



ABIDEROOTED

7 Days to Help Your Child Trust God in Everyday Life

A Parent-Child Journey of Real-Life Faith



CHILDREN · 7-DAY JOURNEY · FREE RESOURCE

Using this guide

Read the full Scripture passage before the reflection. Choose one practical response, then pray in your own words. Work at a sustainable pace; days and sessions may be repeated. People may pass on a group question.

Find your next section

Begin Here

Day 1: God Is with You Right Now

Day 2: God's Word Is True for You

Day 3: You Can Talk to God Anytime

Day 4: God Helps You Choose What Is Right

Day 5: God Forgives and Helps You Start Over

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Continue Abiding

Scripture quotations use the King James Version (KJV). Short quotations may be excerpts; read the cited passage in context. Prayer starters and reflections are devotional writing, not additional Scripture.

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Begin Here

A 7-day parent-child journey to help children move from knowing Bible stories to trusting God personally in everyday situations. Each day focuses on a specific practice: recognizing God's presence, trusting Scripture, praying about worries, choosing right, receiving forgiveness, facing fears, and making trust a daily habit. Includes scripture, teaching, a concrete activity, reflection questions, and prayer.

Every parent has seen it: a child who can recite the story of David and Goliath, but who freezes when the school day feels scary. They know the Bible stories, but trusting God in the middle of real life is another matter. This gentle, seven-day journey is designed to bridge that gap. Each day, you and your child will focus on one everyday moment - like feeling worried, making a choice, or saying sorry - and practice turning to God together. You won't find complicated lessons or pressure to get it perfect. Instead, you'll find simple, honest steps that help your child experience God as real and present in their ordinary moments. Use this week to begin simple habits of trust to carry into every day.

TEACHING

Day 1: God Is with You Right Now

Joshua 1:9

“Have not I commanded thee? Be strong and of a good courage; be not afraid, neither be thou dismayed: for the LORD thy God is with thee whithersoever thou goest.”

Many children (and adults!) think of God as someone far away who watches from a distance. But the Bible tells us that God is with us wherever we go. This isn't just a nice idea - it's a promise. When your child feels alone on the playground, when they're nervous about a test, or when they're in a new place, God is right there with them. Today, we're going to help your child begin to notice God's presence in a simple, tangible way.

Put It Into Practice

Choose a moment today when your child is about to face something new or a little scary - maybe walking into school, going to a new class, or trying a new activity. Before they go, pause and say: 'Remember, God is with you right now. He goes with you.' Then, when you're back together, ask your child to tell you one time they remembered God was with them. If they didn't remember, that's okay - just talk about how you can practice again tomorrow.

Reflect & Talk Together

1. What is one time today when you felt a little scared or unsure?
2. How does it help to know that God is with you even when you can't see Him?

Prayer

Dear God, thank You that You are always with us.
Help us remember that You are right beside us, even when we feel alone. Amen.

TEACHING

Day 2: God's Word Is True for You

2 Timothy 3:16-17

“All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness: That the man of God may be perfect, thoroughly furnished unto all good works.”

The Bible isn't just a collection of old stories. It's God's living Word, and it's true for your child's life today. When they read or hear a promise from Scripture, they can trust it. For example, when they feel weak, God says He gives strength. When they feel worried, God says to cast their cares on Him. Today, we'll help your child connect a Bible promise to a real situation they're facing.

Put It Into Practice

Sit with your child and pick one Bible promise together. You might choose Philippians 4:13 ('I can do all things through Christ which strengtheneth me') or Isaiah 41:10 ('Fear thou not; for I am with thee'). Write it on a small card or piece of paper. Have your child keep it in their pocket or backpack. Whenever they face a challenge today, encourage them to pull it out and read it. At dinner, talk about how that promise helped them.

Reflect & Talk Together

1. Which Bible promise did you choose, and why?
2. How did it feel to remember that promise during your day?

Prayer

Lord, thank You for Your Word. Help us to believe that every promise in the Bible is for us. Teach us to turn to Your Word when we need help. Amen.

TEACHING

Day 3: You Can Talk to God Anytime

Philippians 4:6-7

“Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.”

Prayer is simply talking to God. He is always ready to listen, and He cares about everything that matters to your child - from a big test to a friendship problem to a lost toy. Sometimes children think prayer has to be formal or long, but the Bible encourages us to pray about everything, anytime, anywhere. Today, we'll practice turning worries into prayers.

Put It Into Practice

When your child expresses a worry or a need today, stop and pray with them right then - even if it's just a one- sentence prayer. For example, if they're worried about a spelling test, pray: 'God, please help me remember my spelling words. Amen.' If they're upset about a friend, pray: 'God, please help me and my friend get along. Amen.' The goal is to make prayer a natural, immediate response.

Reflect & Talk Together

1. What did you talk to God about today?
2. How did you feel after you prayed?

Prayer

Heavenly Father, thank You that we can talk to You anytime. Help us to remember to bring our worries to You in prayer. Amen.

TEACHING

Day 4: God Helps You Choose What Is Right

1 Corinthians 10:13

"There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it."

Every day, your child faces choices - whether to share, tell the truth, obey, or be kind. Sometimes it's hard to do the right thing, especially when no one is watching. But God promises to help us. He always provides a way to choose what is right. Today, we'll help your child see that they can ask God for help when they're tempted to do wrong.

Put It Into Practice

Before your child goes to school or out to play, pray with them: 'God, please help us choose what is right today. Show us the way out when we're tempted to do wrong.' Then, when they come home, ask them about a time they had to make a hard choice. Celebrate their good choices, and if they made a wrong choice, talk about how they can ask God's forgiveness and try again tomorrow.

Reflect & Talk Together

1. Was there a time today when you had to choose between right and wrong?
2. How did you feel when you made the right choice? How did you feel when you didn't?

Prayer

God, thank You that You are faithful. When we are tempted, help us to look for the way out that You provide. Give us courage to do what is right. Amen.

TEACHING

Day 5: God Forgives and Helps You Start Over

1 John 1:9

"If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness."

Every child (and every parent) makes mistakes. When we do something wrong, we might feel guilty or ashamed. But God doesn't want us to stay stuck in that feeling. He invites us to confess our sins, and He promises to forgive us completely. This is not just a one-time thing - it's a daily rhythm of grace. Today, we'll practice saying sorry to God and receiving His forgiveness.

Put It Into Practice

At the end of the day, sit with your child and have a quiet moment. Ask them: 'Is there anything you did today that you're sorry for?' It could be something they said, a time they disobeyed, or a moment they were unkind. Lead them in a simple prayer: 'Dear God, I'm sorry for [what they did]. Please forgive me. Thank You that You always forgive me. Help me to do better tomorrow. Amen.' Then, remind them that God has washed their heart clean, and they can start fresh.

Reflect & Talk Together

1. What is something you did today that you want to say sorry for?
2. How does it feel to know that God forgives you completely?

Prayer

Father, thank You for Your forgiveness. When we confess our sins, You are faithful to forgive us. Help us to forgive others just as You forgive us. Amen.

TEACHING

Day 6: You Can Trust God with Your Fears

Psalm 56:3

“What time I am afraid, I will trust in thee.”

Fear is a normal emotion, even for children. They might be afraid of the dark, of being away from you, of new situations, or of things they see on the news. The Bible doesn't tell us to never be afraid; it tells us what to do when we are afraid - we can trust God. Today, we'll help your child learn to turn their fears into trust.

Put It Into Practice

Ask your child to tell you one thing they are afraid of. Listen without dismissing their fear. Then, together, find a Bible verse that speaks to that fear. For example, if they're afraid of the dark, read Psalm 23:4 ('Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me'). Write the verse on a piece of paper and put it somewhere they can see it, like on their nightstand. Practice saying the verse together whenever they feel afraid.

Reflect & Talk Together

1. What is one thing you are afraid of?
2. How can you remind yourself that God is with you when you feel afraid?

Prayer

Lord, when we are afraid, help us to trust in You. Be our comfort and our strength. Help us to remember that You are always near. Amen.

TEACHING

Day 7: Trusting God Every Day

Proverbs 3:5-6

“Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths.”

Trusting God isn't just for special moments - it's for every day. This week, you and your child have practiced trusting God in real situations: when you're afraid, when you need help, when you've made a mistake. Now, we want to make this a lifelong habit. Today, we'll look back on what you've learned and make a plan to keep trusting God together.

Put It Into Practice

Take a piece of paper and draw a simple path with your child. At the beginning, write 'Start.' At the end, write 'Every Day.' Along the path, write or draw some of the things you practiced this week: 'God is with me,' 'I can pray,' 'God helps me choose right,' 'God forgives me,' 'I can trust God with my fears.' Put this paper somewhere visible as a reminder. Then, commit to doing one of these practices together each day for the next week. You might say a morning prayer, read a Bible verse at dinner, or talk about a time you trusted God.

Reflect & Talk Together

1. What is one thing you learned this week about trusting God?
2. What is one way you want to keep trusting God every day?

Prayer

God, thank You for this week of learning to trust You. Help us to keep trusting You every day, in every situation. Guide our paths and help us to follow You. Amen.

Continue Abiding

You've just spent seven days helping your child take real steps of trust in God. You've practiced noticing His presence, believing His Word, praying about everything, choosing what's right, receiving forgiveness, facing fears, and making trust a daily habit. These are not just lessons - they are life skills that will grow as your child grows. Remember, trust is not about being perfect; it's about turning to God again and again. Keep having these simple conversations, keep praying together, and keep pointing your child to Jesus, who is always faithful. May God bless you and your child as you continue this journey of faith together.

Go Deeper

If your child is ready to go deeper in their faith journey, the book 'Brave with Jesus' is a wonderful next step. It's designed to help children understand who Jesus is and how they can follow Him with courage in everyday life. Through engaging stories and practical applications, your child will learn to see Jesus as their closest friend and greatest example. This book is perfect for continuing the conversations you've started this week and for helping your child build a lasting, personal faith.