



Reflections *journal*

I am Seeing Jesus.

— Chapter Two —

WRITTEN BY LINSEY DRISKILL

Heart  treasure

Lord, Thank You
that I am
seeing Jesus.



Reflections journal

-Chapter Two-

Week one day 1

HAVE YOU EVER LAUGHED SO HARD THAT YOU STARTED TO CRY?

Those are such great moments, aren't they? Growing up, my best friend and I would have so many moments like that. When we're in those moments and happy, it can be easy to think we're good on our own and don't need to look to the Lord. But when things are going well—friendships are great, school is smooth, and you're feeling confident—look for Jesus. See Him in these wonderful, life-giving moments.

“He is the One you praise; He is your God, who performed for you those great and awesome wonders you saw with your own eyes.”

DEUTERONOMY 10:21

Heart  treasure

Lord, Thank You that I am Seeing Jesus.

I praise You for sweet, joy-filled moments.

In Jesus' name, amen.

How are things in your life right now?

In good times and hard times, we can look for the good God is doing. According to Deuteronomy 10:21, who should we praise for the good things in our lives?

This verse also says that God performed what for you?

**“He is your God, who performed those _____
and _____ wonders.”**

What are some of the great and awesome wonders you have seen God do in your life?

Why do you think it’s important to praise the Lord in the good times?

Let’s praise Him by filling out this acrostic.
For each letter, write something you can praise God for.

P

R

A

I

S

E



Week one *day* 2

REMEMBER THE STORY IN JOHN 4 ABOUT THE WOMAN IN SAMARIA who was overjoyed that she met Jesus? She had been so sad and down, needing hope. Jesus saw her at the well and knew her heart. Jesus told her He was true life. After meeting Jesus, full of joy, she ran to tell the people in the town all about Him. Many people became believers because of her testimony and Jesus' words. As you keep your eyes open to see what Jesus is doing around you and in your life, you can be a part of what He is doing too.

“Jesus said to them, ‘My Father is always at His work to this very day, and I too am working.’”

JOHN 5:17

Heart  treasure

Lord, Thank You that I am Seeing Jesus.

Give me eyes to see the work You are doing. I pray I could be part of it.

In Jesus' name, amen.

How was this woman a part of what Jesus was doing in Samaria?

What happened as a result of her open heart to Jesus and sharing her testimony?

What is something God is doing in your town?

How can you be a part of it?

Pray and ask God to be a part of what He is doing around you.
Check off which ways below you can be a part of God's work.
And add two ideas of your own!



- ☐ SERVING MY FAMILY BY UNLOADING THE DISHWASHER.
- ☐ ASKING GOD TO HELP ME SEE THOSE WHO NEED HOPE.
- ☐ HELPING PLAN A SERVICE PROJECT FOR THE CHURCH.
- ☐ MAKING A MEAL FOR SOMEONE IN NEED OR HURTING.
- ☐ PRAISING THE LORD AT CHURCH THROUGH SINGING.
- ☐ SHARING MY TESTIMONY.
- ☐ PRAYING AND ASKING GOD TO SHOW ME WHAT HE'S DOING SO I CAN BE A PART OF IT.
- ☐ HONORING MY PARENTS BY DOING CHORES WITH A GRATEFUL HEART.
- ☐ WHEN I WANT TO COMPLAIN, GIVING THANKS TO THE LORD INSTEAD.
- ☐ ENJOYING THE GIFT OF LAUGHTER.
- ☐
- ☐



Week one day 3

DO YOU WORRY SOMETIMES? WORRY IS TIRING, ISN'T IT? As humans, it can be natural to worry. But Jesus gives us some wisdom about it.

“Then Jesus said to His disciples: ‘Therefore I tell you, do not worry about your life, what you will eat; or about your body, what you will wear. For life is more than food, and the body more than clothes. Consider the ravens: They do not sow or reap, they have no storeroom or barn; yet God feeds them. And how much more valuable you are than birds!’

Who of you by worrying can add a single hour to your life?... And do not set your heart on what you will eat or drink; do not worry about it. For the pagan world runs after all such things, and your Father knows that you need them.”

LUKE 12:11-25, 29-30

Heart  treasure

Lord, Thank You that I am Seeing Jesus.
Help me to worry less, and have faith that
You will provide for me.
In Jesus' name, amen.

Jesus tells us not to worry about a whole bunch of things here. What are they? Unscramble the italicized words that we shouldn't worry about and write them in the blank.

1. _____
 feli
2. _____
 what you will *tae*
3. _____
 about your *godb*
4. _____
 what you will *raew*

Why does Jesus say we shouldn't worry about these things?

**For life is more than _____ and
the body more than _____.**

Just as God takes care of the ravens, He says He will take care of us too and that we are much more _____ to Him than the birds! Use the verse to fill in the blanks:

**Who of you by _____ can
add a single _____ to your life.**

So how much does worry help things on a scale of 0 to 10? _____

Worry does not help at all, so put your trust in the Lord.

**Do not set your _____ on what you
will _____ or _____.**

Do not _____ about it.

Why does God say not to worry about things? (*Look at the last line of the verse.*)

What can help you to see Jesus instead of worrying?



Week one day 4

HAVE YOU EVER BEEN TOLD TO COMPLETE A HOMEWORK ASSIGNMENT THAT HAS NOT BEEN EXPLAINED TO YOU? It seems like it's written in a different language because you don't know what to do. Well, thankfully, Jesus does not leave us hanging. He doesn't just say, *Don't worry*, and then we have to figure out how to do that on our own—He tells us why we don't need to worry and what to replace it with.

“But seek His kingdom, and these things will be given to you as well. Do not be afraid, little flock, for your Father has been pleased to give you the kingdom. Sell your possessions and give to the poor.”

LUKE 12:31-33

Heart  treasure

Lord, Thank You that I am Seeing Jesus.
I pray I would seek Your kingdom and that You
would replace worry with seeing You.
In Jesus' name, amen.

What does Jesus tell us we should do instead of worrying?

But seek His _____, and these things
will be given to _____ as well.

What do you think it means to seek His kingdom?

When you are running after a ball, or walking toward a friend,
what are your eyes fixed on?

In the same way, if you're seeing God's kingdom, what will your
eyes be set on?

In this Scripture, Jesus says, do not be
_____ little flock, Your Father has been
_____ to give you the kingdom.

So, your Father is _____ about giving you the kingdom:

A Not excited **B** upset **C** happy

YES, HE IS SO PLEASED TO GIVE YOU HIS KINGDOM! Circle the qualities
that show up more when we see and pursue Jesus:



At the end of the verse, who does Jesus say we should give to and why?

Week one day 5

IN LUKE, WE ARE TOLD TO SEEK GOD'S KINGDOM.

Matthew, one of Jesus' followers, also told us something important about seeking God's kingdom—do you see the five-letter word in the verse that tells us how to seek God's kingdom? Circle the word.

“But seek first His kingdom and His righteousness, and all these things will be given to you as well.

MATTHEW 6:33

Heart  treasure

Lord, Thank You that I am Seeing Jesus.

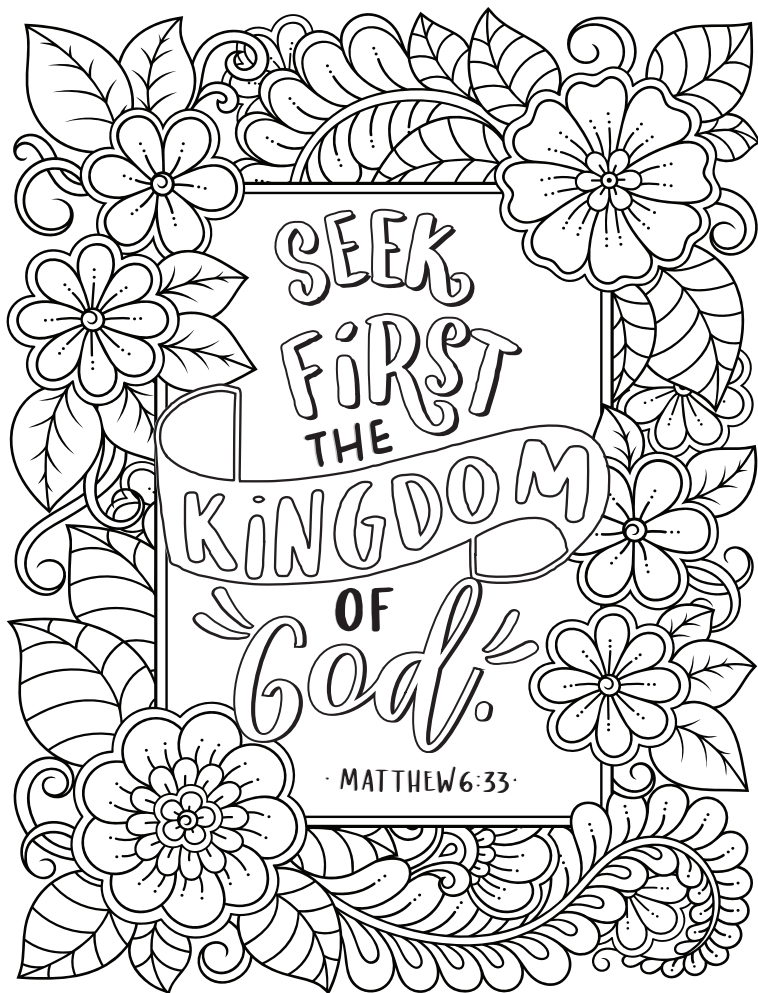
Lord, help me to seek You first.

In Jesus' name, amen.

It's great to enjoy gifts we have been given,
but remember that we are to

"Seek _____ His kingdom and righteousness."

Think about ways you can put God first as you color in the picture—it's an adventure and an awesome, fulfilling way to live your life!



Week two day 1

IT'S A GOOD THING TO ENJOY GIFTS GOD HAS GIVEN US.

But when those things become our main focus, it can be harder to see Jesus. When we have to have that shirt or pair of jeans, or we have to go to a certain event, or we have to have the newest gadget that our friends have, we can lose sight of what matters most. As we seek God's kingdom first, we'll care less about material things that don't last, and more about His kingdom and things that do last.

"Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. Set your minds on things above, not on earthly things."

COLOSSIANS 3:1-2

Heart



treasure

Lord, Thank You that I am Seeing Jesus.

Help me to set my heart and mind on things above.

In Jesus' name, amen.

In this Scripture, those who are believers are told, set your hearts on things:



at school



you wear



above

What is your heart focused mostly on?

What do you think it looks like to set your heart on things above?

As we set our hearts on things above, who is there, seated at the right hand of God? _____

The verse also says to set our minds on things

_____, not on _____ things.

In this chart, write examples of earthly things that don't last and things above that do last. And remember that this verse isn't saying that earthly things are bad—if they are good things, enjoy them! What matters is what we are most focused on.



EARTHLY THINGS

CLOTHES

NEW GADGETS

JEALOUSY

BEING THE BEST



THINGS ABOVE

JESUS

LOVE

FAITH & PERSEVERANCE

HUMILITY & CONFIDENCE IN HIM

Week two day 2

WHILE WE CAN SEE THE LORD IN SO MANY WAYS HERE AND NOW, WE CANNOT SEE HIM FULLY AND CLEARLY YET. It's like when you look in a mirror—it's a reflection of you, but not the full, live picture of yourself. But one day we will see the Lord face to face, and know Him fully and completely, just as He knows you fully right now. Isn't that glorious!

*“For now we see only a reflection as in a mirror;
then we shall see face to face.*

*Now I know in part; then I shall know fully,
even as I am fully known.”*

1 CORINTHIANS 13:12

Heart



treasure

Lord, Thank You that I am Seeing Jesus.

Lord, I am so excited to one day get to see You face to face. I pray that You will show me more of who You are.

In Jesus' name, amen.

IN THE MIRROR BELOW,
WRITE WHAT YOU KNOW
ABOUT WHO GOD IS.

IN THE MIRROR BELOW,
WRITE WHAT GOD
SEES IN YOU.

GOD

ME

Week two day 3

HAVE YOU NOTICED THAT ONCE YOU GET SOMETHING, YOU SEE IT EVERYWHERE? Like if your mom or dad buys a white car, then you notice white cars everywhere you look. Whatever we fix our eyes on, is where our minds and hearts are focused too. So, let's fix our eyes on Jesus.

"And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith."

HEBREWS 12:1-2

Heart  treasure

Lord, Thank You that I am Seeing Jesus.

I pray my eyes would be fixed on
You so my heart would be too.
In Jesus' name, amen.

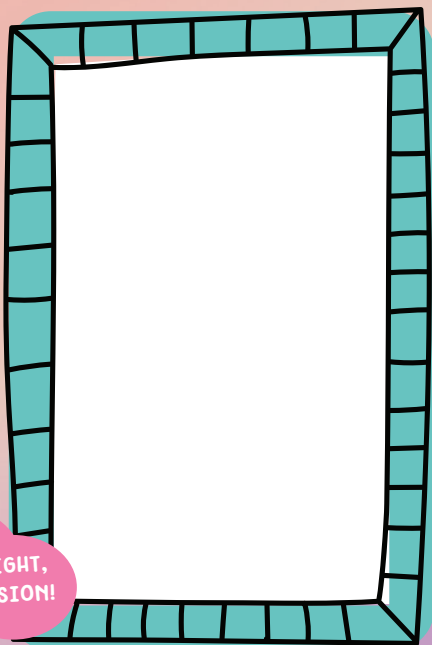
What does it mean to fix our eyes on Jesus?

A Look at Jesus occasionally **B** Glue your face to a picture of Jesus

C Set your heart on Jesus in how you live and love

What are some ways that you can fix your eyes on Jesus?

Just like we need to focus on Jesus to see Him, in the illusion below, focus on the illusion to see if you can find both pictures!



IN THE FRAME TO THE RIGHT,
CREATE YOUR OWN ILLUSION!

Week two day 4

DID YOU KNOW THAT JESUS SAYS WHEN WE HELP A HURTING PERSON or someone in need, that we are helping Jesus? Do you see Jesus in other people? Ask the Lord to help you have eyes to see Jesus in others.

“Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for Me.”

MATTHEW 25:40

Heart  treasure

Lord, Thank You that I am Seeing Jesus.

Help me to see You in people around me
and move my heart to help others.

In Jesus' name, amen.



When someone is in need, what is your response?

.....

What is your response if the person in need is someone who annoys you?

.....

How could the truth that you are loving Jesus when you help someone encourage you to be there for that person?

.....

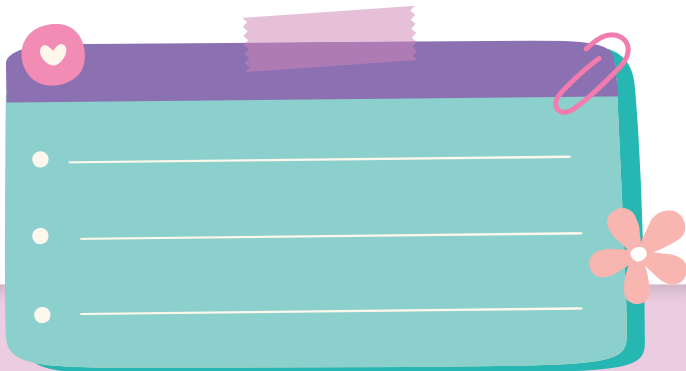
IF WE UNDERSTAND THAT WE ARE SERVING JESUS WHEN WE LOVE OTHERS, WE ARE BEGINNING TO SEE THINGS FROM A HEAVENLY PERSPECTIVE, AND NOT AN EARTHLY ONE.

Who is someone in need in your life?

.....

Take a second now to pray for the Lord to lead you if He wants you to help that person in some way.

What ideas came to mind? Brainstorm below ways you can be there for that person and trust that the Holy Spirit is leading you.



.....

.....

.....

Week two *day 5*

WHAT YOU FOCUS ON IS WHERE YOUR HEART WILL BE ALSO. What do you spend your days thinking about? It's easy to have envy, comparison, worry, bitterness, and other things that hurt our hearts. But, when we focus on Jesus and have peace, love, forgiveness, and other things from above, our hearts are healthier, more at peace, and happier.

*"For where your treasure is,
there your heart will be also."*

MATTHEW 6:21

Heart  treasure

Lord, Thank You that I am *Seeing Jesus*.

Help me to set my heart and mind on
things above like peace, forgiveness, love,
kindness, and You!

In Jesus' name, amen.

What other words come to your mind when you think of heavenly things? List them:



.....



.....

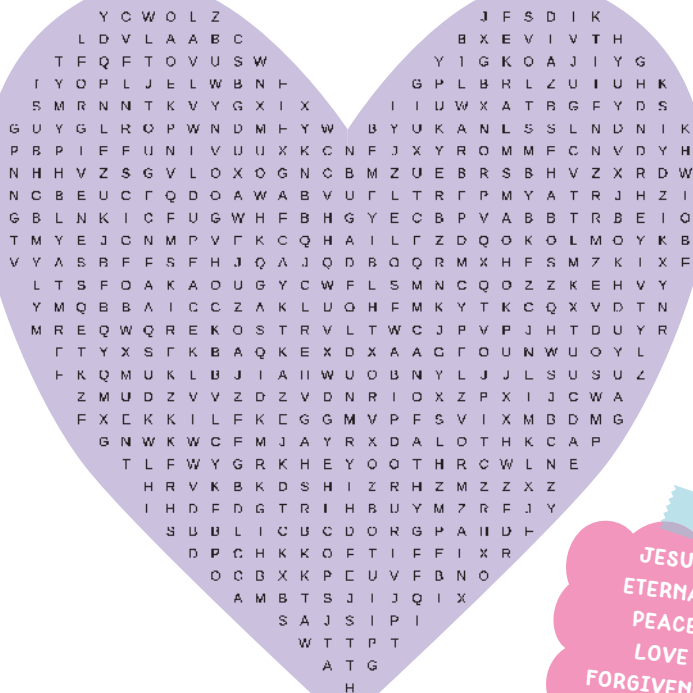


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Let's fix our eyes on Jesus. Find these lasting things in the word search and settle them into your heart.



JESUS
ETERNAL
PEACE
LOVE
FORGIVENESS
SERVING
KINDNESS

Week three *day 1*

AS YOU FOCUS YOUR MIND AND HEART ON JESUS,

GUESS WHAT? He sees you! Isn't that awesome?

In John 1, a man named Nathanael was under a fig tree—maybe just relaxing or maybe even hiding—he might have been sad about something or afraid. But Jesus saw him and called out the good in him. He also sees the good in you.

“When Jesus saw Nathanael approaching, He said of him, ‘Here truly is an Israelite in whom there is no deceit.’ ‘How do You know me?’ Nathanael asked. Jesus answered, ‘I saw you while you were still under the fig tree before Philip called you.’ Then Nathanael declared, ‘Rabbi, You are the Son of God; You are the king of Israel.’”

JOHN 1:47-49

Heart



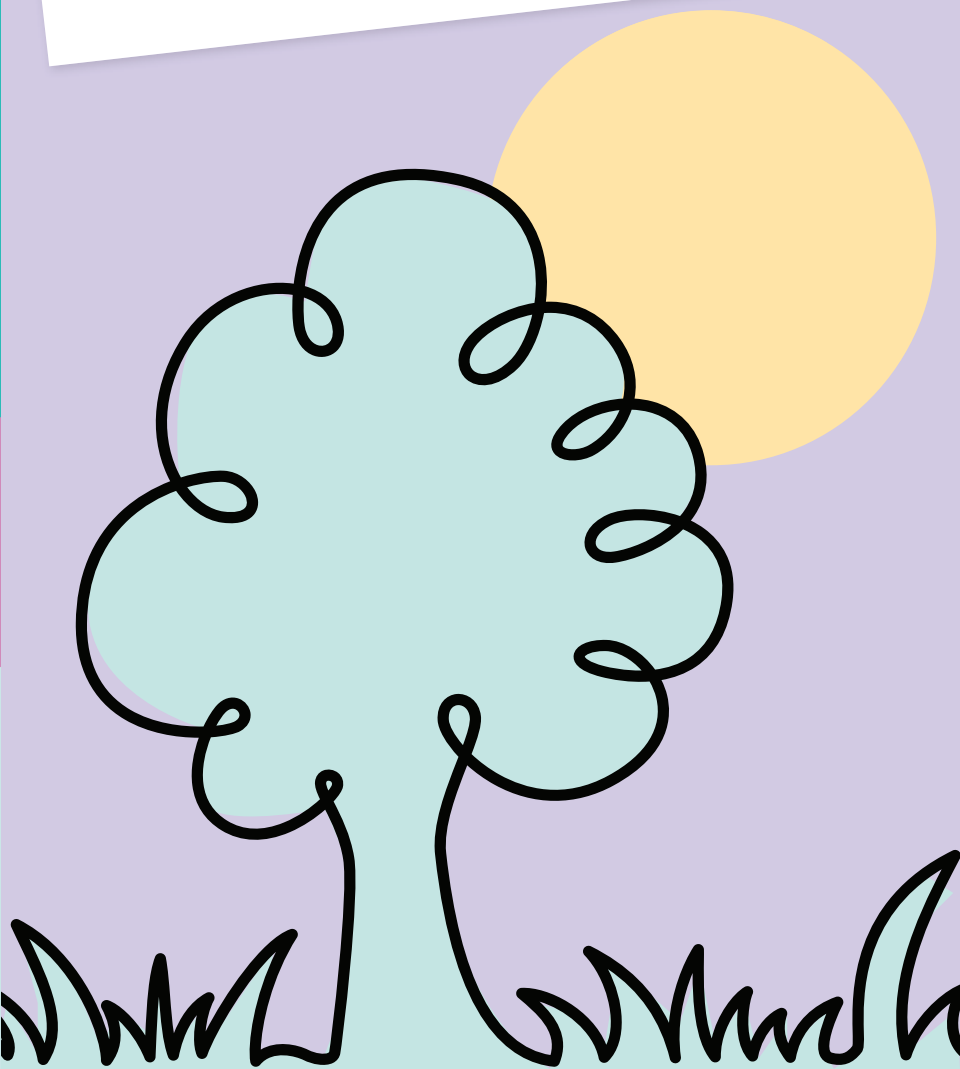
treasure

Lord, Thank You that I am Seeing Jesus.

Thank You that You see me too and love me.

In Jesus' name, amen.

In the tree, write what makes you want to hide like Nathanael might have. In the sun, write some of the good things you think God sees in you.



Week three day 2

AFTER JESUS DIED, MARY, JESUS' MOTHER, WEPT OVER HIS GRAVE. She mourned for Him, but also was desperate to find Him because His body was no longer there. Jesus knew how she felt and saw her.

Now Mary stood outside the tomb crying. As she wept, she bent over to look into the tomb and saw two angels in white, seated where Jesus' body had been, one at the head and the other at the foot. They asked her, "Woman, why are you crying?" "They have taken my Lord away," she said, "and I don't know where they have put Him."

At this, she turned around and saw Jesus standing there, but she did not realize that it was Jesus.

He asked her, "Woman, why are you crying? Who is it you are looking for?" Thinking He was the gardener, she said, "Sir, if You have carried Him away, tell me where you have put Him, and I will get Him." Jesus said to her, "Mary." She turned toward him and cried out in Aramaic, 'Rabboni!' (which means "Teacher")."

JOHN 20:11-16

Heart



treasure

Lord, Thank You that I am Seeing Jesus.

Thank You that even when I don't see clearly, that You see me and find me.

In Jesus' name, amen.

What was Mary doing when Jesus saw her?

When you are crying, Jesus sees you too. Is there a time you were sad and felt the Lord's presence?

Who was Mary weeping over?

Do you think Jesus knew who Mary was looking for even though He asked her?

Yep, Jesus knew, because He's God and knows everything. So, why do you think Jesus asked her?

It's important for us to know that the Lord sees us. And it's a gift that we can see the Lord too. What are some different ways we can see and know the Lord? Fill in the blank spaces to discover some ways. (Answers are upside down below.)

1. _ R _ YI _ G 2. R _ _ D _ N _ the _ I _ L E

3. L _ ST _ N _ NG to G _ D 4. _ OV _ N _ O _ H _ R _

5. M _ M _ R _ Z _ N _ _ CR _ PT _ R _

Answers: 1. Praying 2. Reading the Bible 3. Listening to God 4. Loving others 5. Memorizing Scripture

Week three day 3

DO YOU EVER HAVE QUESTIONS OR DOUBTS?

It's normal to have some at times. But what is important is going to God with those. In the Bible, Thomas had some doubts when people were telling him that Jesus had risen.

"Now Thomas (also known as Didymus), one of the Twelve, was not with the disciples when Jesus came. So the other disciples told him, 'We have seen the Lord!' But he said to them, 'Unless I see the nail marks in His hands and put my finger where the nails were, and put my hand into His side, I will not believe.'"

A week later His disciples were in the house again, and Thomas was with them. Though the doors were locked, Jesus came and stood among them and said, 'Peace be with you!' Then He said to Thomas, 'Put your finger here; see my hands. Reach out your hand and put it into my side. Stop doubting and believe.' Thomas said to Him, 'My Lord and my God!' "

JOHN 20:24-28

Heart



treasure

Lord, Thank You that I am Seeing Jesus.

When I have doubts, give me eyes to see
You and believe.

In Jesus' name, amen.

Thomas had to see Jesus to believe. Jesus knew it, so He went to Thomas. Even though the doors were locked, Jesus went right through the doors—amazing, huh?
Why do you think Jesus wanted to show Himself to Thomas?



What does it show about Jesus that even though the doors were locked, He still appeared in the room?

What was the first thing Jesus did when He came in the room with the disciples?

- ☐ HE YELLED AT THOMAS FOR HAVING DOUBTS.
- ☐ HE SAID, "PEACE BE WITH YOU!"
- ☐ HE IGNORED THOMAS BECAUSE OF HIS DOUBTS.

Jesus went right up to Thomas and showed him that He was real. What did Jesus say to Thomas:

Stop _____ and _____.

Is there something going on in your life where you want to stop doubting and believe? Write about it.

Thomas might have doubted at first, but after He saw Jesus, what did He say?

My _____ and my _____!

Thomas believed! What do you think about Thomas' change of heart after seeing Jesus?



Week three day 4

HAVE YOU HEARD THE STORY OF PAUL, WHO WAS ONE OF THE GREATEST MISSIONARIES OF ALL TIME?

In Acts 9, he was still called Saul and had been persecuting and hurting Christians.

“As [Saul] neared Damascus on his journey, suddenly a light from heaven flashed around him. He fell to the ground and heard a voice say to him, ‘Saul, Saul why do you persecute me?’

‘Who are You, Lord?’ Saul asked.

‘I am Jesus whom you are persecuting,’ He replied. Now get up and go into the city, and you will be told what you must do.

Saul got up from the ground, but when he opened his eyes he could see nothing. So they led him by the hand into Damascus. For three days Saul was blind, and did not eat or drink anything.”

ACTS 9:3-6, 8-9

Heart



treasure

Lord, Thank You that I am Seeing Jesus.

When things get in the way of seeing You clearly, would You open my eyes to see You?

In Jesus' name, amen.

What did Jesus use to get Saul's attention?

- A a giant giraffe B a flash of lightning C a double cheeseburger

What had Saul done that was making it hard to see?

When we do things that are not loving to the Lord or others, it can make it harder to see clearly. Have you done something you knew was wrong and had a hard time seeing clearly? Maybe you felt the Lord tugging on your heart about it? Write about it.



Week three day 5

SAUL HAD ENCOUNTERED JESUS FOR THE FIRST TIME AND THE LORD WAS CHANGING HIS HEART.

The Lord said to one of His disciples, Ananias:

“Then Ananias went to the house and entered it. Placing his hands on Saul, he said, ‘Brother Saul, the Lord—Jesus, who appeared to you on the road as you were coming here—has sent me so that you may see again and be filled with the Holy Spirit.’ Immediately, something like scales fell from Saul’s eyes, and he could see again.

He got up and was baptized, and after taking some food, he regained his strength. Saul [later called Paul] spent several days with the disciples in Damascus. At once he began to preach in the synagogues that Jesus is the Son of God.”

ACTS 9:17-19

Heart  treasure

Lord, Thank You that I am Seeing Jesus.

I praise You for this powerful story of Saul changing and being able to see You and the gospel. I pray that each day I would also see You and the gospel. *In Jesus’ name, amen.*

Why do you think Jesus chose someone like Saul who had persecuted Christians to be changed and share about Him?



After Ananias prayed for Saul to be filled with the Holy Spirit, what happened?

_____, something like scales
fell from Saul's _____.

And then what did Paul (*also known as Saul*) do after being baptized and spending time with the disciples?

At once he began to _____ in the
synagogues that _____ is the
Son of God.

What do you think about the change in Paul's life?

Sometimes our eyes need to be opened more to see how the Lord is working—just like in this picture. You need to look closely at the picture to find the differences.
Circle the ten differences in the pictures.



Week four *day 1*

IN LUKE 13, THERE WAS A CRIPPLED WOMAN WHO HAD BEEN COMPLETELY BENT OVER AT THE WAIST FOR 18 YEARS, unable to straighten up. She was probably in pain. But she still made her way to the place where Jesus was teaching. She wanted to be close to Him. Jesus noticed her in the crowd and called her forward. He said,

“Woman, you are set free from your infirmity.’ Then He put his hands on her, and immediately she straightened up and praised God.”

LUKE 13:12-13

Heart  treasure

Lord, Thank You that I am Seeing Jesus.

I pray I would see You when I am in need
just like this woman did.

In Jesus' name, amen.

Who did this woman see when she was in need?

After the woman walked to Jesus, while she was still bent over,
what did Jesus say to her?

Woman you are _____
from your infirmity.

The woman showed _____ walking to Jesus.



fear



frustration



faith

Is there a time you showed faith in Jesus by what you did?
Write about it.

The woman's spirit was set free and healed.
Then, He put His hands on her and immediately
she _____ and
_____.

So, after her body was healed and she stood up, what did she
immediately do?

The woman saw Jesus and brought her pain to Him. And Jesus
healed her. Jesus will also meet your needs. Share what's on your
heart with Him.



Week four day 2

HAVE YOU EVER HAD A FRIEND IGNORE YOU OR STOP TALKING TO YOU? It hurts when people closest to us treat us differently. In these moments, you can put yourself around people who care about you and treat you well. Remember that you're not the only one who's gone through that, and that the Lord loves you and is there for you.

*"Look to the Lord and His strength;
seek His face always."*

PSALM 105:4

Heart



treasure

Lord, Thank You that I am Seeing Jesus.

When I have friendship troubles, remind me to seek
Your face and to be strengthened by You.

In Jesus' name, amen.

When we go through difficult things, it helps to switch the view of what we're focusing on.

Psalm 105:4 says to look to the _____
and His _____.

So, we don't need to look to our own strength—we
should look to _____ strength and seek His
_____.

So, that last word is key—when does it say to seek the Lord's face?

- A** only when things are going well **B** only when things are difficult
C always

Let's spend some time switching our perspective to the Lord,
His strength, and seeking Him.

In the sunshine below, on each ray, write qualities of the Lord
that can strengthen you. In the middle of the sun, write one
that you really need right now. Trust that the Lord will provide.

Week four day 3

HAVE YOU EVER LINED UP DOMINO BLOCKS SO YOU COULD PUSH THEM OVER AND WATCH THE CHAIN REACTION? That's what happens when we're having a bad day, and one bad thought leads to another. If we don't interrupt the thought pattern and start to look for Jesus, then the bad thoughts will determine what goes on in our minds.

Sometimes I have to stop in my tracks when those negative thoughts are flying and just start giving thanks and praise to God. It helps me take my heart off the bad thoughts that were in my mind and to see Jesus instead.

*"Now, our God, we give You thanks,
and praise Your glorious name."*

1 CHRONICLES 29:13

Heart  treasure

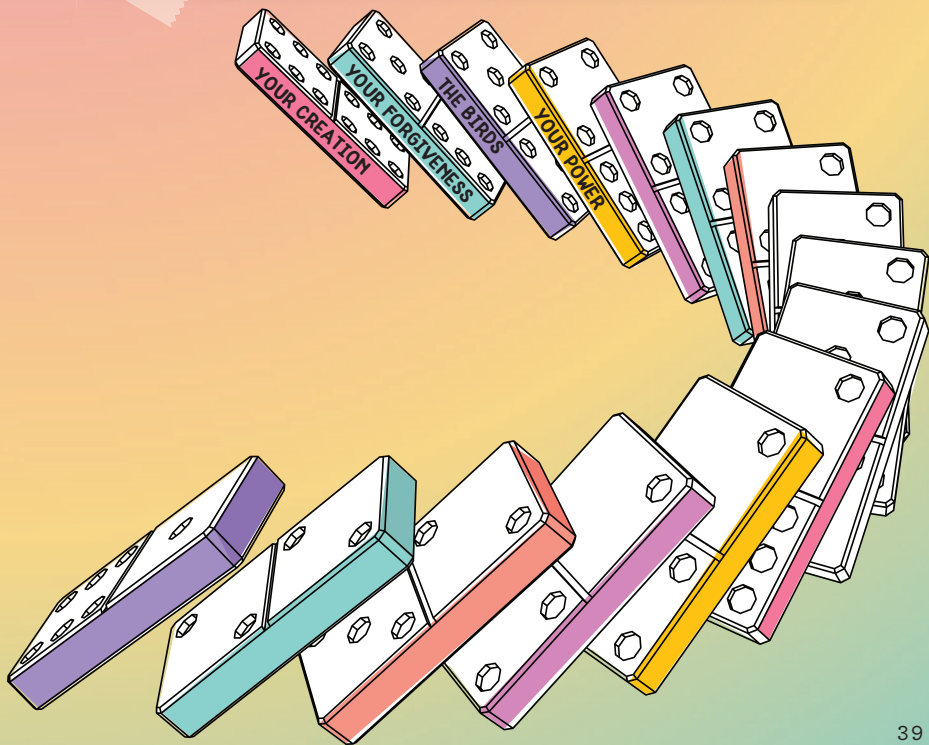
Lord, Thank You that I am Seeing Jesus.
I pray instead of thinking bad thoughts and
staying in that mind space,
that I would look to You.
In Jesus' name, amen.

Let's see what God says to do when we're having negative thoughts. Look in our verse today, 1 Chronicles 29:13—there's a really important word there—it's three letters and it's the first word of the verse. What is it? _____

It doesn't say to start praising God next week when you feel better, or in a few hours. It says:

“_____, our God, we give you _____, and
_____ Your _____ name.”

In the domino blocks below, let's start a chain reaction of godly thoughts by giving thanks and praise to God! Giving thanks focuses on what you are thankful for and praising God focuses on who God is. **LET'S FILL THOSE DOMINOES UP!**



Week four day 4

DO YOU PREFER TO FEEL ANXIOUS OR AT PEACE?

I'm assuming you said at peace! Well, God tells us just how to be at peace in Philippians:

"Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

PHILIPPIANS 4:5-7

Heart  treasure

Lord, Thank You that I am Seeing Jesus.

Help me to see You always so my heart and mind are set on You and Your peace.

In Jesus' name, amen.

When is a time you struggled with something and it filled up your mind?



Why does this verse say we don't need to be anxious?

What does it say right before "Do not be anxious"?

The _____ is _____.

This verse says in every situation, to do two things. What are they?

With _____, present your
_____ to God.

So, we should give thanks and let God know what's on our hearts.

How do you think that could help us if we're having hurtful thoughts?

NEXT TIME YOU'RE HAVING A HARD DAY,
SEE JESUS BY TALKING TO HIM AND GIVING THANKS.

"And the _____ of God, which transcends all
understanding, will guard your _____ and your
_____ in Christ Jesus."



Week four day 5

WOULDN'T IT BE WONDERFUL IF EVERYTHING JUST CAME EASY TO US ... we would always focus on God and have good thoughts always. Well, that's not how life is, but the good news is that we can build habits. If we keep trying to see Jesus and get in a habit of turning to Him when we have a negative thought, then we will start doing that naturally. And His perfect peace will fill our minds and hearts.

*“You will keep in perfect peace
those whose minds are steadfast,
because they trust in You.”*

ISAIAH 26:3

Heart



treasure

Lord, Thank You that I am Seeing Jesus.

Help my mind be steadfast and set on You
so I can experience Your peace.

In Jesus' name, amen.



Steadfast means unwavering, loyal, firm. So, what do you think it means for our minds to be steadfast, trusting in the Lord, like this verse says?

Let's look at some scenarios and how to have steadfast minds and hearts. In each scenario, circle the response that is an example of a steadfast mind trusting the Lord.

YOU HAD TO MOVE TO A NEW PLACE OR SCHOOL AND DON'T KNOW ANYONE.

You do not pray about it and keep thinking, I feel alone and I'll never meet any new friends.

You talk to the Lord about it: "Lord, I feel alone and this is hard. I pray You would bring me good friends. Thank You for my family and for the friends You will provide."

SOME PEOPLE AT SCHOOL ARE SAYING UNTRUE, HURTFUL WORDS TO YOU.

You guard your heart and mind knowing that you're a daughter of the King and are loved! You read Scripture about who God says you are and start hanging out with people who are kind to you.

You believe what they say and start thinking that no one likes you.

THINGS ARE ACTUALLY GOING PRETTY WELL, AND YOU'RE NOT SURE WHY YOU ARE BEING IMPATIENT AND HAVING A HARD DAY.

You stay in that snippy head space, being impatient with anyone who comes your way and end up feeling more frustrated and down.

You go to the Lord and journal your thoughts, knowing everyone has days like this. You read James 1:19-20 and let the words wash over your heart and mind and refresh your soul.





Lord,
Thank You that
I am Seeing Jesus.