

Make Waves: What you do today can change the world around you.

DAY 1

Read Nahum 1:7

We love to use the word “good” to describe things.

How’s your day? Good.

How are you feeling? Good.

How’s the pizza? Good.

When we use the word “good” we often think of it as “average” or just “okay.” But God is not “average” or “just okay!” God always does what is right and perfect. Because of the goodness of God we can trust Him no matter what, and we can show God’s goodness to others.

Verb Verse

Fill in the missing verbs or action words in today’s verse. Cross out the words “people,” “they” and “those” and replace them with your name. Reread the verse aloud, thank God for His goodness and ask Him to help you share it with the people around you.

“The Lord is _____. When people are in trouble, they can _____ to him for safety. He _____ good care of those who _____ in Him.” Nahum 1:7

DAY 2

Read Matthew 5:14-16

Jesus is the light of the world! He came to show us the way to God. And when we put our trust in Jesus, we can reflect His light to the world around us.

Bright Light/Blocked Light

1. Go grab a flashlight and a bowl.
2. Turn on your flashlight.
3. Read the examples below. If it’s an unwise choice, block the light by covering it with the bowl. If it’s a wise choice, shine the light all around the room.

- ➔ You copy your neighbors test when you don’t know the answer.
- ➔ Your mom asks how long you’ve been playing on your tablet. You choose to be honest and tell her your time is up.
- ➔ Your friend is sad so you sit down next to her on the curb at recess and ask what’s wrong.

You can show God’s goodness to others by making wise choices that honor God and the people around you. When you do, you’ll be shining a light that helps others to follow Jesus.

DAY 3

Read Romans 12:9

How do we know what is “good” and what is “bad”? After all, we all like different things. You might say chocolate ice cream is good but strawberry is bad. Or hot dogs are bad but hamburgers are good.

But the “good” in today’s verse has nothing to do with our personal likes and dislikes. When God asks us to do what is “good,” His standard is always love. In other words, we do good by showing love to others. When we have a choice to make, if that choice leads us to show love to others, then it’s always the wise choice. We do good when we show love.

Hold On to Heart

1. Grab a piece of paper and draw a big heart in the center of the page.
2. Write the words of today’s verse in the center of your heart and then color or decorate it any way you choose.
3. Ask God to help you “hold on to what is good” this week by showing love to the people around you.

DAY 4

Read Galatians 6:10

This week, we’ve talked about God’s goodness and how we can make waves when we do good to others. Doing good means we help, we encourage, we tell the truth, we honor others and put them first. Today’s verse reminds us that when we follow Jesus, we are to do good to everyone, whenever we can.

Do you have a pet at your house? When you feed your dog, what does your dog do? You probably see a lot of tail wagging! When you pet your cat, what does your cat do? You might hear a whole lot of purring! When you add bird seed to your outdoor bird feeder, you probably see some happy squawking birds flock to the feeder to fill their bellies.

Those responses from your animal friends are their way of saying, “Thank you for taking care of me! Thanks for being good to me.”

And all that good care can be extended to the people around you! You can show goodness to others with God’s help. This week, when you have an opportunity to do good, take it. When you can, show God’s goodness to others.



Show God’s
goodness to others.