Devotions for Children

Hello, friends!

Welcome to ‘Devotions for Children’, where we take a little time each day to explore how much God loves us and how he is always there to help! In this booklet, we’ll discover the special promise that we can ‘look up’ to God for help, protection and guidance. When you feel sad, scared or even unsure, remember that you can always lift your eyes to the sky and talk to God – he’s always listening!

Throughout our adventure, we’ll read from the Bible and learn how to trust in God, who never sleeps and is always looking out for you. We’ll also find fun ways to share God’s love with others. So, grab a cosy spot, open your heart and let’s ‘look up’ together!

# Look Up to God for Help

Read: Psalm 121:1-2 NIV

‘I lift up my eyes to the mountains – where does my help come from? My help comes from the Lord, the Maker of heaven and earth.’

Do you need help sometimes? When you feel stuck, sad or worried, you can ‘look up’ to God because he is always ready to help. Today, whenever something is hard, take a moment to look up to the sky and ask God to help you.

# God Never Sleeps – You Can Always Look Up

Read: Psalm 121:3-4 NIV

‘He will not let your foot slip – he who watches over you will not slumber; indeed, he who watches over Israel will neither slumber nor sleep.’

God never sleeps! That means you can always ‘look up’ to him, even in the middle of the night or when you feel alone. Tonight, before you go to bed, thank God that he is always awake, watching over you while you sleep.

# Look Up to God for Protection

Read: Psalm 121:5-6 NIV

‘The Lord watches over you – the Lord is your shade at your right hand; the sun will not harm you by day, nor the moon by night.’

God is like an umbrella that protects you from the rain and the hot sun. He keeps you safe every day. Next time you’re outside, look up at the sky and imagine God covering you with his love and care. Pray and thank him for protecting you.

# Look Up to God Every Day

Read: Psalm 121:7-8 NIV

‘The Lord will keep you from all harm – he will watch over your life; the Lord will watch over your coming and going both now and forevermore.’

God watches over you every day, whether you’re at school, at home or playing with friends. Look up to him every morning and ask him to guide your steps. Before you do anything today, say a quick prayer asking God to watch over you.

# Look Up When You Feel Afraid

Read: Psalm 56:3 NIV

‘When I am afraid, I put my trust in you.’

Sometimes we feel scared, but instead of looking down or hiding, we can ‘look up’ to God and trust that he is with us. If you feel afraid today, try this: look up at the sky and remember that God is with you, even when things seem scary.

# Help Others to Look Up to God

Read: Matthew 5:16 NIV

‘Let your light shine before others, that they may see your good deeds and glorify your Father in heaven.’

You can help other people ‘look up’ to God, too! Think of someone who might be sad or worried. How can you show them God’s love? Maybe you can share a kind word or invite them to pray with you.

# Look Up and Trust God

Read: Romans 8:28 NIV

‘And we know that in all things God works for the good of those who love him, who have been called according to his purpose.’

God is working everything out for good, even when things seem hard. Today, remember to ‘look up’ to God and trust that he has a good plan for you. Spend a few minutes thanking God for all the good things in your life and ask him to help you keep trusting him.