw something you are thankful for. Spend time talking about being thankful and praise God. If you are unable to draw or write ask someone to help or just use this time to talk to God.

HOPE IN JESUS

4

Read: Romans 15:13, Revelation 19:20-21

Jesus wins over evil. Jesus is stronger than evil. I can trust HIM

God gives me hope. I can trust God to keep HIS promises.

I can talk to God. I can tell God when life feels hard.

Can I talk to God when I am worried?





Who gives me HOPE?





Jesus WINS! Jesus defeats evil. I can thank HIM and ask HIM for joy and peace.

Is Jesus stronger than evil or sin?







God, thank you for LOVING me. Thank you that Jesus wins over sin and evil. Help me trust YOU. Please give me hope, peace and joy today. Amen