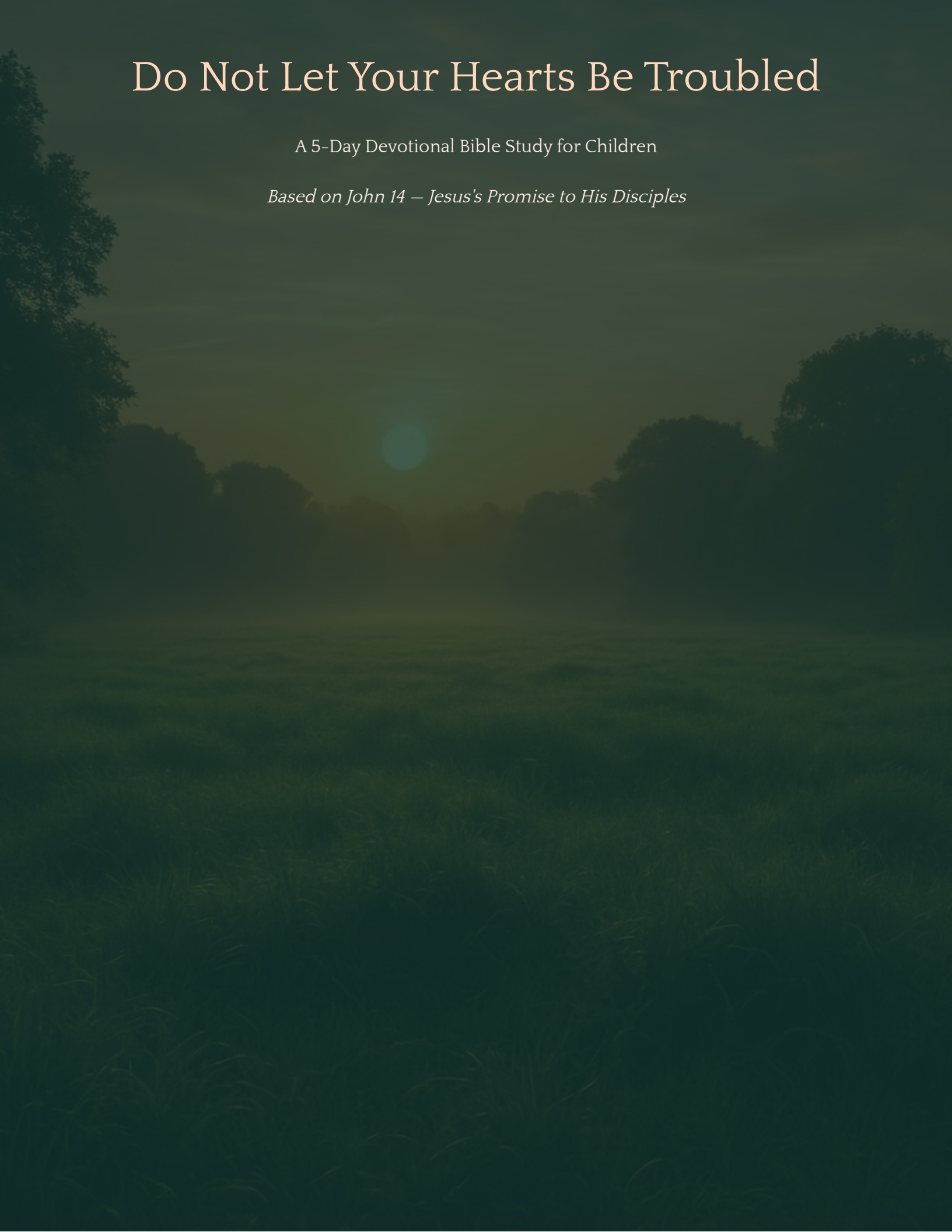


Do Not Let Your Hearts Be Troubled

A 5-Day Devotional Bible Study for Children

Based on John 14 — Jesus's Promise to His Disciples



When We Feel Afraid

Key Verse

"Do not let your hearts be troubled. You believe in God; believe also in me." — John 14:1

Today's Devotional

Have you ever felt nervous before a big day — tummy all fluttery, heart a little scared? Everyone feels that way sometimes, even grownups!

Jesus's disciples felt afraid too. When Jesus told them He was leaving, their hearts were troubled — worried and sad. But the very first thing Jesus said was, "Do not let your hearts be troubled." He wasn't saying hard things won't happen. He was saying, "I am here. You can trust Me." That promise is just as true for you today.

Reflection Questions

Question 1

Can you think of a time when you felt afraid?
What happened?

Question 2

Why do you think Jesus told His disciples not to let their hearts be troubled?

Question 3

How does it feel to know that Jesus sees you even when you are scared?

Today's Prayer

- ✔ Dear God, thank You for knowing when I am afraid. Thank You for Jesus, who tells me not to let my heart be troubled. Help me remember Your promise when things feel scary. I trust that You are always with me. Amen.

Dropping Your Nets to Follow Jesus

Key Verse

"Come, follow me," Jesus said, "and I will send you out to fish for people." At once they left their nets and followed him. — Matthew 4:19–20

Today's Devotional

When Jesus walked up to fishermen like Peter and Andrew, they were doing their everyday job — catching fish to feed their families. But the moment Jesus called them, they left their nets and followed Him right away!

They trusted Jesus enough to leave behind something familiar and comfortable. We might not have fishing nets to drop, but we all have things that can distract us from following Jesus. He invites each of us on the same adventure — and just as He was faithful to the disciples, He will be faithful to you.

Reflection Questions

Question 1

If Jesus walked up to you today, what do you think He would ask you to do?

Question 2

Is there something in your life that sometimes makes it hard to follow Jesus?

Question 3

What is one way you can "follow Jesus" this week at home or at school?

Today's Prayer

✔ Dear God, thank You for inviting me to follow You, just like the disciples. Help me to be brave enough to say yes to You. Show me how to follow Jesus in big ways and small ways every day. Amen.

Jesus Does Amazing Things

📖 Key Verse

"Jesus went throughout Galilee, teaching in their synagogues, proclaiming the good news of the kingdom, and healing every disease and sickness among the people." – Matthew 4:23

Today's Devotional

The disciples had a front-row seat to something incredible – they watched Jesus heal the sick, teach thousands, and do miracles no one had ever seen. Each miracle was a sign saying, "God sees you. God loves you. God has the power to make things right."

And here's the great news: Jesus still does amazing things today! When you show kindness to someone lonely, or tell a friend that God loves them, that is Jesus working through you – just like He worked through His disciples.

Reflection Questions

Question 1

What is your favorite miracle story of Jesus? Why does it stand out to you?

Question 2

How do you think you could help Jesus do something amazing for someone this week?

Question 3

When you see something beautiful or kind happen, do you think God is behind it? Why?

🙏 Today's Prayer

- ✔️ Dear God, thank You for all the amazing things Jesus did – and still does! Help me to keep my eyes open so I can see You working around me every day. Use me to show Your love to the people near me. Amen.

Jesus Always Watches Over Us

📖 Key Verse

"And surely I am with you always, to the very end of the age." – Matthew 28:20b

Today's Devotional

Have you ever felt alone – at a new school, or when everyone seems busy and you feel forgotten? Those feelings are real. But even when we can't see Jesus, He is always right there with us, watching over us like a shepherd watches over his sheep.

When Jesus told His disciples He was leaving, He didn't say, "You're on your own now." He promised to never leave – and He sent the Holy Spirit to be with us always. The same Jesus who calmed storms and fed thousands is with you right now. You are precious to Him, and that promise will never be broken.

Reflection Questions

Question 1

Has there been a time when you felt alone? What would it mean to remember Jesus is there?

Question 2

How does it change how you feel to know Jesus is watching over you right now?

Question 3

How can you remind yourself of Jesus's presence when you are having a hard day?

🙏 Today's Prayer

✔️ Dear God, thank You that You never leave me alone. Even when I cannot see You, help me to trust that You are always right beside me. Remind me of Your presence when I feel forgotten or afraid. I love You, Lord. Amen.

A Troubled Heart Made Peaceful

📖 Key Verse

"Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid." — John 14:27

Today's Devotional

All week we've been holding onto one message from Jesus: "Do not let your hearts be troubled." He wasn't telling us to pretend hard things don't exist — He was giving us something real to hold onto: Himself. His peace. His promise.

The peace Jesus gives isn't about everything going perfectly. It's a quiet, strong feeling that says, "Even when things are hard, God is in control and He loves me." That peace is a gift you get to carry everywhere. Whenever your heart feels troubled, remember: "Do not be afraid. I am here. My peace is yours." You are so loved!

Reflection Questions

Question 1

What is one thing from this week's devotions that you want to remember forever?

Question 2

How is Jesus's peace different from just "feeling happy"?

Question 3

Who is one person you could share this week's message with — that Jesus brings peace?

🙏 Today's Prayer

✔️ Dear God, thank You for the gift of Jesus. Thank You for His peace that is stronger than any fear. Help me to carry that peace with me everywhere — at home, at school, and with my friends. May I share Your love with everyone I meet. Amen.

"Do not let your hearts be troubled. You believe in God; believe also in me." — John 14:1