

From *Doubt* to **FAITH!**  
*Grade 4, 5, and 6*

**Exercise 1:**

Go stand in front of a mirror (in your bedroom or bathroom)

Look in the mirror for **AT LEAST** 10 seconds. **DO IT!**

Can you see air coming out of your mouth?

Do you *doubt* that it is really there?

Do you **believe** that your breath is real even though you can't see it? **YES!**

Can you see God?

Do you have **FAITH** that God is alive?

Do you **believe** God is real even though you can't see Him? **YES!**

**Exercise 2:**

Is there something you are doubting right now?

Do you doubt that God loves you? Or that He is taking care of you?

Do you doubt that God is in control of everything?

Take some time and think about it.....

**Exercise 3:**

Look in the mirror again!!

Do you see that **AWESOME** face in the mirror?

This is one of the many ways to know that God is alive!

He made **YOU!** He gave you a smile.

He gave you peace in your heart. He lives in you.

**Exercise 4:**

How can our heart change from *doubt* to **FAITH**?

By spending time in prayer and reading the Bible!

1. Take 5 minutes right now and pray to God.

2. Read **John 20:19-29**

Even though we can't see God.... we have **FAITH** that He is working!

May God bless you this week!