



# YOU CAN TRUST

100 DEVOTIONS  
TO ANSWER YOUR WHAT-IFS

FOR BOYS

BY KATY BOATMAN

**For my nephew, Blake. May you always know  
that God will never leave your side, and He  
can fight every scary thing you are thinking  
about. I love you so much, buddy!**

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Printed in China

Published by B&H Publishing Group,  
Brentwood, Tennessee

978-10877-8749-7

Dewey Decimal Classification: J242.62  
Subject Heading: DEVOTIONAL LITERATURE / BOYS / CHRISTIAN LIFE

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# BEFORE YOU START READING

I know you have a lot of questions about the way things work.

How many times have you woken up with your mind full of questions, swirling with all the “what-ifs”? You think about each thing that went wrong the day before, the things you are nervous about for tomorrow, and everything you’re scared of as the day gets started! Before you know it, your mind is moving so fast you can’t keep up with it, and now you’re worried, mad that you’re worried, and mad at everything in general.

God knows and understands everything on your mind—all the things you’re upset and worried about—and He’s there to help you fight those things. He sees and hears all those worries and what-ifs that are distracting you at school, making you anxious, and keeping you frustrated and angry.

These one hundred devotions won’t tell you how *everything* works, but they will help you understand a lot more about how *God* works. You’ll realize that He can be trusted, and He will never give up on you. And if you choose to read a devotion each morning, you can start your day thinking about how much God loves you. After every ten devotions, there is an activity for you to do. These are fun, interactive ways to help you apply what you have been reading.

When you finish all one hundred devotions, I pray you know and remember these things:

*God is not scared.*

*God will fight for you.*

*God is always working.*

*God has answers for all your “what- if” questions.*

*God is who He says He is.*

*God is always with you.*

*And you can trust Him.*

*You will keep the mind that is dependent on you in perfect peace, for it is trusting in you.—Isaiah 26:3*



## ***A Note About Asking Adults for Help***

*As we talk about things that worry you and all the questions on your mind, I want you to know it's okay to reach out to adults who can help, such as doctors, counselors, pastors, teachers, and parents! Some worries and problems are too big to handle alone. Some of the topics we're going to talk about in this book may be an overwhelming issue for you and something that reading a short devotion can't help solve. If you're battling those things or dealing with a diagnosis of anxiety or depression, it is absolutely okay (and necessary) to ask for help. No one is supposed to carry these anxieties alone. You are so loved.*

# QUESTION 1

## WHAT IF I HAVE A LOT OF QUESTIONS?

*“Call to me and I will answer you and tell you great and incomprehensible things you do not know.”—Jeremiah 33:3*

**L**ike all kids, your mind is full of questions. You have questions about how the world works. You have a lot of “what-if” questions. You have questions about God. Maybe you have questions about what’s going to happen this coming year. Or perhaps your questions are about why certain things happened in the past.

God is not scared of all the questions you have. In fact, He welcomes them!

Just as a soldier has questions for his commander about what his task is, you have questions for God. And that is completely fine!

Following God requires trust, and God works in big ways that our human minds sometimes can’t understand. (This is true for adults too.) You can ask God anything you want. The best resource we have is the Bible, which is God’s Word. It’s like your manual for life. You will find a ton of answers and examples when you read the Bible. Don’t be intimidated by how long it is! It’s full of stories of how God kept His word, His purpose for your life, and what He’s promised for all the days ahead.

You won't find every answer to every question in the Bible, but you will discover what God has chosen to reveal about Himself, humanity, and life itself. The more you study it, the more truth you'll discover—just ask any grown-up who's been a Christian for a long time!

Don't allow those questions to keep you from getting to know God. Try writing them all out on paper and then praying about them. Bring them all to God—your questions about the world, your future, and your family. Even if you don't get an answer, He has a plan. The Bible shows all of us that God has never failed, and He won't fail you either.

You can trust God.

## ANSWER

**GOD DOESN'T GET ANNOYED BY YOUR QUESTIONS. IN FACT, HE LOVES THEM. YOUR CURIOSITY IS WELCOMED, AND HE WANTS TO HEAR ALL ABOUT IT.**

## QUESTION 2

# WHAT IF I DON'T FEEL STRONG ENOUGH?

*The LORD will always lead you, satisfy you in a parched land, and strengthen your bones. You will be like a watered garden and like a spring whose water never runs dry.—Isaiah 58:11*

**H**ave you ever broken a bone before?

If you have, then you know that suddenly your plans change for the days ahead when the doctor gives you the news you don't want to hear: "You need to wear this cast/boot/sling for six weeks."

The minutes on the clock start to slow down as you wince in pain, wondering how much longer it will take for your bones to heal. How much longer will it be before you can go back to playing flag football with your friends? Or swim? When will your bones be strong again?

You probably feel strong when you're able to pick up something heavy or do something hard without crying. But did you know that true strength comes from God?

The Bible tells us God will make our bones strong (Isaiah 58:11).

It says God heals the brokenhearted and heals their wounds (Psalm 147:3).

God renews our strength when it's gone (Isaiah 40:31).

On the days when you don't feel strong enough (whether it's your bones or your mind), spend time with God. Remember that your strength comes from Him and that He is all-powerful, with the strength to do anything, anywhere, anytime. When you trust God to be who He says He is, you might quit holding back tears and realize it's okay to let them out. You might quit trying to build strength on your own.

You can allow God to heal you. You can pray about every emotion and share it with God. You can be strong, because He is your strength.

You can trust God.

## ANSWER

**YOUR STRENGTH COMES FROM GOD, WHICH IS THE BEST NEWS! IT MEANS YOU DO NOT HAVE TO PROVE YOURSELF. IT'S EXPECTED THAT YOU WON'T FEEL STRONG AT TIMES, BUT GOD WILL ALWAYS COME THROUGH.**

# IS YOUR MIND OVERFLOWING WITH WHAT-IF QUESTIONS?

Preteen boys have a lot spinning through their curious minds each day. But too often their what-ifs are rooted in fear and anxiety as they try to find their way in a world that doesn't always make sense.

This easy-to-read devotional offers daily encouragement and truth to combat that worry. Each of the 100 devotions, plus interactive Activity Days, rallies boys to trust the God who has all the answers. They'll explore questions such as:

- *What if I don't feel strong enough?*
- *What if I'm scared?*
- *What if my team loses?*
- *What if God changes His mind about me?*

Life comes with a lot of questions, but *You Can Trust* offers boys tangible reminders that their God can be trusted with all their what-ifs.

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ministry, and she is passionate about helping them understand who God is and reminding them they are not alone. If she's not writing or walking her dog, you can typically find Katy eating Mexican food with her friends! You can connect with her on Instagram: @katyboat.

Cover illustration  
by Hannah Tolson

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JUVENILE NONFICTION / Religious / Christian /  
Devotional & Prayer Printed in China  
ISBN 978-1-0877-8749-7 USD \$16.99



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