

# What is Trust?

Lesson Scripture: Luke 8:22-25

**Bible Truth:** I will trust God.

**Bible Story:** Luke 8:22-25

**Bible Verse:** “Trust in the Lord with all your heart. Do not depend on your own understanding. (Proverbs 3:5, NIV)

## FOCUS

### Learning Activity: “What is Trust?”

#### Preparation

None

#### Materials

none

#### Presentation

Say: **I need a volunteer who really trusts me.** Allow children to raise their hands. **You need to really, really trust me.** Pick a volunteer.

Say to your volunteer: **I want you to stand in front of me and place your arms across your chest. When I say go, I want you to fall backwards. I promise I will catch you. Do you trust me enough to try?** If the child agrees, proceed with the demonstration, being sure to catch the child and not let him fall. If the child is unsure, choose another volunteer.

Ask the volunteer: **Why were you willing to fall backwards?** The child should answer that he trusted you and knew you wouldn't let him get hurt. Say: **When you trust someone, you rely on them to help you. You know that they would never hurt you. When we trust God, we remember that He knows what is best for us and that He will always take care of us.**

## SCRIPTURE MEMORIZATION: Proverbs 3:5

#### Preparation

Write Proverbs 3:5 on a piece of poster board.

#### Materials

poster board  
marker  
small ball

## Explanation

Read Proverbs 3:5 with the children. Say: **This verse tells us one thing we should do and one thing we should not do. Can anyone underline the phrase that tells us what we should do?** Allow a child to underline the phrase, "Trust in the Lord." **What does it mean to trust God?** Allow children to answer. **When we trust God, we believe that He can take care of us. When we believe that He can take care of us, we do not worry.**

**Can anyone underline the phrase that tells us what we should not do?** Allow a child to underline the phrase, "Do not depend on your own understanding." **What word in this phrase means to trust?** Allow a child to point to the word "depend." **Yes, when you depend on someone, you trust them. God doesn't want us to depend on ourselves. Sometimes people think they don't need God's help. They think they are smart enough or have enough money to take care of themselves. But God doesn't want us to trust in ourselves or our money, He wants us to trust in Him.**

## Memorization Activity

Have children form two lines, facing each other. Give the first child in line a ball. Ask him to say the first word of the Bible verse as he throws it to the child standing across from him. That child says the second word of the Bible verse and throws the ball to the second child in the other line. Continue tossing the ball between the two lines until children have said the entire verse. If you have more words than children, they can start over. When children are familiar with the verse, hide the poster board and let them play the game from memory.

## INSTRUCT

### Bible Story: "Jesus Calms the Storm," Luke 8:22-25

#### Preparation

Read and study Luke 8:22-25.

Choose children to act out the Bible story as you narrate it. You will need at least 2 children to act out the characters of Jesus and the disciples and several children to pretend to be the storm.



#### Presentation

Say: **Today, we are going to learn about a time that Jesus' disciples forgot to trust Him. As I tell you the story, you can act it out.** Guide children in acting out the story as you tell it.

Say: **Jesus, together with His disciples, had been traveling to many towns teaching, preaching, and healing people. One day, He told them that they needed to travel across a huge lake to the other side. They got into a boat and began the trip.** The children pretending to be Jesus and the disciples should get into a pretend boat.

**Jesus was very tired and soon fell asleep.** The child playing the part of Jesus should pretend to fall asleep.

**Many of the disciples had been fishermen before they became Jesus' disciples, so they were probably confident that they didn't need any help getting the boat to the other side of the lake.** Ask the children playing the disciples to stand confidently.

**However, the sky suddenly became dark and a huge storm began. The waves were very high, and the disciples were afraid. They thought they were in danger of drowning.** The children playing the part of the disciples should pretend to be frightened and the children playing the part of the storm should make loud thunder and wind noises.

**They woke Jesus up to tell him that they were all going to drown. Jesus got up and looked at the waves and the storm. He calmly told the storm to stop, and it did! The water was calm and quiet again.** Children should perform these actions as you continue story.

**Jesus looked at his disciples with sadness. He asked why they didn't trust Him. The disciples should have known that Jesus would never let the storm harm them. Jesus had told the disciples they were going to the other side of the lake, and He planned to get them there safely.**

Discuss the following questions:

**Who suggested they get into the boat?** (Jesus)

**Why were the disciples not scared when they first got into the boat?** (Most of them had been fishermen, and they trusted in themselves to sail the boat.)

**When the storm came, could the disciples take care of themselves?** (No)

**Instead of trusting that Jesus would take care of them, what did the disciples do?** (They woke Jesus up to tell them that they were all going to drown.)

**What did Jesus do?** (He calmed the storm.)

**Why was Jesus sad?** (The disciples had not trusted Jesus to take care of them.)

Say: **Instead of trusting in ourselves, we need to put our trust in Jesus. He will always take care of us and help us.**

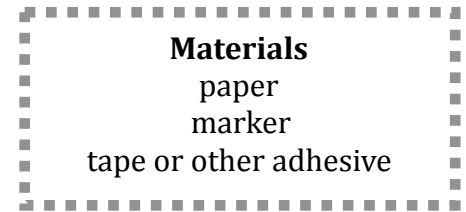
## APPLICATION

### Learning Activity: Creative writing, "Who Do You Trust?"

#### Preparation

Write the following phrases on separate sheets of paper:

Worry  
Trust in Themselves  
Trust in God



Attach the papers to three different walls in the room. If you are meeting outside, ask three volunteers to hold the paper signs for you.

#### Presentation

Say: **Sometimes it is hard to trust God. We either worry about something, or we try to fix it ourselves. I am going to read you short stories about five children. Decide if the children worried about their problems, trusted in God, or trusted in themselves.** Ask children to stand by the correct sign when they decide if the child in the story worried about their problem, trusted in God, or trusted in themselves.

- Story 1: John has always slept in the same room as his brother, but his brother is going to be away for a week. John is going to have to sleep in a room by himself. He hides a flashlight under his pillow, so he can use it if he gets scared.
- Story 2: Mary has a math test at school tomorrow. She doesn't like math and usually does poorly on tests. Mary is awake all night worrying about the test.
- Story 3: Steve and Jane can hear their parents arguing in the other room. They hate it when their parents yell at each other. They kneel by their bed and begin to pray for their parents.
- Story 4: Jeremiah has been sick for a week. He begins to think that he is never going to feel better.
- Story 5: Katrina's family is moving to a new town. She has to leave all of her friends. She prays and asks God to send her new friends.

## MINISTRY TIME

### Preparation

None

### Presentation

Say: **Some of you may struggle with worry. Instead of worrying, Jesus wants you to trust Him. When you have a problem, some of you try to fix it yourself. Instead of trusting in yourself, Jesus wants you to trust Him.** Invite children who struggle with worry or tend to trust in themselves to stand by the corresponding sign. Pray with each group of children. When everyone is finished praying, ask all of the children to stand by the "Trust in God" sign and say together, "We will trust in God."

**Materials**  
signs used during the  
application activity

# Trusting God for Protection

Lesson Scripture: 1 Samuel 17

**Bible Truth:** I will trust God to protect me.

**Bible Story:** 1 Samuel 17

**Bible Verse:** “You are my hiding place; you will protect me from trouble...” (Psalm 32:7a, NIV)

## FOCUS

### Learning Activity: “What Can Protect Me?”

#### Preparation

Make a shield out of poster board or use the lid of a large container. Crumple several sheets of paper to create paper balls.

Plan to do this activity outside if you want to demonstrate how an umbrella protects us from water.

**Materials**  
poster board  
paper  
umbrella  
cup of water

#### Presentation

Invite two volunteers to play a game. One child will throw balls of paper at another child holding the created shield. The goal is for the child holding the shield to be protected from the paper balls.

Say: **The shield did a good job of protecting that child from those paper balls. Today we are going to be talking about protection.** Show an umbrella. **Here is another object that can be used for protection. How can an umbrella protect me?** Allow children to answer. **Yes, an umbrella protects me from the sun and rain.** If you are outside, invite a child to pour a cup of water over your head as you use the umbrella to protect you from getting wet.

**Paper balls and a little water aren't really big dangers to children. However, sometimes children face big troubles or problems in their life from which they need to be protected. We can trust God to protect us. He is so much better than a shield or an umbrella.**

## SCRIPTURE MEMORIZATION: Psalm 32:7a

### Preparation

Write Psalm 32:7a on a piece of poster board.

Write the words of Psalm 32:7a on separate pieces of paper. Make two sets using different colors of paper. If you don't have two colors of paper, cut your paper into two shapes, circles and squares. Write one set of words on square pieces of paper and one set on circle pieces of paper. Hide the words around the room.

Before children arrive, hide a small toy somewhere in the room. Make the toy hard to find.

### Explanation

Say: **I have hidden \_\_\_\_\_ (describe the toy) somewhere in this room. Let's see if you can find it.** Give children several minutes to find the hidden toy. If they cannot locate it, give them clues until it is found. (Remind the children not to pick up any pieces of paper with words written on them. They will be used later.)

Say: **You had to work very hard to find the toy because it was in a great hiding place. Sometimes the Bible compares God to something we can see to help us understand Him. Today's Bible verse compares God to a hiding place. Let's read Psalm 32:7a together.** Read the Bible verse with the children.

**How is God like a hiding place?** Allow children to answer. **Yes, he protects us from trouble. My toy was safe as long as it was in its hiding place. You can trust God to protect you.**

### Memorization Activity

Divide the children into two teams. Assign each team a color or shape of paper. Explain that you have hidden the words of Psalm 32:7a around the room. Each team should find all of the words in their color or shape. Once they have found all of their words, they should put the verse in the correct order.

## INSTRUCT

### Bible Lesson: "David Trusted God," 1 Samuel 17

#### Preparation

Read and study 1 Samuel 17.

Draw pictures to use as visual aids as you tell the story.

**Materials**  
small toy  
2 colors of paper  
marker  
scissors (optional)

**Materials**  
Bible  
paper  
markers or crayons

## **Presentation**

Show the pictures you drew as you tell the story.

Say: **One day, David, a young boy, was watching over his father's sheep when he received a message to go to his house. "David," said his father, "your brothers, who are with the king of the Israelites, King Saul, are getting ready to fight against the Philistines. I want you to take them food. See how they are doing, and come back to tell me."**

**When he arrived at the Israelite camp, David quickly went looking for his brothers. While talking to them he heard a loud voice yelling and insulting the God of Israel. David looked across the valley and saw a Philistine giant challenging the people of God.**

**"Instead of all of us fighting a battle with each other, choose one man and have him come fight me. If he kills me, the Philistines will be your servants; but if I kill him, you Israelites will become our servants," this giant declared.**

**"Who is this man that dares insult our God?" asked David.**

**"He is Goliath, a Philistine giant. Everyone is afraid to fight him." answered a soldier.**

**"I will fight him," answered David courageously.**

**King Saul quickly heard about this young man in the Israelite camp willing to fight the giant. The king called David to his tent. When Saul saw David, he said, "David, you are just a boy. You can't fight that giant."**

**"With God's help, I have killed lions and bears to protect my sheep. God protected me from being harmed by those wild animals. In the same way, I know God will protect me from this giant and help me defeat him."**

**"Go," said King Saul. "I know the Lord will be with you."**

**David walked across the valley toward the Philistines' camp. On the way, he stopped by a stream and picked up five smooth stones. He placed them in his satchel and took out his sling. He continued toward the giant, Goliath, and the Philistine army.**

**The giant was surprised to see David approaching him. In a loud voice, he said, "You are just a boy. Does Israel think that I am dog and they sent you, a little stick, to fight me?"**

**David was not scared to hear the words of the giant. He yelled back to the giant, "You come against me with sword, and spear, and javelin, but I come against you in the name of the Lord Almighty. He will help me win this battle."**

**Slowly the giant moved toward David. David quickly took a stone out of his bag and ran towards Goliath. He put the stone in the sling and shot it at Goliath. The stone hit the giant on the forehead, and he fell to the ground.**

Say: **Goliath chose to trust in his weapons to protect him, but David chose to trust God for protection.**



## APPLICATION

### Learning Activity: Art, "God is My Protection"

#### Preparation

Draw a picture of an umbrella in the middle of a piece of paper or make copies of the picture at the end of this lesson.

#### Presentation

Say: **We can trust God to protect us just like David trusted God.**

**David needed protection from a giant. From what types of things do children need protection?** Allow children to answer. They should

mention things such as storms, fear of the dark, dangerous people, sickness, etc. **Let's make a picture to remind us that we can trust God to protect us from all of those things.** Give each child a prepared sheet of paper. Instruct them to write "God" on the umbrella, reminding them that the umbrella is a symbol of protection. Then they can draw a picture of themselves under the umbrella.

Say: **Just like an umbrella can protect you from sun and rain, you can trust God to protect you!**

**Materials**  
paper  
crayons  
copy of the umbrella  
picture at the end of the  
lesson

## MINISTRY TIME

#### Preparation

Gather children under some type of covering. This could be umbrellas, several paper shields, or a large piece of cloth.

#### Presentation

Say: **As we stand under this \_\_\_\_\_, we are reminded that God can protect us. Let's say a prayer asking God to help us trust in Him for protection.** Say a prayer for the children, praying for anything specific that they mentioned during the lesson.

**Materials**  
umbrellas or a large piece of  
cloth for children to stand under

**I can trust God to protect me.**



# Trusting God for Provision

Lesson Scripture: Exodus 15:22-27 and 16:1-36

**Bible Truth:** I will trust God to provide for me.

**Bible Story:** Exodus 15:22-27 and 16:1-36

**Bible Verse:** “And my God will meet all your needs according to the riches of his glory in Christ Jesus.” (Philippians 4:19, NIV)

## FOCUS

### Learning Activity: “Need or Want?”

#### Preparation

Place all of the materials on a table at one end of the room.

#### Presentation

Say: **Have you ever heard someone say they wanted or needed something? Can you name something you want?**  
Allow children to answer. **Can you name something you need?**

Allow children to answer. **Sometimes it is hard to remember that the things we want are sometimes different from the things we need. We need food, clothing, and shelter. Those are things we need to live. There are also things we want, like toys, but we do not need them to live.**

Divide children into two teams of six. (If you have more than 12 children, choose volunteers or play the game more than once.) They will play a relay race type of game where each child races to the table and gets an item. Once the team has six items, they need to divide them into two piles: things people want and things people need. The first team to correctly gather and sort six items wins.

Say: **God has promised that He will provide everything we need. He will not give us everything we want, but we can always trust Him to provide what we need.**

#### Materials

2 food items  
2 cups of water  
2 pieces of clothing  
4 toys  
2 balls

## SCRIPTURE MEMORIZATION: Philippians 4:19

### Preparation

Write Philippians 4:19 on a piece of poster board.

Write each word of Philippians 4:19 on a separate piece of paper and attach them to the wall. If you are meeting outside, attach the papers to a piece of string and have two people hold the ends of the string.



### Explanation

Read Philippians 4:19 with the children. Say: **This Bible verse contains a promise. Can someone underline the promise?** Allow one child to underline the phrase, "And my God will meet all your needs." **The second part of this verse tells us that God will meet our needs out of the riches of glory that come from Jesus. Since there is no end to the riches or glory of Jesus, there is no end to God's provision for you. He will meet your needs.**

### Memorization Activity

One at a time, ask children to remove one word of the Bible verse from the wall or string. Each time a word is removed, read the verse with the children, asking them to remember the missing words.

## INSTRUCT

### Bible Story: "God Provides for the Israelites," Exodus 15:22-27 and 16:1-36

#### Preparation

Read and study Exodus 15:22-25 and 16:1-36.

As an adult or teen helper to prepare the Bible story monologue. Give him a Bible costume to wear if available.



#### Presentation

Say: **Do you remember the story about God parting the Red Sea for the Israelites? Moses was the leader of the Israelites during that time. He has some interesting stories to tell us about God providing for their needs.**

Moses: Thank you so much for inviting me to speak to you today. As your teacher mentioned, I was the leader of the Israelites. My first job as leader of the Israelites was to guide the people out of slavery in Egypt and across the Red Sea. I stood in amazement as God pushed the water of the Red Sea aside so we could walk across on dry ground. Then, when we were all across the sea, He let the water fall on Pharaoh's army so they couldn't chase us. We were so excited and sang praises to God for protecting us. I thought the people would always trust God because they had seen His power. Unfortunately, they quickly forgot to trust God.

Just a few days after crossing the Red Sea, the people began to complain that they were thirsty. I have to admit that I was thirsty too! We had not had any water for three days. We finally came to a water source, but the water was too bitter to drink. I prayed to God, and He sent an interesting answer. He told me to throw a stick into the water. When I did, the bitterness disappeared, and we had all of the water we needed. Then, God led us a little further into the desert to a place with 12 springs of fresh water. Now, I was sure the people would trust God to provide what they needed.

Once again, I was wrong. After a few more days of traveling, the people began to complain that they were hungry. They even said that they wished we had stayed as slaves in Egypt because as slaves at least they had food to eat. Once again, I prayed to God for help. He answered in an amazing way. That evening, God sent birds (called quail) into the camp for everyone to eat. Then, the next morning, He covered the ground with a special type of bread called manna. We continued to find the manna every morning! God gave us specific instructions about gathering the manna because He wanted us to trust Him to provide for us. We were only allowed to gather enough manna for each person to eat on that day. We couldn't save any of the manna for the next day. Some of the people didn't have enough faith that God would send manna each morning, so they collected extra and saved some in containers. But the next morning, fresh manna was on the ground and the manna they had saved was full of worms! From then on, we only collected the amount of manna allowed by God, and He continued to provide for our needs each day.

## **APPLICATION**

### **Learning Activity: Art, "God Provides"**

#### **Preparation**

Write "God Provides" at the top of a sheet of paper for each child.

**Materials**  
paper  
poster board  
crayons or markers

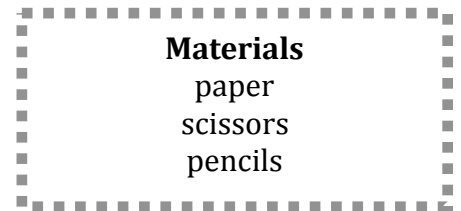
## Presentation

Say: **We can trust God to provide what we need. Let's make a list of things that God provides for us on this poster board.** Write down the children's suggestions. Be sure to emphasize the difference between our needs and our wants. When finished, give each child a prepared sheet of paper and ask them to draw three things that God has provided for them.

## MINISTRY TIME

### Preparation

Cut the paper into the shape of a piece of bread. Make one for each child.



### Presentation

Say: **Just like God provided water and food for the Israelites, He will provide everything you need. Can you think of a need you have right now? Maybe your family needs more money to pay the bills or buy food. Maybe you need a new pair of shoes or clothes.** Give each child a bread-shaped piece of paper. Ask them to write their need on it. If children cannot think of anything they need personally, ask them to write down the need of a friend. You might also share needs of children in other countries. Place each of the papers in a bowl and pray for God to provide for these needs.

# Trusting God for Guidance

Lesson Scripture: 1 Samuel 23:1-13

**Bible Truth:** I will trust God to guide me.

**Bible Story:** 1 Samuel 23:1-13

**Bible Verse:** “He guides the humble in what is right and teaches them his way.” (Psalm 25:9, NIV)

## FOCUS

### Learning Activity: “Following A Trusted Voice”

#### Preparation

Set up an obstacle course in one area of the room. Choose one or two children to participate in the activity. Blindfold them before they see the obstacle course.

**Materials**  
blindfold  
objects to use for an obstacle course

#### Presentation

Say: **Today, we need to help** (name of volunteer) **get through this obstacle course safely. I would like** (name of volunteer) **to pick one child he trusts to guide him through this obstacle course.** Allow the blindfolded child to choose someone to help him. Instruct the helper to give verbal commands to the blindfolded child. He cannot touch him.

Be prepared to intervene if the blindfolded child is headed into an obstacle that could cause him harm.

If there is time, repeat the activity with different volunteers.

At the end of the activity, say: **Our volunteers were not worried about getting to the end of the obstacle course safely because they chose friends they trusted to help them. When they had to make a choice about which direction to turn or how to get over an obstacle, they knew they could ask their friends for guidance. In our lives, when we have choices to make, we should always ask God what to do. We can trust Him to guide us.**

## SCRIPTURE MEMORIZATION: Psalm 25:9

### Preparation

Write Psalm 25:9 on a poster board or whiteboard.

**Materials**  
poster board  
markers or crayons

### Explanation

Read Psalm 25:9 with the children. Say: **Today we are learning that we can trust God to guide us. This Bible verse tells us that God will guide us in what is right.** Ask a child to underline the word "right." **It also says that God will teach us His way.** Ask a child to underline the word "way." **Can someone read to me the two words we underlined?** Allow one child to read. **Great job! God will guide us in the "right way" to go. When you have a decision or a choice to make, always ask God the "right way" for you to go.**

### Memorization Activity

Divide the children into three groups. Assign each group one of the following phrases from the Bible verse and ask them to create an action or hand motion for the phrase.

He guides the humble  
in what is right  
and teaches them His way.

When each group has created an action or hand motion, have them teach it to the class. Say the verse together using the motions.

## INSTRUCT

### Bible Story: "David Asks God," 1 Samuel 23:1-4

### Preparation

Read and study 1 Samuel 23:1-4.

Write each of the following questions on separate pieces of paper.

**Materials**  
Bible  
paper  
pencil

Where did David and his men hide from Saul?  
What was happening in the city of Keilah?  
Why did David ask God twice if he should attack the Philistines that were causing problems in Keilah?  
What two questions did David ask about Saul and the men in Keilah?  
What did God do for David after he asked God for guidance?  
How many times did David ask the Lord what to do in this Bible story?



## **Presentation**

Divide the children into three groups. Give two prepared papers to each group. Ask them to listen for the answers to their questions while you tell the Bible story. Remind them not to shout out the answers during the Bible story. At the end of the Bible story, ask each team to read their questions and give the answers. If one of the groups can't answer their questions, give the other groups an opportunity to answer.

**Say: David was chosen by God to replace Saul as king of Israel. Because of this, Saul was determined to kill David. David, and the men following him, hid from Saul in caves and forests.**

**One day, a messenger came with bad news for David. "The men in the city of Keilah are in trouble. The Philistines are stealing their grain. They won't have any food for the winter."**

**David asked God immediately, "Do you want me to go and attack the Philistines? Do you want me to help the people of Keilah?"**

**"Yes," the Lord answered.**

**But when David told his men, they didn't want to go. "We are afraid in our own country. There is no way we can fight the Philistine army."**

**So David asked God again, "Do you want me to attack the Philistines?"**

**"Yes," the Lord answered. "Go to Keilah. I will help you defeat the Philistines."**

**David and his men went to Keilah and fought the Philistines. They destroyed the Philistine army and took all of the livestock. The people of Keilah were saved.**

**Saul heard of David's victory over the Philistines. "Well," he thought, "David is in Keilah. This city has walls. David is trapped." Saul called his army and began his march towards Keilah.**

**Once again David asked God what he should do. "Lord, will Saul come to Keilah to capture me? Will the people of Keilah betray me?"**

**The Lord answered by saying, "Yes, David. Saul is coming. The men of Keilah will turn you over to Saul."**

**David knew what he needed to do. He gathered his men and quickly left Keilah. When Saul found out that David had left Keilah, he stopped his march towards the city. But he never stopped looking for David. Saul would look for David daily, but the Lord would not let him find David.**

## APPLICATION

### Learning Activity: Bible Search, "What Should I Do?"

#### Preparation

Make copies of the "What Should I Do?" activity located at the end of this lesson. Make enough copies for each pair of children to have one.

**Materials**  
copies of the "What Should I Do?" activity  
pencils  
Bibles

#### Presentation

Say: **There are many times in life when we don't know what to do.**

**We need to ask God for guidance, just like David did. Since the Bible contains God's words, we can find the guidance we need from God when we read the Bible. Let's look at some children that need guidance and see if we can find answers for them in the Bible.**

Pass out the "What Should I Do?" activity. Let children work in pairs to find the answers. Discuss when finished.

\*There are two copies of the activity. One includes the scripture reference and the other has the scriptures written out for those children who may not have Bibles.

## MINISTRY TIME

#### Preparation

None

**Materials**  
pencils  
paper

#### Presentation

Give each child a piece of paper and a pencil. Say: **Is there a situation in your life where you need God's guidance? On your piece of paper, write down any questions you have for God.** Give children a few moments to write on their papers. Once they are finished, place all of their papers inside a Bible. Gather around the Bible and pray together, asking God to give the children guidance. Remind the children to pray during the week for God's guidance and to listen for God's answer.

\*With the children's permission, you may want to look at their questions and help them find answers in the Bible or encourage them to talk to their parents.

# What Should I Do?

Directions: Match each child's question with guidance from the Bible.

- |   |                    |
|---|--------------------|
| 1. My parents want me to clean up my toys, but I want to play instead. God, what should I do?                   | A. James 5:14      |
| 2. My best friend did not do her math homework. She wants me to let her copy my answers. God, what should I do? | B. Joshua 1:9      |
| 3. My grandmother just died, and I am so sad. God, what should I do?  | C. Ephesians 4:28a |
| 4. I just moved to a new neighborhood, and I don't have any friends. God, what should I do?                     | D. Ephesians 6:1   |
| 5. I had a big fight with my sister. God, what should I do?   | E. Matthew 7:12    |
| 6. I have to talk in front of a large group of people, and I am nervous. God, what should I do?                 | F. Psalm 34:18     |
| 7. I am worried about my mom because she is sick. God, what should I do?  | G. Proverbs 18:24  |

# What Should I Do?

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1. My parents want me to clean up my toys, but I want to play instead. God, what should I do?
  2. My best friend did not do her math homework. She wants me to let her copy my answers. God, what should I do?
  3. My grandmother just died, and I am so sad. God, what should I do?
  4. I just moved to a new neighborhood, and I don't have any friends. God, what should I do?
  5. I had a big fight with my sister. God, what should I do?
  6. I have to talk in front of a front of a large group of people, and I am nervous. God, what should I do?
  7. I am worried about my mom because she is sick. God, what should I do?
- A. "Is any among you sick? Let them call the elders of the church to pray over them and anoint them with oil in the name of the Lord." (James 5:14, NIV)
  - B. "Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go." (Joshua 1:9, NIV)
  - C. "Anyone who has been stealing must steal no longer, but must work, doing something useful with their own hands..." (Ephesians 4:28a, NIV)
  - D. "Children obey your parents in the Lord, for this is right." (Ephesians 6:1, NIV)
  - E. "So in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets." (Matthew 7:12, NIV)
  - F. "The Lord is close to the brokenhearted and saves those who are crushed in spirit." (Psalm 34:18, NIV)
  - G. "A man who has friends must himself be friendly, but there is a friend who sticks closer than a brother." (Proverbs 18:24, NIV)

# Trusting God When I Am Afraid

Lesson Scripture: 2 Chronicles 32:1-23, 2 Kings 18:17-19:36

**Bible Truth:** I will trust God when I am afraid.

**Bible Story:** 2 Chronicles 32:1-23

**Bible Verse:** “When I am afraid, I put my trust in you.” (Psalm 56:3, NIV)

## FOCUS

**Learning Activity:** “What Can I Do with my Fears?”

### Preparation

None

### Presentation

Say: **Can you think something that makes children afraid? Let’s write those things on these pieces of paper.** Write down any

fears listed by the children. The fears mentioned should include

things such as fear of the dark, fear of death, fear of monsters, fear of talking in front of people, fear of not having any friends, etc. When finished, place the fears in a small box.

**I want to make these fears disappear.** Spend several minutes doing different things with the box in an effort to make the fears disappear. Throw the box in the air. Hide it under a chair. Ask another helper to eat the fears. (Be sure they refuse!). Shake the box really hard. After each action, open the box and see if the fears have disappeared.

**No matter what I do, I can’t seem to get these fears to go away. Can anyone think of a way to make these fears to away?** Allow children to answer. **The only way to get rid of these fears is to give them to God.** Take fears out of the box and put them inside a Bible. **When we give our fears to God and trust Him, we don’t have to be afraid anymore.**

### Materials

paper  
markers  
small box with a lid  
Bible

## SCRIPTURE MEMORIZATION: Psalm 56:3

### Preparation

Write Psalm 56:3 on a poster board.

A week before this lesson, give a copy of the following skit to one of the older children. Ask him or her to memorize the lines for the sleepy kid and be ready to present it during this week's lesson.



### Explanation

(Sleepy kid should sit on the first row and act as if he is very sleepy. While you talk to him, he will stretch out and yawn making a lot of noise. Then he needs to pretend to fall asleep and fall on the floor.)

TEACHER: (Walks toward sleepy kid who is sitting on the floor, and helps him to get up.)  
**Are you ok?**

SLEEPY KID: Yes, I think I fell asleep.

TEACHER: **Did you get any sleep last night?**

SLEEPY KID: (Rubs his eyes.) Not much. I kept hearing weird sounds that scared me.

TEACHER: **Did something hurt you?**

SLEEPY KID: No, but I was awake all night. I was afraid that if I fell asleep something would hurt me.

TEACHER: **You don't have to be afraid of the dark or going to sleep.**

SLEEPY KID: But I really hate the dark.

TEACHER: **God will be with you any time of the day and night. He is more powerful than anything that could harm you.**

SLEEPY KID: Well, if God is with me, I think I'll be able to go back to sleep. (Closes eyes to sleep again.)

Say: **Sleepy kid was afraid of the sounds he heard at night. We've all been afraid at some point. Can you remember a time you felt scared? What can you do when you are afraid?** Allow children to answer questions. Read Psalm 56:3 with the children. **Our Bible memory verse tells us to trust God when we are afraid.**

## Memorization Activity

Ask two children to stand in the front of the room, facing each other. They will start the game. The first child says the first word of the memorization verse. The other child says the next word. They continue saying alternating words until the verse is completed or until one of them cannot say the next word. When a child cannot say the next word, he/she will sit down. Another child is chosen to play against the champion. The last child standing is the winner.

\*Instead of a competition, you can also divide the children into pairs and have them practice the verse using the same procedure described in the game.

## INSTRUCT

### Bible Story: "Hezekiah Trusts God," 2 Chronicles 32:1-23, 2 Kings 18:17-19:36

#### Preparation

Read and study 2 Chronicles 32:1-23 and 2 Kings 18:17-19:36.

Make two messages by rolling two pieces of paper into scroll shapes and tying each with a string.

#### Materials

paper  
string  
Bible

Choose two children to be the messengers. The first messenger will bring the letter from the king of Assyria. The second messenger will bring Isaiah's message.

#### Presentation

Say: **How would you feel if a bully told you he was going to beat you up tomorrow?** Allow children to answer. **Most of us would be terrified.**

**Even though Hezekiah was king of the Israelites, God's chosen people, he felt terrified. The king of Assyria, a bully, had promised to destroy Hezekiah and his kingdom.**

**This man was Sennacherib, and he was the king of Assyria. Sennacherib wanted to fight against Judah, King Hezekiah's kingdom. Hezekiah knew he had to do something to protect his people from the king of Assyria. He worked hard fortifying the city walls, organizing an army, and storing water in case the enemy attacked the city. Hezekiah did everything possible to protect his kingdom.**

**On one day, King Hezekiah looked out his window in the palace and saw some men running towards the palace. Ask your first messenger to bring you the prepared scroll. "Who are those men?" he asked himself. "What do they want?"**

The men were messengers sent by Sennacherib, the king of Assyria. They carried a letter for King Hezekiah. Open the prepared message as if you are reading it.

*King Hezekiah,*

*Don't trust that your God will save you. I have come to capture you. Remember how I destroyed the countries around you. Your God won't be able to save you.*

*Sincerely,*

*Sennacherib, king of Assyria*

Hezekiah knew that the king of Assyria had a great army. His army had conquered many other countries surrounding Judah. King Hezekiah was afraid, but he knew what he needed to do. He took the letter and ran to the temple. He got on his knees and placed the letter before the Lord.

Then Hezekiah prayed, "Oh Lord, You are God of all the earth. Please, hear me, oh God. The king of Assyria wrote saying that You are too weak to save us from his army. He's coming to capture us. Please help us. Then the whole world will know that you are the one true God."

After Hezekiah prayed, he did one more thing. He sent a message to Isaiah, God's prophet. "Pray. Pray long," the message said. "The king of Assyria is mocking our God. There's no doubt that God will punish him for this."

**Isaiah sent the king a message.** Ask the second messenger to bring you the second prepared scroll. Open the message and begin to read:

**King Hezekiah,**

**Don't worry. God won't allow the king of Assyria to harm you or the people. God has heard your prayer. He will take care of you.**

**Isaiah**

God did as He said. That night, an angel visited Sennacherib's army and destroyed thousands of soldiers. When Sennacherib woke up the next morning and saw what God had done, he felt terrified. He fled Judah and returned to his own country.

When the story is finished, have a discussion time with the children. Say: **Hezekiah didn't send the king of Assyria a message picking a fight with him. He avoided trouble. What are some ways we can avoid frightening situations?**

**What did Hezekiah do to protect the city?** Allow children to answer. **Yes, he improved the city's defenses. How can you protect yourself from fear?** Allow the children to answer. Then suggest that they can protect themselves from fear by memorizing the Word of God, being careful about what they watch on television or read in books, trying not to think of frightening things, etc. **What was the most important thing Hezekiah did?** Allow children to answer. **Hezekiah**



immediately prayed to God for help and asked Isaiah to pray for him. When you are afraid, it is important for you to pray for help and to ask others to pray for you.

## APPLICATION

### Learning Activity: Art, "Sometimes I'm Afraid"

#### Preparation

None

#### Presentation

Give each child a piece of paper and markers or crayons. Ask them to draw or write something that makes them afraid. When they finish drawing, ask them to fold their paper in half and write today's Bible memory verse, Psalm 56:3, on the outside of the paper.

**Materials**  
paper  
pencils  
markers or crayons

## MINISTRY TIME

#### Preparation

None

#### Presentation

Say: **We learned from our Bible lesson today that when we are afraid, we need to pray for ourselves, and we need ask others to pray for us.** Invite children to kneel on the floor and place their papers from the application activity in front of them. Give them time to pray silently about their fears. When finished with this individual time of prayer, invite children to share their fears with a friend or the teacher and pray for each other.

**Materials**  
papers from the application  
activity

# Trusting God in the Midst of Trouble

Lesson Scripture: Acts 27

**Bible Truth:** I will trust God when I am in trouble.

**Bible Story:** Acts 27

**Bible Verse:** “God is our refuge and strength, an ever-present help in trouble.” (Psalm 46:1, NIV)

## FOCUS

### Learning Activity: “What Goes Up...”

#### Preparation

If you do not have a ball for each child, make several out of paper.

**Materials**  
small ball or piece of paper  
for each child

#### Presentation

Say: **What do you think will happen when I toss this ball up into the air?** Allow children to answer and ask each child to toss the ball into the air.

**Every single one of our balls came back down after we tossed them into the air. What will happen if we do it again?** Allow children to answer and then repeat tossing the balls into the air. **How did you know that the balls would come back down again? Is it because of some law or rule?** Allow children to answer. **Yes, everything that goes up must come down. That is the law of gravity.**

**Did you know that God has laws concerning our trust in Him? We can trust God because He promises to help us during times of trouble. Today we will learn about Paul. He knew about the law of trust. He trusted God during trouble, and God helped him.**

## SCRIPTURE MEMORIZATION: PSALM 46:1

### Preparation

Write Psalm 46:1 on a piece of poster board.

Write "Refuge" on a piece of paper. Attach the paper to one end of the room or have an adult hold the sign if you meet outside.

**Materials**  
poster board  
markers or crayons  
paper

### Explanation

Read Psalm 46:1 with the children. Say: **This verse tells us that God will be three things for us when we are in trouble. Can someone circle these words?** Allow a child to circle the words "refuge," "strength," and "help." **You are probably familiar with the words strength and help, but does anyone know what the word "refuge" means?** Allow children to answer. **A refuge is a place you can go when you are in trouble. It can also be a person you go to for help. When you have having a bad day, your refuge might be your house. Your refuge could also be talking to your mom or dad. This verse tells us that when we are in trouble, our refuge is God. When can go to Him for strength and help when we are in trouble.**

### Memorization Activity

Guide children in playing a game of "Run to the Refuge." One child will stand in the center of the room while the other children line up on the wall opposite the "Refuge" sign. When you tell them to begin, all of the children try to run to the "Refuge" wall without being tagged by the child in the middle. Once everyone has been tagged or reached the wall, all of the children should say the Scripture memory verse together. Play continues again with those children who were tagged in the first round helping to tag other children until only one child makes it to the "Refuge" wall. Be sure to say the Scripture memory verse at the end of each round.

## INSTRUCT

### Bible Story: "Paul Trusts in God Even When His Ship Wrecks," Acts 27

### Preparation

Read and study Acts 27.

Draw pictures of the Bible story to use as visual aids while telling the story.

Put children into three groups. Ask the first group to make the sound of thunder by stomping their feet on the ground, the second group to make the sound of wind by blowing with their mouths, and the third group to make the sound of rain by

**Materials**  
paper  
markers or crayons  
2 small coins  
Bible

snapping their fingers. Have all of the groups practice individually and together until they sound like a storm. Instruct them to make their sounds any time a storm is mentioned in the story.

## **Presentation**

Say: **Paul was chosen by God to be a missionary. He obeyed God and traveled to each country where the Holy Spirit directed him to go. Many things happened to Paul in the places where he went to preach about Jesus. One day, Paul made a list of the things that had happened to him. Listen to these verses in order to know what those things were.** Read 2 Corinthians 11:24, 25 with the children. Write on a blank sheet of paper each of the things they discovered Paul experienced.

**In each of these situations, God was with Paul because Paul trusted Him. Today we will discover the wonderful miracles performed by God after something terrifying happened to Paul.**

**At this point in Paul's life, he had been arrested for preaching about Jesus and was being guarded by Roman soldiers. Paul, along with other prisoners and the guards, was traveling on a ship to Rome. In Rome, Paul would be judged by Caesar, the ruler.**

**Winter was approaching and traveling by ship was very dangerous. But the Roman captain wanted to return to Rome. Paul warned him, "This trip will be very dangerous. If you set sail, there will be problems."**

**But the captain decided that the ship would continue its journey to Rome. They were not far from port when a strong STORM came upon them. Enormous waves rocked the ship. Those traveling on the ship could not see the sun or stars for many days.**

**One morning as the STORM continued, Paul told the captain, "If you had paid attention to me, this wouldn't have happened, but don't be afraid. The angel of God told me last night that we will lose the ship but not our lives."**

**The STORM continued for two more weeks. Then one night, the sailors discovered they were near land. Some of them had decided to abandon ship before it was destroyed by the rocks along the shore. Paul knew what they were planning. He told the Roman captain, "No one will be saved unless they stay on the ship." This time, the captain listened and everyone stayed on the ship.**

**When morning came, those onboard were able to see dry land. As the boat approached the land, it hit a sandbar and could not get any closer to land. The Roman soldiers were afraid that the prisoners would jump into the water and escape.**

**"Let's kill these prisoners before they get away," said one of the Roman soldiers.**

The Roman captain wanted to save Paul, so he said, "No. They all must swim to shore." So everyone on the ship jumped into the water. Some swam to the shore. Others found pieces of wood and floated on them until they reached the shore. None of the 276 people that were onboard perished or escaped. God protected Paul and all who were in the boat because Paul trusted in God and obeyed Him.

Say: Paul faced two types of trouble in this story. He was being held as a prisoner, and his boat was in a huge storm. In both situations, Paul trusted God, and God helped him.

## APPLICATION

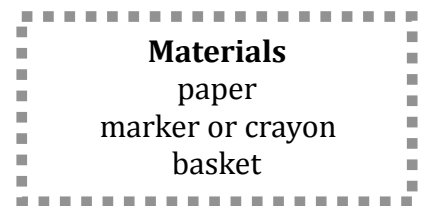
### Learning Activity: Game, "Trouble Balls"

#### Preparation

Write the word, "God" on a piece of paper and attach it to a basket.

#### Presentation

Say: **Children can experience different types of trouble. Let's make a list of troubles on this piece of paper.** Write children's suggestions on a large piece of paper. Their answers should include storms, family problems, sickness, bullies, difficulties at school, etc. **When we experience trouble, we can trust God to help us just like He helped Paul.** Tear the paper into enough pieces for each child to have one and ask them to crumple it into a ball. Have a contest to see if children can throw their balls into the "God" basket. As each paper is thrown into the basket, say, "I can trust God when I am in trouble."



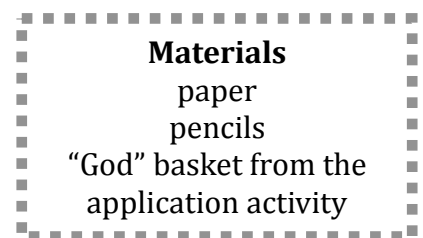
## MINISTRY TIME

#### Preparation

None

#### Presentation

Say: **You may be experiencing some trouble in your life right now. You may also have a friend or family member that is experiencing trouble.** Encourage children to write those troubles on a piece of paper and then give them to God by putting the paper in the God basket. Say a prayer together telling God that you will trust Him when you are in trouble.



# Trusting God To Help Me Do The Right Thing

Lesson Scripture: Daniel 3

**Bible Truth: I will trust God to help me do what is right.**

**Bible Story: Daniel 3**

**Bible Verse: "I can do all things through Christ who strengthens me." (Philippians 4:13, NKJV)**

## FOCUS

### Learning Activity: "How Strong Are You?"

#### Preparation

Line up your objects from lightest to heaviest weight. Be sure to have an object too heavy for any of the children to lift.

**Materials**  
several objects of various weights

#### Presentation

Explain to the children that you are looking for the strongest person in the room. Allow several of the children to demonstrate their strength by picking up the various objects you have displayed. After all of the volunteers have tried, but failed, to lift the heaviest object, ask one of them to try again. This time, help them lift the object.

Say: **The only way for you to lift (heavy object) was when we worked together. It was just too big for one person. You needed help. Sometimes in life, we need help to do hard things too. It can be hard to forgive someone. It can be hard to share your toys. Whenever you struggle with doing the right thing, you can trust God to help you.**

## SCRIPTURE MEMORIZATION: PHILIPPIANS 4:13

#### Preparation

Write Philippians 4:13 on a piece of poster board.

On a large sheet of paper, list several things that are hard for children to do. Examples include sharing toys, studying for a test at school, obeying your parents, being kind to your brothers and sisters, etc.

**Materials**  
Bible  
poster board  
markers or crayons  
large piece of paper

## Explanation

Say: **There are many things that may be hard for a child to do. I've written several of them this paper.** Read list to the children. **The Bible tells us that these are the right things to do, but sometimes it is really hard to do thing right thing. Can you think of anything else that you know is the right thing to do, but it is hard for you to do it?** Add children's answers to the list.

**I have good news for you. You don't have to rely on your own strength to do these things. The Bible says that Jesus will help you.** Read Philippians 4:13. **There is a word in this verse that tells us how many things Jesus will give us the strength to do. Can anyone underline it for me?** Allow one child to underline the word "all". **You can trust Jesus to help you do the right thing!**

## Memorization Activity

Read the verse several times with the children, replacing the word "all" with one of the hard things listed on the piece of paper. For example, "I can share my toys through Christ who gives me strength." Once you have inserted all of the hard things listed, have children jump and shout, "I can do all things through Christ who gives me strength!"

## INSTRUCT

### Bible Story: "Three Young Men Refuse to Worship," Daniel 3

#### Preparation

Read and study Daniel 3.

Pick three children to play the roles of Shadrach, Meshach, and Abednego.

Choose some other children to play the roles of the king, guards, and a multitude of people. If possible, give each child a Bible costume to wear.

Make a large statue out of poster board or cardboard.

#### Presentation

Ask children to act out the story as you tell it to them.

Say: **King Nebuchadnezzar, the greatest king in the world at this time, demanded that a ninety feet tall statue be made and covered with gold. When the statue was finished, it was put in an open field for everyone to see.**

**Materials**  
Bible  
Bible costumes  
poster board  
marker

The king ordered all the officials in his kingdom to come and kneel before it. Among those officials were three Jewish men, Shadrach, Meshach, and Abednego.

While at the open field, King Nebuchadnezzar gave this command:

“Nations and peoples of every language, this is what you are commanded to do: As soon as you hear the sound of the horn, you must fall down and worship the image of gold that I have set up. Whoever does not fall down will immediately be thrown into a blazing furnace.”

The music sounded. The officials fell on their knees, except for the three Jewish men. They remained standing.

Some of the officials went running to King Nebuchadnezzar. “King, at the sound of the music, three men, Shadrach, Meshach, and Abednego did not fall down. They refused to kneel before the statute that you set up.”

The king was furious! He ordered Shadrach, Meshach, and Abednego brought before him. When they were brought in, he asked them why they didn’t kneel and then decided to give them a second chance. “Be ready,” he said. “When you hear the music, kneel before the statue I have set up. For if you don’t worship it, you will be thrown in the blazing furnace. Will your God save you then?”

The three brave men answered, “King, we won’t kneel before the statue you built and worship it. We only worship the one true God. Our God is so big that He will deliver us from this blazing furnace. But even if He doesn’t, we still will not worship your statue.”

This made the king very angry! He said, “Make the furnace seven times hotter.” Then soldiers came and tied up Shadrach, Meshach, and Abednego, so they couldn’t move. They were taken to the blazing furnace and thrown inside.

After the three men were thrown into the furnace, King Nebuchadnezzar looked inside it. The furnace was hot enough to instantly kill anyone who even got close to it, but Shadrach, Meshach, and Abednego were walking around inside. They were not harmed at all. The king also noticed something very strange and he asked, “Didn’t we throw three men into the furnace? There is a fourth man walking inside with them, and he looks like the Son of God.”

“Quickly!” shouted king Nebuchadnezzar, “Take Shadrach, Meshach, and Abednego out of the furnace.”

When they came out of the furnace, the king saw that the fire had not harmed their bodies. Their clothes were not burned, and there was no smell of smoke on them. Only the ropes used to tie their hands and feet were burnt.

King Nebuchadnezzar said, “Their God kept them safe, because they trusted in Him.”



When you have finished telling the Bible story, lead children in a discussion using the questions below.

What was King Nebuchadnezzar's command? (Kneel before the statue and worship it at the sound of the music.)

Why was it wrong for them to obey the king's command? (God says we should only worship Him.)

What was a consequence of this disobedience? (Being thrown in the blazing furnace)

Did they make the right choice? (Yes)

Why were they able to make the right choice? (They trusted God to take care of them.)

## **APPLICATION**

### **Learning Activity: Story, "Madelyn Needed Help"**

#### **Preparation**

None

#### **Presentation**

Show children the doll as you tell them the story below.

**Materials**  
a doll  
paper  
markers or crayons

Say: I want to tell you about a little girl who needed to trust God to help her do the right thing. This little girl's name was Madelyn and she loved pretty things. Her mom also loved pretty things and had a collection of small dolls that Madelyn thought were beautiful. One night as Madelyn was looking at one her mom's dolls, she decided to hold it. All of a sudden, she dropped it and part of the doll broke. Madelyn knew the right thing would be to tell her mom, but she was afraid of getting in trouble. Instead of asking God to help her do the right thing, Madelyn hid the doll under her bed and tried to go to sleep. But all night long, God kept speaking to her heart and telling her the right thing to do. Finally, in the morning, Madelyn went to her mother and told her what had happened. When Madelyn confessed, her mother forgave her, and Madelyn knew in her heart she had done the right thing.

**Madelyn learned an important lesson that day. When we need to do the right thing, we can trust God to give us the strength to do it.**

Say: **Can you think of a time when you had to trust God to help you do the right thing?** Pass out paper and crayons and ask children to draw a picture of themselves when they had to trust God to help them do the right thing. If they can't think of a situation, have them draw a picture of the story about Madelyn.

## MINISTRY TIME

### Preparation

Write the word "fear" on several pieces of paper. Make enough for each child to have one.

**Materials**  
paper  
markers or crayons

### Presentation

Say: **In our story, Madelyn didn't do the right thing because she was afraid of getting in trouble. Can you think of any other reasons some children don't do the right thing?** Allow children to answer. They should include fear of getting in trouble, fear of someone laughing at them, fear of making a mistake, etc. **Most of the time, children don't do the right thing because of fear. Trusting in God is the opposite of fear. We trust that He will take care of us. Sometimes He takes away the thing we fear. Other times, He gives us the strength to get through a hard situation. No matter what happens, we know that when we do the right thing, we are pleasing God and that is what is most important in life!**

Give each child a piece of paper with the word "fear" written on it. Have them put the piece of paper under their foot and say, "I will not fear. I will trust God to help me do the right thing." Invite children to pray for any situation in their life where they are struggling to do the right thing.

# Trusting God At All Times

Lesson Scripture: Genesis 37, 39-46

**Bible Truth:** I will trust God at all times.

**Bible Story:** Genesis 37, 39-46

**Bible Verse:** “Trust in him at all times, you people; pour out your hearts to him, for God is our refuge.” (Psalm 62:8, NIV)

## FOCUS

### Learning Activity: “What Time Is It?”

#### Preparation

Make two signs. One sign should say “Good Times” and the other “Bad Times.” Attach the signs to opposite walls.

**Materials**  
Bible  
paper  
pencil, markers, or crayons

#### Presentation

Say: **Everyone goes through situations in their lives that are good. Everyone also goes through situations in their lives that are bad. Let’s play a game to see if you can tell the difference between a good time and a bad time.** Explain to the children that you are going to read some short stories to them. If the story talks about a good time, they should run to the “Good Time” sign. If the story talks about a bad time, they should run to the “Bad Time” sign.

- Sarah was playing in her yard and another girl, a bully, came and pushed her so hard that Sarah fell and broke her arm.
- Elizabeth received a good grade on her math test.
- Caleb’s dad got a new job and the family is moving to a new town. Caleb is worried that he won’t have any friends.
- John is scared of the dark. He wants all of the lights on at night.
- A new family just moved into the house next to George. They have a boy his age, and they have already played today. George is so thankful for a new friend.
- Maria’s best friend is very sick. They can’t play together, and Maria is worried about her friend.

Say: **It can be hard to trust God when we are going through bad times, but the Bible tells us that we can trust God at ALL times.**

## SCRIPTURE MEMORIZATION: Psalm 62:8

### Preparation

Write Psalm 62:8 on a piece of poster board.

Write the words "worry," "fear," "sadness," and "trust" on separate pieces of paper. Fill a glass with water.

### Explanation

Say: **We have spent several weeks taking about trusting God. We know that we can trust God at all times.** Underline that part of the verse. **It is easy to trust God during good times, but how do you trust God during bad times? This second part of this verse gives us a clue. It says to pour out your hearts to him.** Show children a glass of water and begin to pour it into a bowl or onto the ground. **When I pour the water out of this glass, what is left inside?** Allow children to answer. **There is nothing left. This glass is like your heart. When you are facing a bad time, your heart is probably full of worry, fear, and sadness.** Place the pieces of paper with those words written on them into the glass. **God wants you to pour out these things to Him.** Pour the papers out of the glass. **You pour out these things by praying. When you pray and give them to God, He takes your worries, fear, and sadness away and fills you with trust.** Place the trust paper inside the empty glass. **In lesson 6 we learned that a refuge is a place or person you go to when you are facing a bad time. This verse reminds us that God is our refuge; we can pray to him; and He will fill us with trust.**

### Memorization Activity

Ask children help you make up motions for the Bible verse. Practice saying it aloud and with the motions. Do this several times until children have learned the verse.

## INSTRUCT

### Bible Story: "Joseph Trusts God at All Times," Genesis 37, 39-46

### Preparation

Read and study Genesis 37, 39-46.

Draw pictures of each good and bad time that Joseph experienced. Attach them to the wall as you tell the story. Place the good times at the top of the wall and the bad times at the bottom of the wall. The pictures should show a pattern of good and bad times in Joseph's life when he trusted in God.

**Materials**  
poster board  
markers or crayons  
glass  
water  
bowl

**Materials**  
paper  
markers or crayons  
Bible

## **Presentation**

Say: **There was a man in the Bible that had to learn to trust God during good times and bad times. His story starts with a good time.**

Good Time: **Joseph was the favorite son of his father Jacob. His father gave him a beautiful new coat and loved him very much. BUT**

Bad Time: **Joseph's brothers were jealous, so they sold him as a slave. The people who bought Joseph took him to Egypt, far away from his father. BUT**

Good Time: **God was with Joseph and allowed him to work in the home of Potiphar, a rich man. Potiphar came to trust Joseph and put Joseph in charge of Potiphar's entire house. Joseph was happy and safe. BUT**

Bad Time: **Potiphar's wife told lies to Potiphar about Joseph. Potiphar believed his wife and had Joseph thrown in jail.**

Good Time: **Again, Joseph did not understand what was happening in his life, but he trusted God. God allowed the prison guard to see that Joseph was a good man, so the guard put Joseph in charge of the prison. Even though he was in prison, Joseph was treated well.**

Bad Time: **While in prison, Joseph met the king's cupbearer and baker. Both of these men had dreams and Joseph interpreted the dreams for them. Through the dreams, Joseph knew that the cupbearer would be released from prison. He asked the cupbearer to talk to the king about releasing Joseph from prison. But when the cupbearer was released from prison, he forgot about Joseph. Joseph was in prison for two more years.**

Good Time: **Finally, the cupbearer remembered Joseph when the king had two dreams no one could interpret. Joseph was brought from the prison to appear before the king. God told Joseph that the king's dreams meant that Egypt was about to have seven good years of crops and then seven years of famine. The king was grateful that Joseph understood his dream. He put Joseph in charge of preparing Egypt for the seven years of famine. The king made Joseph the second most important man in Egypt. Joseph helped the people save enough food during the seven good years of crops that everyone in Egypt had enough to eat during the seven years of famine. And the best part is that during the famine, Joseph was reunited with his father and forgave his brothers.**

**Even though Joseph did not understand why the bad things happened in his life, Joseph trusted God. God used the bad things to put Joseph in a place to save his family and all of Egypt from starving.**

## APPLICATION

### Learning Activity: Art, "God Answers Prayer"

#### Preparation

Draw lines on a piece of paper to divide it into three sections. Write the words "yes," "no," and "wait" at the top of the sections. Prepare one paper for each child.

**Materials**  
paper  
markers or crayons

#### Presentation

Say: **When you ask your parents for a snack, what are some answers they might give you?** Allow children to respond. They should mention parents saying yes, no, or wait. **Your parents hear your request, but they don't always say yes or give you what you want. You might even not understand why your parents said no, and you get upset with them. They will probably respond that they know what is best for you and you just have to trust them.**

**It is the same way with God. When we pour out our hearts to God in prayer during bad times, we can be certain that God hears our prayers. But He doesn't always say yes. Sometimes God says no. Sometimes God says wait.**

Give each child a prepared sheet of paper. Ask them to write or draw prayers that they have prayed where God has answered yes, no, or wait. If this is too difficult for children to do individually, you might do this as a group activity with a large piece of paper or poster board.

## MINISTRY TIME

#### Preparation

Write out the following Bible verse references on separate sheets of paper. Each verse lists one or two characteristics of God. The characteristics are listed for the teacher's reference.

Daniel 2:20 (wise and powerful)  
Jeremiah 31:3 (loving and kind)  
Psalm 73:1 (good)

**Materials**  
3 Bibles  
paper  
pencils  
paper from the application activity

\*If Bibles are not available, write the entire verse on the pieces of paper.

#### Presentation

Say: **One of the hardest things we will ever do as Christians is to trust God when bad things happen or when God says "no" or "wait" when we pray. How do we know we can trust**

**God during these times?** Allow children to answer. **Let's look at what the Bible says to help us answer this question.** Divide children into three groups. Give each group a prepared piece of paper. Ask the group to read the verse and find one or two words that describe God. When finished, ask each group to share their words with you. Write them on a large piece of paper. (Answers are listed in the preparation section.)

**Do you think you can trust someone who is wise, powerful, loving, kind and good?** Allow children to answer. **Because the Bible tells us that God is all of those things, we know we can trust Him. Even when bad things happen or we don't understand why God says no to some of our prayers, we can trust Him because we know He is all of these things. We can trust God at ALL times.**

Invite children to place their hands on the "no" column of their paper and say, "I will trust You, God, even when You say no because you are wise and powerful." Then have them place their hand on the "wait" column and say, "I will trust You, God, even when you say wait because you are loving and kind." Pray with the children asking God to help them trust at ALL times.