

TRUST

Putting your confidence in someone you can depend on

WEEK **4**
K-1st



BOTTOM LINE: When the pressure is on, you can trust God is with you. Read Psalm 56:3



Sounds Crazy

One of the hardest things Jesus' followers had to do was to tell others about how He died and then came back to life three days later! It wasn't a popular story to be telling at that time. Can you think about how hard that would have been to talk about back then? But, today, we know that it's true and that Jesus died for everyone and we need to spread the word!

Make a list of two or three people that you can tell about Jesus! Think about something you can tell them, like what He did for you, how He is always with you, or how He is always there to just listen. Tomorrow we will take some time and pray for the people on your list so keep it close!

Look for chances to tell others about Jesus.



Crazy Words

Grab your list from yesterday, take a few minutes to pray for the people on your list. Pray that you can have the courage to tell them about Jesus someday. You can pray something like this:

"Dear God, Thank You for sending Your Son, Jesus, to die for me and everyone else. It sometimes feels scary to talk about something like that. But, I pray that You will give me the courage to talk to these people about Jesus someday soon. Amen."

For some of us it will take some more prayers, but for others it is super easy to talk about Jesus. No matter how you feel, anytime is a good time to talk about Jesus.

Know that God will give you the courage to talk about Jesus if you ask Him!



Pressure is On!

Grab a friend or sibling and a timer. Read the list of actions below and see how many you can both get done in thirty seconds! Set your timer for thirty seconds and start on the list! If you finish before the timer runs out, do the list again until the timer finishes!

Do 10 jumping jacks.

Sing your ABC's.

Give yourself a high five six times.

Do three toe touches.

Thank God that even when the pressure is on, He will help you through it.



Really Big Trust

This week's Bible verse is **Psalm 56:3**. It talks about when you are afraid you can put your trust in God. Grab some paper and something to write with. Think of something you're afraid of, maybe you're afraid of the dark, heights, or going somewhere new. Write or draw that on your paper. Once you have finished writing or drawing, write the words **TRUST GOD** really big across your paper to remind you that when you are scared all you need to do is trust God!

Ask God to help you trust Him when you are afraid.

Complete the drawing by adding a face of someone who is not afraid.

