



Use this guide to help your family learn how we can trust God.

First, watch this week's video!

Trust:
Putting your confidence in someone you can depend on

Memory Verse

"Trust in the LORD with all your heart. Do not depend on your own understanding."
Proverbs 3:5, NIV

Bible Story

Abraham and Isaac
Genesis 15:1-6;
18:1-15; 21:1-7

Bottom Line

Trust God even when you have to wait.

Activity

Tightrope of Trust

What You Need:

paper plate; painter's or masking tape; timer

What You Do:

Use the tape to create a "tightrope" along the floor (a straight line).

Ask your child to stand at one end of the line. Tell them you're going to time them walking the "tightrope" while they balance a paper plate on their head. Then, they get to time YOU doing the same thing. If either of you drops the plate while you're walking, you have to go back to the start of the line and try again.

Take turns walking the "tightrope" with your child. Play as many rounds as there is interest. If time permits, increase the difficulty of each round by adding the following challenges:

- Walk the tightrope backward
- Walk the tightrope with your eyes closed
- Walk the tightrope with your hands stuck to your sides

After the game is over, declare a winner. Say, "Imagine if this had been a real tightrope we were walking. Tightrope walkers have to have *a lot* of trust in their skills and in the rope to be able to pull off such a daring feat!"



Talk About the Bible Story

Who from our Bible story had to trust God?
(Abraham and Sarah)

What were they trusting God to do? (They had to wait on God to bless them with a baby.)

When have you really wanted something, but you had to wait for it?

How did it make you feel to have to wait for what you wanted?

What are some things we can learn from Abraham and Sarah's story about waiting and trusting in God? (God is a promise-keeper; sometimes God allows us to wait to build our faith and trust; good things are worth waiting for; to keep praying while we're waiting)

Parent: Share about a time you had to wait for something big to happen. How did waiting make you feel? Were you able to trust God to help you manage the wait and to work through the emotions that waiting brings?

Prayer

Use this prayer as a guide, either after talking about the Bible story or sometime before bed tonight:

"Thank You, God, for always being with us and helping us get through times when we have to wait. It can be hard to be patient . . . but with You, we can be strong and hopeful in every situation. Please help us to trust You as we wait for big and small things. Help us to remember that we can trust You even when we have to wait. We love You and we pray these things in Jesus' name. Amen."