

**GO DEEPER**

**BOTTOM LINE**

**WHEN WE ARE UNDER  
PRESSURE, GOD IS  
IN CONTROL**

**MEMORY VERSE**

But we have this treasure in jars of clay to show that this all-surpassing power is from God and not from us. We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed.  
**2 Corinthians 4:7-9 (NIV)**

**DAILY DEVOTIONS**

**DAY 1: GOD IS IN CONTROL**

*READ - 2 Corinthians 4:7-9, Psalm 56:3*

Life is sometimes hard, scary, and often out of our control. God wants us to trust in Him when things get difficult. He wants us to learn to depend on Him because He's in control, and His promises are true. How can we become people who trust that God is in control and that He will take care of us? We can read and study His Word. We can ask the Holy Spirit to help us. **Remember: When we are under the pressure of fear, God is in control!**

**DAY 2: GOD WANTS TO GUIDE YOU**

*READ - Proverbs 3:5-6*

Have you ever had a tough time deciding between what you want to do, and what God wants you to do? A lot of times we think we know what is best and we want to be in control of our own lives. But in every situation God wants us to ask Him what His plan is for us. He wants us to trust Him and follow Him no matter what! Today, when you are facing a decision, ask God what He would have you to do. **Remember: When we are under pressure, God is in control!**

**DAY 3: FOLLOW GOD'S DIRECTIONS**

*READ - Psalm 119:105, Exodus 13:21, Acts 5:29*

This week on Banana News we saw Chef Pomegranate try to make a cake without following his grandma's directions. How did that cake turn out? It was a mess! God doesn't want us to make choices in our lives that will make a mess, so He gave us directions to follow too! The Israelites were told to follow the pillar of cloud by day and the fire by night. For us, God wants us to follow His directions in the Bible. **Remember: When we are under pressure, God is in control!**

**DAY 4: SEEK GOD IN PRAYER**

*READ - 1 John 5:14, Matthew 6:9-13*

When we are unsure of what is happening in our life it can leave us feeling sad, worried, angry, or unhappy. Often, when we feel this way we want to take control and quit trusting God. What do you think we can do when we feel unsure in our life? Pray! God wants us to pray to Him from our hearts. We can listen for God's answers by reading His Word and seeking Him through prayer. **Remember: When we are under pressure, God is in control!**

**DAY 5: PRAISE GOD FOR BEING IN CONTROL**

*READ - 1 Chronicles 29:10-13*

The Israelites spent a lot of time complaining when things got hard. But God wants us to remember He is in control. Ask Him to fill you with peace that comes from the knowledge of who He is—"God of our father Israel, from everlasting to everlasting." Ask God to give you a heart that pours out praise instead of complaint, rejoicing instead of fear. Will you choose to trust Him? **Remember: When we are under pressure, God is in control!**



## GOD IS MY COMPASS

*Materials: Jewelry Pin/Needle, Small Piece of Styrofoam, Magnet with North & South, Bowl with Water*

The compass has been used to help people find their way for about a thousand years. It is a very important tool in navigation. The compass allows navigators to stay on course even in the midst of a storm when they cannot see where they are going.

Do we need to understand why or how the compass needle works to be able to follow the needle pointing north? Of course not.

It is similar in our relationship with God. God does not expect us to understand everything about the Bible to trust and follow Him. As it says in Proverbs 3:5-6, we must not lean on our own understanding. All we have to do is trust that God is in control, He knows what He is doing, and He will always point us in the right direction.

Create your own compass, following the directions attached, as a reminder that we can trust and follow God!



## GOD IS IN CONTROL LOOPS

*Materials: Paper Strips, Tape*

Use thin strips of paper about 8" x 1" and write on them things that God is in control of (such as money, church, family, the child, my school, the weather, etc).

Then make a loop with the piece of paper. Create the next loop by sliding it through the first before taping it. Continue to add loops until you have used all of your paper strips. Use this as a reminder that God is in control of each of the things you wrote down. Pray and ask God to help you trust that He is in control of all those things.



## FLASHLIGHT FOLLOW THE LEADER

*Materials: Flashlight*

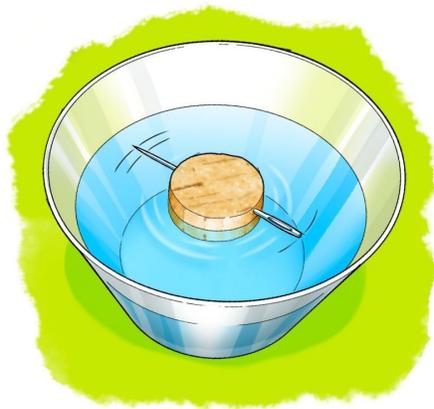
Play a game of "Flashlight Follow the Leader." Get together with some of your friends or family and form a line. Then, turn off the lights and give the flashlight to the person in the front of the line. Walk around in the dark following your leader. When they stop, you stop. When they go, you go. If they spin, you spin.

After playing the game talk about:

- Are you ever afraid of the dark?
- What do you do when you are scared?
- Do you know that God is always with you and takes care of you?

God led the Israelites in a special way. Even when they were miserable He was in control. God was always with them, caring for them. God is always with us, too. Today we want to remember when we are under pressure, God is in control.

# How to make your own water compass



**Step 1:** Fill a bowl with water

**Step 2:** Push your pin/needle through the piece of styrofoam so that the styrofoam is in the middle of the pin/needle.

**Step 3:** Using long straight strokes, rub the circle end of your pin/needle 50 times on the North side of the magnet.

**Step 4:** Using long straight strokes, rub the straight end of your pin/needle 50 times on the South side of your magnet.

**Step 5:** Test the pin/needle to see if it is magnetized. To do this place the opposite end of the magnet used for magnetizing near the tip of the pin/needle. If the pin/needle tip is repelled by the opposite magnetic force, the compass will work properly. If the needle is not repelled, return to step 3 and try again.

**Step 6:** Place your compass needle in the bowl of water. Wait for the needle to settle in one position. The direction the circle end of the needle is pointing is magnetic north. If you were to turn your bowl slowly the circle end of the needle should turn to continue pointing North. \_\_\_\_\_

Source: <https://sciencewithkids.com/Experiments/Physics-experiments/how-to-make-compass.html>