

MILESTONE  
 KIDS

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# DAY 1 - ANGER

My dear brothers and sisters, take note of this:  
everyone should be quick to listen, slow to speak,  
and slow to become angry.

**James 1:19 (NIV)**

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## 1. THINK

What happens when someone does something that makes you mad? Do you stop and think? Do you get mad and feel like you want to yell at them? We all get upset sometimes, but the Bible tells us we should be slow to speak and slow to become angry in those moments. God will help when we call on Him.

## 2. PRAY

God, thank you for giving me instructions on how to live. Please help me be slow to speak and slow to become angry. In moments of frustration, please help me to go to you first. In Jesus' name I pray, amen.

## 3. CHALLENGE

The next time you feel mad, take a moment to breathe. Remind yourself to be slow to speak and slow to become angry. Write the word “angry” on a piece of paper. Scratch it out and come up with 3 words to replace it!

# DAY 2 - CHANGE

Jesus Christ is the same yesterday  
and today and forever.  
**Hebrews 13:8 (NIV)**

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## 1. THINK

Do you like change? Or do you like it when things stay the same? It can be really hard when things around us change, like moving, our parents getting a new job, or a new sibling. Sometimes the change is easy, or maybe really exciting, like starting a new sport! Either way, God is always with us in change. In fact, we can trust Him because the Bible tells us Jesus is the same yesterday, today and forever. So, in any change we face, Jesus is always the same and He can be trusted!

## 2. PRAY

God, thank you for staying the same and being there for me. When things are new and good, or bad, I know you are always with me. Thank you for the reminder that Jesus is always the same. I trust you Lord! In Jesus' name I pray, Amen.

## 3. CHALLENGE

The next time something new comes up, or something changes from what you know, your challenge is to tell someone Jesus is the same, even if things around you are changing! It's going to be ok!



# DAY 3 - COMPLAINING

Do everything without grumbling or arguing.  
**Philippians 2:14 (NIV)**

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## 1. THINK

Have you ever been asked to do something you were not excited to do? Maybe it was a homework assignment or chores at home. Did you find when you did those things with a “not-so-great” attitude they were harder to accomplish? Philippians 2:14 reminds us to do everything without grumbling or arguing - that includes those homework assignments or chores. When we choose to do those things with grumbling or arguing, it creates a bad attitude in our heart. But, when we do them without grumbling or arguing, it creates the opportunity for our heart to be cheerful!

## 2. PRAY

God, thank you for today. When I am asked to do something, like my chores or homework, I am choosing to do it without grumbling or arguing. Remind me of this verse every time I am asked to do something. I love you! In Jesus' name I pray, Amen.

## 3. CHALLENGE

When you are asked to do something you may not be excited to do, pause and say this verse! Write it down, keep it close by just in case you need the reminder.

# DAY 4 - FACING HARD THINGS

I can do all this through him who gives me strength.  
**Philippians 4:13 (NIV)**

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## 1. THINK

Have you ever faced something that was hard for you? Maybe it was a homework assignment or a test. Maybe it was talking to a friend who said something that upset you or dealing with something that happened in your family. Our verse of the day reminds us that God gives us strength when we are facing hard things. We can rely on God to give us strength because He loves us, He is with us, and He is trustworthy.

## 2. PRAY

God, thank you for the hard things. I know that you are bigger than anything I face. I ask you for strength to work through any hard things I may be facing. I love you! In Jesus' name I pray, Amen.

## 3. CHALLENGE

When you are faced with something that is hard, pause and ask God to give you strength. Remember that you can do all things through Him who gives you strength!

# DAY 5 - FAITH

Now faith is confidence in what we hope for and assurance about what we do not see.

**Hebrews 11:1 (NIV)**

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## 1. THINK

Imagine this. One day, you go outside because it is super nice and you can't wait to ride your bike. But, when you look outside you see the tree in the front yard going crazy because it is super windy. The wind may change your mind about wanting to go outside to ride your bike. Let me ask you this though. when you looked outside, could you see the wind? No! However, you knew it was there. You could see how it was impacting the things it was touching. The wind actually makes me think a lot about faith! The Bible's definition of faith is believing in what we cannot see. We do not see God, but by faith we believe in Him! Just like the wind, we see what He does and how He impacts the world around us.

## 2. PRAY

God, I thank you for today. Thank you for being near to me. Thank you that even though I do not see you, I know you are there. God, I pray and ask that you would grow me in my faith and I choose to trust in you even when things get tough. In Jesus' name I pray, Amen.

## 3. CHALLENGE

The next time you go outside and see the wind, stop and talk to God and thank Him that even though we can't see Him, he is there just like the wind is.

# DAY 6 - FEAR

For God has not given us a spirit of fear and timidity,  
but of power, love, and self-discipline.

**2 Timothy 1:7 (NLT)**

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## 1. THINK

Have you ever been afraid of something: maybe going on a roller coaster ride, jumping off the diving board, or hearing a scary storm outside? Whatever it is you might be afraid of, God will help you when you are afraid! Our verse reminds us God didn't give us a spirit of fear but he wants to fill us with power, love and self-discipline. When we become afraid, we can run to God who is there to comfort us in every moment.

## 2. PRAY

God, thank you for always being with me. I know I can always count on you to get me through scary moments. I don't have to be afraid because I know that you are always right there with me. In Jesus' name I pray, Amen.

## 3. CHALLENGE

The next time you become afraid, read 2 Timothy 1:7 and ask God to fill your heart with peace and joy.

# DAY 7 - FUTURE

**“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.”**

**Jeremiah 29:11 (NIV)**

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## 1. THINK

What do you want to be when you grow up? Do you want to be a doctor or a nurse, a pastor or maybe even a teacher? Even if you are not sure what you would like to be when you grow up, the Bible tells us God knows exactly what you are going to do in the future. Jeremiah 29:11 teaches us that God’s plans for our lives are good. He will give us hope and a future! Even though we may not know what the future holds, we can trust in God because He does.

## 2. PRAY

God, thank you for today. Thank you for Jeremiah 29:11. I believe that the plans you have for my life are good. Even though I do not know what the future holds, I choose to trust you today and every day. I love you! In Jesus' name I pray, Amen.

## 3. CHALLENGE

Write down Jeremiah 29:11 on a sticky note and put it on your bathroom mirror. Every morning when you are getting ready or at night when you are brushing your teeth, read the verse to remind yourself that God’s plans for your life are good!

# DAY 8 - GOD'S PLAN

Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.

**Proverbs 3:5-6 (NIV)**

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## 1. THINK

Have you ever put together a really big puzzle? There were so many pieces that it may have seemed you weren't going to finish, but you knew if you just kept putting the pieces together and working towards the final puzzle, the outcome would be great. Sometimes life feels this way. We know God has a plan but we can't always see what He is doing and it can be hard to trust Him. Even though we don't know what the final picture is supposed to look like, we can trust that He knows and wants what is best for us!

## 2. PRAY

God, thank you so much for today. Help me to trust you completely and to put you first in my life. God, even when I don't understand, I will choose to trust in you. In Jesus' name I pray, Amen.

## 3. CHALLENGE

Have a parent help you find Proverbs 3:5-6 in your Bible. Underline the verse and be reminded to trust in God to lead you!

# DAY 9 - HOMEWORK

So whether you eat or drink or whatever you do,  
do it all for the glory of God.

**1 Corinthians 10:31 (NIV)**

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## 1. THINK

Would you rather eat chocolate ice cream or do your math homework? While most of us would choose chocolate ice cream, homework is still really important. Our verse of the day teaches us how we should approach everything we do, even our math homework! 1 Corinthians 10:31 teaches us that whatever we do, it is all for the glory of God. So, when you are playing a sport, doing homework or talking with a friend, everything we do is for God's glory.

## 2. PRAY

God, thank you for the opportunity I have to learn and grow. In everything I do I pray that it would bring glory to you. In Jesus' name I pray, Amen.

## 3. CHALLENGE

Take a school notebook and write 1 Corinthians 10:31 on the inside. When you see it, remember in everything you do, do it all for the glory of God.

# DAY 10 - JOY

The Lord is my strength and my shield; my heart trusts in him, and he helps me. My heart leaps for joy, and with my song I praise him.

**Psalms 28:7 (NIV)**

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## 1. THINK

Did you know you can have joy in the middle of anything you face, good or bad? The Bible says God is our strength, shield and helper. As we put our trust in Him, our heart begins to leap for joy because we know that God has everything under control. We don't have to worry about anything, but instead, we can come to God and He will give us joy!

## 2. PRAY

God, thank you for being my strength, shield and helper. I choose to put my trust in you today and every day. Thank you for letting me exchange my worries with your peace and joy. I love you God. In Jesus' name I pray, Amen.

## 3. CHALLENGE

Share joy with someone else today. You could even make a special card for your neighbor.



# DAY 11 - LONELINESS

Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.  
**Joshua 1:9 (NIV)**

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## 1. THINK

Has there ever been a time when you felt alone, or maybe you have even seen someone sitting by themselves? Even though we may feel like we are alone, the Bible says that God is always with us. God told Joshua when he led the Israelites not to be afraid because God would be with him. God is with us too! He is with us wherever we go.

## 2. PRAY

God, thank you for never leaving me alone. Your word reminds me I can be strong and courageous because you are always with me. In Jesus' name I pray, Amen.

## 3. CHALLENGE

When you feel alone, remind yourself God is always with you. Next time someone is sitting alone, be strong and courageous, and find a seat beside them. You can be the friend they need!

# DAY 12 - LOVING OTHERS

My command is this: Love each other  
as I have loved you.  
**John 15:12 (NIV)**

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## 1. THINK

How do you know if someone loves you? Think about what your parents do for you. They provide a home, food, and clothes for you. They do these things because they love you. In our verse, God tells us to love one another. You can show love to others by being kind, sharing, or encouraging them. When we love one another in this way, we are being like Christ!

## 2. PRAY

God, thank you for loving me.  
May I always love others with a joyful heart, even when it's hard.  
Please help me show your love to others. In Jesus' name I pray,  
Amen.

## 3. CHALLENGE

God commands us to love others. Write down 5 ways you can show love to others this week. Practice loving like Jesus!

# DAY 13 - MY WORDS

Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.

**Ephesians 4:29 (NIV)**

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## 1. THINK

Have you ever said something unkind to someone? How do you think it made them feel? God teaches us in the Bible that our words are meant for lifting others up, not tearing them down. Our words should be kind, encouraging and loving to those who hear them.

## 2. PRAY

God, thank you for teaching me to always use my words for good. Help me to remember to be kind when I am speaking to my parents, teachers, and friends. I pray that the words that come out of my mouth would be encouraging and loving. In Jesus' name I pray, Amen.

## 3. CHALLENGE

Think before speaking to people. Write this verse 5 times to help you remember how powerful your words are.

# DAY 14 - OBEYING YOUR PARENTS

Children, obey your parents in everything,  
for this pleases the Lord.

**Colossians 3:20 (NIV)**

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## 1. THINK

Have your parents ever asked you to do something and you responded with words that were disrespectful or unkind? Maybe you weren't listening to them and had a bad attitude. In life we may become frustrated at our parents or not understand why they are asking us to do something, but we need to trust that our parents want what is best for us. The Bible tells us to obey our parents and when we obey our parents, this pleases the Lord.

## 2. PRAY

God, thank you for my parents and the people who help take care of me. I pray that I would obey my parents and respond to them with kind words. In Jesus' name I pray, Amen.

## 3. CHALLENGE

Talk with your parents or grandparents about one thing that you can work on to obey them better.

# DAY 15 - PEACE

And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

**Philippians 4:7 (NIV)**

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## 1. THINK

Have you ever argued with your brother or sister? Do you sometimes wonder how to fix problems that you don't understand? When these things happen we feel worried or upset and we don't have peace. God tells us to pray and let Him know what is bothering us. As we pray and trust God, He begins to fill our hearts with peace!

## 2. PRAY

God, thank you for always listening when I pray and for giving me peace in my heart that nobody else can. Please help me to remember to ask you to comfort me when I need peace and help me to be peaceful to others. In Jesus' name I pray, Amen.

## 3. CHALLENGE

When you go to school or play with others try to take turns, share and use kind words. These are all ways to be peaceful. If you are upset with a friend or worried about something, stop and ask God to fill you with peace.

# DAY 16 - PRAYER

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

**Philippians 4:6 (NIV)**

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## 1. THINK

**What is prayer?** Prayer is a conversation with God.

**Why do we pray?** We pray because it connects us to God and allows us to talk to him about our lives.

**How do we pray?** We pray by talking to God about how we are feeling, what is going on in our lives, and even giving thanks or asking Him for help.

Our verse says to not be anxious, which means don't worry. Instead, we can pray because we know God hears us.

## 3. CHALLENGE

Spend a little time each day praying about what is on your heart!

## 2. PRAY

God, thank you for caring for me and hearing what is on my heart. I know I can talk to you about anything. Thank you for

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(tell God something or someone you are thankful for). In Jesus' name I pray, Amen.

# DAY 17 - SERVING OTHERS

Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms.

**1 Peter 4:10 (NIV)**

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## 1. THINK

Have you ever seen someone in need? Did you know you can help them? In God's word we are reminded that serving others is very important.

This can include:

- Home (setting the table or putting the dishes away)
- School (helping a friend with their homework)
- Community (volunteering at a homeless shelter or at Milestone Serve Day!)

## 2. PRAY

God, thank you for the special gifts you have given me. I pray that you would show me a way to serve others and share the love of Jesus. In Jesus' name I pray, Amen.

## 3. CHALLENGE

Find a way to serve someone else by choosing something from the list above or come up with your own way to serve others!

# DAY 18 - SETTING AN EXAMPLE

Don't let anyone look down on you because you are young, but set an example for the believers in speech, in conduct, in love, in faith and in purity.

**1 Timothy 4:12 (NIV)**

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## 1. THINK

When you see someone do something awesome, do you ever want to try it too? When you see someone you look up to, they are an example. This could be a parent, a teacher or a leader at church. You might not realize it, but others are looking up to you! Even though you are young, our verse reminds us you are never too young to set a good example. Practice this by being kind, loving, and patient. You never know who is watching!

## 2. PRAY

God, thank you for giving me great examples of how to live my life. Please help me be great by setting an example for others in speech, conduct, love, faith and purity. In Jesus' name I pray, Amen.

## 3. CHALLENGE

Make a list of people you look up to and why. Then write 5 things you can do now to be great and set an example for others!



# DAY 19 - SHINING BRIGHT

In the same way, let your light shine before others,  
that they may see your good deeds and glorify  
your Father in heaven.

**Matthew 5:16 (NIV)**

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## 1. THINK

Each morning after you wake up one of the first things you do is turn on your bedroom light. Once you turn on the light your room is no longer dark. Although your bedroom light isn't the same as God's light, let it remind you that you can bring light into dark places by being a carrier of Jesus' light. You can shine His light at the grocery store, school, or even at summer camp.

## 2. PRAY

God, thank you for your bright and shining light. I pray that I will shine your light wherever I go. In Jesus' name I pray, Amen.

## 3. CHALLENGE

The next time you turn on your light think of a way that you can shine bright for Jesus!

# DAY 20 - SICKNESS

**“.....for I am the Lord, who heals you.”  
Exodus 15:26 (NIV)**

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## 1. THINK

Have you ever been sick? It's no fun at all! However, sickness is a part of life. It can be really scary to be sick or to see someone we love who is sick. The good news is, God is a healing God and He cares deeply for each of us. He tells us to pray for healing, believing He can do it, and for us to trust He is in control.

## 2. PRAY

God, thank you so much for today. You are the God who heals and I can come to you in faith, to heal my sickness and those around me. In Jesus' name I pray, Amen.

## 3. CHALLENGE

The next time you or someone you love is sick, go to God first and ask him for healing. You can also make a get well card for someone!

# DAY 21 - THANKFULNESS

Give thanks in all circumstances; for this is  
God's will for you in Christ Jesus.

**1 Thessalonians 5:18 (NIV)**

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## 1. THINK

Is it easier for you to be thankful when everything is going well or when things are tough? It is much easier to be thankful when everything is going well. Our verse of the day is a reminder to give thanks in all circumstances! When we do this, it changes the way we look at what's happening around us. We can be thankful in every situation, knowing that God is working it all out for our good.

## 2. PRAY

God, thank you for today. Thank you for the good moments and the difficult ones. Please remind me in every circumstance to be thankful. I trust that you will work everything out for my good. In Jesus' name I pray, Amen.

## 3. CHALLENGE

Start a thankful journal. Begin by writing down three things you are thankful for today and add to it as you are reminded of all God has given you!