

**6 WEEKS**



# **stuff happens**

**family study guide**



Hey, Families!

Enjoy this family study guide as a supplement to the current sermon series. Our prayer is that it stirs up meaningful conversation with your kids. Get them involved as much as possible. Encourage kids (big and little) to read what they can, participate and have fun as a family!

The greatest spiritual influence will always be you. We're here for support and to cheer you on!

Sunnybrook Family Ministry Team

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# WEEK 1

## Stuff Happens

### Kicking it Off:

If you could eat only one thing for a week, what would you pick?

### Big Idea:

I can trust God no matter what (even when it doesn't make sense).

### Key Scripture:

Guide your kids to find the verse in their own Bible. Use the table of contents to help. Got it? Now, highlight it!

Trust in the Lord with all your heart and do not depend on your own understanding. In all your ways obey him, and he will make your paths smooth and straight.  
Proverbs 3:5-6

### Talk About it Together:

What rule makes no sense to you? Why do you think we have that rule? What do you think could happen if we didn't have that rule?

When something doesn't make sense, it's hard to obey. Our Bible verse shows us why we

should trust in God even when it doesn't make sense.

• Who does this verse tell you to trust?

### The Lord/God

• Which part of your heart does God want you to trust him with?

### All of it! All you think, feel and see.

• What does God say NOT to depend on?

### Your own understanding, which is what you can see or feel.

• What does it mean to "obey" him?

### Do what he says/trust him



**Family Activity:**

Cut on the dotted lines of the page to make a puzzle. **(Puzzle can be found on page 15)**

Have you had something hard happen and wondered, "Why did that have to happen?" (Ex.: You had a friend move away; you moved; you know someone who got really sick; you had a friend be super mean to you; you broke your arm.)

Spread the pieces of the puzzle out on the floor. One at a time, rush to the middle and put one piece of the Big Idea in the correct place. See how long it takes you to get it all in the correct order.

These words didn't make sense when they were all jumbled up, did they? God didn't promise that things would always be easy or always make sense. But he did promise to love us, always be with us, and take care of us! That's why we need to remember: I can trust God no matter what.

**Talk to God:**

You are such an awesome God, and you can see everything, all the time. Thank you that everything makes sense to you, even when it doesn't to us! Thank you that you love us, you're always with us, and you take good care of us. Help us to trust you no matter what. Amen!

# WEEK 2

## Trouble Happens

### **Kicking it Off:**

Share your favorite joke.

### **Big Idea:**

Trouble won't last forever.

### **Key Scripture:**

In this world you will have trouble. But take heart! I have overcome the world.  
John 16:33

Jesus came to bring us hope. Hope is believing that even though things are tough now, they won't always be. So, when things make you sad, mad, worried, or scared, remember that your troubles won't last forever.

### **Talk About it Together:**

Talk about a time in the past when you experienced trouble (something hard), like being worried about going to a new school or trying a new sport. Did your trouble last forever? Is it still happening?

### **Family Activity:**

Share your troubles. What is currently giving you trouble? What is something hard you are facing right now? (Sore throat, friend who isn't nice, homework, etc.) Write one trouble under your name. How can our family support you? Now make a big check mark in the box that says, "Trouble won't last forever!" Why? Because Jesus gives us hope!

### **Talk to God:**

Dear God, We are all facing hard things today. But, we want to say that no matter what we're facing, we have hope. You are with us. You love us and we don't have to face trouble alone. We have each other and we have you. We love you, God. Amen!



# Share Your Troubles

| Name | Trouble | What Would Help? |
|------|---------|------------------|
|      |         |                  |
|      |         |                  |
|      |         |                  |
|      |         |                  |



**Trouble won't  
last forever!**



# WEEK 3

## Help Happens

### **Kicking it Off:**

Where would you love to go for a family vacation?

### **Big Idea:**

Whatever I'm going through, God can (and God wants to) help.

### **Key Scripture:**

He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us.  
2 Corinthians 1:4

### **Talk About it Together:**

Have you ever needed help but didn't know how to ask for it? Were you scared to ask for help? Was it hard to face whatever you were going through without the help of someone else? Share about a time when someone helped you. What feelings did you have when someone helped you overcome a need or problem?

### **Family Activity:**

Grab a hat, a pen, and paper for everyone in your family. Without letting anyone see, have everyone write down something they need help with on a piece of paper (mowing the lawn, homework, cooking supper, building Legos, etc.). Put all the pieces of paper in a hat and randomly draw a paper out of the hat (you can't draw your own)! Whoever's paper you draw, you must help them with their need!

### **Talk to God:**

Dear God, we thank you for the Holy Spirit, who is our Helper. When we face times of need or trouble, and need help, we know you are with us. We know we can find help from you. Give us the strength to help others in our lives, just as we have received help from you. Amen!

# WEEK 4

## Growing Happens

### **Kicking it Off:**

Where's your favorite spot in our home?

### **Big Idea:**

If you want to grow stronger, do what God says.

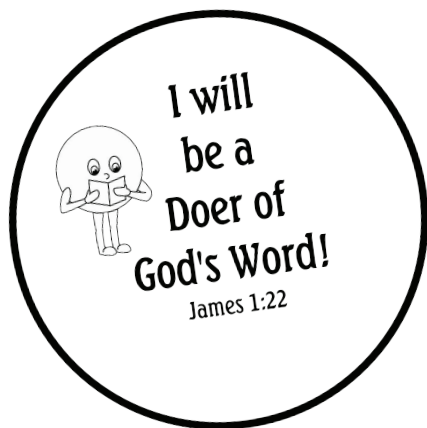
### **Key Scripture:**

Don't just listen to the word. You fool yourselves if you do that. You must do what it says. James 1:22

### **Talk About it Together:**

Obeying God is hard sometimes. But doing what God says really is the best way to grow stronger. When you do what God says, you are better at facing the tough stuff. When you do what God says, you get stronger at making wise choices. When you do what God says, you get stronger at obeying your parents and

loving the people around you. When you do what God says, you grow stronger at telling the truth and standing up for what you know is right. When you do what God says, you get stronger on the inside. And most importantly, you get stronger in your relationship with God!



### **Family Activity:**

Play Grab and Gab Bible Review - Place a ball in the center of your group. Ask a question from the list. The first player to **grab** the ball gets to answer (**gab**) the question!

1. We just read from a book in the Bible called \_\_\_\_\_.  
**(James)**

2. James was Jesus' \_\_\_\_\_.  
**(brother)**

3. James tells us we shouldn't just listen to what God says, but we should do what? **(Do what he says.)**

4. Where do we go to find out what God says we should do?  
**(The Bible)**

5. Is it always easy to do what God says? **(No)**

6. When we do the hard, right things, we grow \_\_\_\_\_.  
**(stronger)**

7. No matter how you feel, if you want to grow stronger, do what God \_\_\_\_\_. **(says)**

8. Is the kind of "growing" we are talking about on the inside or outside? **(inside)**

9. If you want to grow \_\_\_\_\_, do what God says.  
**(stronger)**

10. If you want to \_\_\_\_\_ stronger, do what God says.  
**(grow)**

### **Talk to God:**

God, thank you for giving us the Bible. Thank you that we can grow stronger just by doing what you say in your word! Help us to not just know what you say, but to DO what you say. We love you, God. Amen.

# WEEK 5

## Healing Happens

### **Kicking it Off:**

What's the grossest thing you've ever eaten?

### **Big Idea:**

God heals in many ways.

### **Key Scripture:**

He heals the broken-hearted and bandages their wounds. Psalm 147:3

God is a loving father. He knows what's best and heals in many ways. This verse talks about him healing a broken heart. When has your heart been hurt?

### **Talk About it Together:**

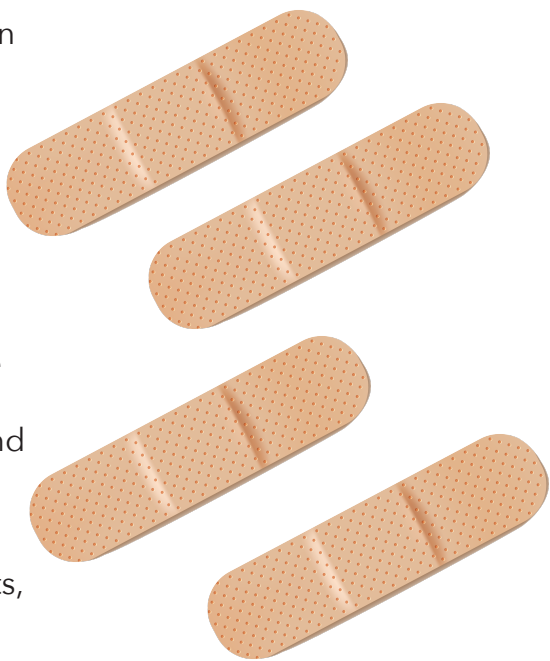
Share about a time you had physical pain. (Broken bone, headache, burn, etc.) Just like physical pain needs healing, other things can be painful and need healing too. What else can be hurting, broken, or painful? (Friendships, marriages, hearts, attitudes, etc.)

### **Family Activity:**

Write on the bandage ways each person could use healing.

### **Talk to God:**

Thanks, God, that you are the best healer of all! You heal way more than broken bones! No matter what needs healing, we can talk to you about it and trust that you know best. Amen!



# WEEK 6

## Forgiveness Happens

### **Kicking it Off:**

What's something that always makes you laugh?

### **Big Idea:**

God will forgive me when I do something wrong.

### **Key Scripture:**

Suppose we claim we are without sin. Then we are fooling ourselves. The truth is not in us. But God is faithful and fair. If we confess our sins, he will forgive our sins. He will forgive every wrong thing we have done. He will make us pure.

1 John 1:8-9

### **Talk About it Together:**

Why do you think God wants us to tell him about our sin, even though he already knows? We are in a relationship with him, just like we are in a relationship with Mom, Dad, our sister, and best friend. When stuff happens with people we are close to, we must talk about it and say we're sorry. He doesn't want

that stuff to get in the way of our relationship with him. God wants us to talk to him about it when we mess up. And when we do, he will forgive us, always.

- Is there any sin big enough that God cannot possibly forgive? *Nope*
- What is it called when we do something God tells us not to do? *Sin*
- What does sin do to us? *Separates us from God and weighs us down.*
- Why is it SO important to God that we confess our sin to him? Because he is the only one that can forgive us. *Who sins? Everyone!*



## True or False?

- Your mom calls you in from playing outside, but you ignore her so you can keep playing. God chooses not to forgive when we disobey. **FALSE**

- Your little sister breaks something and you are so mad, you break something of hers to get even. God will not forgive you for being mean. **FALSE**

## FALSE

- You took the last piece of candy and then lied about it. God will forgive you for not telling the truth. **TRUE**

- Your teacher asks you to put the book you're reading away. You sneak it onto your lap under your desk so you can keep reading even when you know you should be paying attention in class. God will forgive you. **TRUE**

- You cut in line because you were in a hurry. No one noticed and you seemed to get away with it. But you feel guilty. God will forgive you. **TRUE**

## TRUE

These scenarios are all examples of sin—those mess-ups that we can carry around like heavy bricks. That's why it's important to be honest and talk to God about these things. To confess means to

admit we've messed up and ask God for forgiveness. The good news is, we don't have to carry our mess-ups or sins around like a bunch of heavy bricks. No matter what it is, God will forgive me when I do something wrong.

## Family Activity:

(You'll need paper & pens)  
Think about something you've done this week that you know was wrong. Write it down on your piece of paper. No one else will see what you've written and you do not have to share unless you want to. Take one more look at what you've written and spend a few minutes talking to God and ask for forgiveness. Now, let's all tear our papers up and throw all the pieces in the trash (or firepit)! And remember, God will forgive me when I do something wrong.

## Talk to God:

Thank you for forgiving us for the things we wrote down on our paper. When we mess up, help us to be honest, to tell you what we've done, and to ask forgiveness so we don't have to carry it around. Thank you for the forgiveness you offer, always. We love you, God. Amen.

I CAN

TRUST

GOD NO

MATTER

WHAT!



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