

# Trust and Obey

God guides his people. He is faithful and consistent.

## Bible Memory Verse

<sup>11</sup> For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future. <sup>12</sup> Then you will call on me and come and pray to me, and I will listen to you. <sup>13</sup> You will seek me and find me when you seek me with all your heart. Jeremiah 29:11-13

## Bible Application

### *FOLLOW THE LEADER*

**SAY: God takes care of us. Whether we're hurting or doing fine, he's our protector and our guide. That means we need to trust and obey him.**

**We are going to play a game that will help us understand what it feels like to trust, even when it's a challenge.**

Have your family form a line. Instruct everyone to put their hands on the shoulders of the person in front of them and close their eyes.

**SAY: We're going to play follow the leader. Those of you in line must keep your eyes closed. The person in the front of the line is going to lead you around the room.**

**ASK: • What did it feel like to be led?**

- Was it easy or difficult to follow the person in front of you?
- How did it feel to know there were other people being led?

Read aloud [Jeremiah 29:11-13](#) **SAY: God is our guide. We can put our full faith in him and trust him to know what's best in our lives, even when things are hard. What's one way you'll obey God this week?**

## ***“DEPEND ON GOD” CRAFT***

**Supplies:** Bible, 2 tablespoons cornstarch and 1 tablespoon water per child, small paper cups, paper towels, measuring spoons, bucket, walnut-sized rock for each child

**Preparation:** Spoon the cornstarch into paper cups ahead of time. Put the rocks in the bucket.

Give each child a paper cup with cornstarch in it. Have kids add one tablespoon of water to their cups and stir the mixture with their fingers. They can add a few drops of water if needed. Have kids shape the mixture into a ball in the bowl and then hold the ball in their palms and watch as it oozes into a blob.

**ASK:** • **What's the deal with this goo? Why do you think it won't hold its ball shape?**

Pass the bucket of rocks around, and each child choose one.

**SAY:** **One of the words we use to describe a rock is solid. Would you use that word to describe your goo? Why or why not?**

**We often describe God as a rock. How does God compare with the rock versus the goo? What happens when we depend on God, the "rock"?**

## ***“Hard Places” Craft***

**Supplies:** stones and paper bags

Remind your kids that even though Jeremiah was obedient to God, he experienced some hard things (such as being taken to Egypt and having to share bad news with God's people).

**Say:** **“We've all experienced some hard, heart-breaking, and frustrating things. So, we're going to make a craft to remind us that the Lord is greater than anything bad we could ever experience.”**

Give each child at least three stones and ask them to carefully write the name of something that has challenged their faith on each stone (e.g. sadness, loss, death, insecurity). Then give each child a paper bag and help them write, “GOD IS GREATER!” on the bag. Help the class understand that placing the stones inside the bags symbolize our trust in God to take care of even the deepest hurts.

**Say:** **“The Lord knows we have these ‘heavy’ stones in our hearts! But he asks us to trust him anyway and make the choice to serve him, like Jeremiah did, even when things are hard.”**