

# Game Plan - Growing Stronger in Faith Every Day

## DAY 1

Visit the Parent Cue app (available for iOS and Android) to watch this week's Bible story.

Download it for free at [parentcue.org/app](http://parentcue.org/app).

Even if you already saw it at church, feel free to check it out again!

After watching So&So, write one thing that:

### 1. You liked:

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### 2. You learned:

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### 3. You'd like to know:

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## DAY 2: PRAY ABOUT EVERYTHING

### Read Philippians 4:6–7

This week's bottom line is: practice praying to God. That means making prayer part of your everyday life, not just when something goes wrong. Our scripture reading today tells us to pray about everything, to bring all our requests to God with thanksgiving. That includes worries, questions, joys, and even the little things you think might not matter. God cares about all of it.

**Today, focus on one area of your life where you need God's help. Tell Him exactly what's going**

**on, and then thank Him for listening. When you make this a habit, you'll start to notice His peace guarding your heart and mind. That's God's promise to you.**

"Today I will thank God for \_\_\_\_\_."

"I will ask God for help with \_\_\_\_\_."

## DAY 3: PRAY FOR OTHERS

### Read 1 Timothy 2:1

Practicing prayer is not just about talking to God about our own needs; it's also about praying for others. When you pray for others, think about what they might need most. It could be healing for someone who is sick, courage for someone facing a hard challenge, or wisdom for a leader making decisions. You don't have to use fancy words; God understands your heart. You can simply say, "God, please help my friend feel better," or "God, give my teacher patience today." This week, make it a habit to pray for at least one person every day. As you do, you'll not only see God work in their lives but also feel your own faith grow stronger.

**Write one prayer for three people you know. Continue to pray for them throughout the week.**

## DAY 4: PRAY WHEN YOU'RE WORRIED

### Read 1 Peter 5:7

Worries can feel heavy, whether about school, friends, family, or the future. But prayer is where you hand those heavy things to God and trust Him to carry them. When you're anxious, start by telling God exactly what's on your mind. You can say, "God, I'm nervous about my test," or "I'm worried about my friend." Then ask Him to give you

peace and to help you trust His plan.

You might not feel different right away, but as you keep praying, you'll notice that God's peace begins to guard your heart and mind. Prayer is not just about asking, it's about releasing control and letting God take care of what you can't fix. Today, choose one worry, pray about it, and trust God with it.

**Circle what is true or false.**

God cares about my worries.

**True      False**

God wants me to keep my  
worries to myself.

True      False

I can talk to God about anything.

**True      False**

## DAY 5: GOD IS NEAR WHEN I PRAY

## Read Psalm 145:18

The Lord is close to anyone who calls out to Him. When you pray, you're not sending words into the air; God is actually near, listening to every word. God hears you whether you speak out loud, whisper, or just think your prayer in your mind. You can talk to God at any moment: while walking to school, before a test, or when you feel nervous or thankful. You don't need special words, just be honest. Prayer is your way to stay connected to Him all day long. Take time today to talk to Him, knowing He is close and cares deeply about what's on your heart.

**God, thank You for being close to me. Help me remember I can talk to You anytime, anywhere, about anything. I love You so much. In Jesus' name, amen.**

## Journal

Spend some time thinking about the question below and journal your thoughts or share them with a parent.

## What do you pray about?