

Press Play: Get in the Mix

Use this guide to help your family learn how
God can help us live with confidence.

First, watch
this week's
video!

Confidence:
learning to
see yourself
the way God
sees you

Memory Verse

"I remain confident
of this: I will see
the goodness of
the Lord in the land
of the living."
Psalm 27:13, NIV

Bible Story

Elijah and the
Prophets of Baal
1 Kings 18:16-46

Bottom Line

God can do
the impossible.

Activity

Possible or Impossible?

What You Need:

A ball or pillow you can toss

What You Do:

Say, "I'm going to say something
and toss you the ball. You have
to decide if what I say is possible
or impossible. Once you decide,
tell me your answer and throw
the ball back to me. Ready?"

Toss the ball back and forth,
making one of the following
statements each time:

- An elephant can fit
inside a shoebox
- A dolphin can walk
- A baby can crawl
- A shark can say the
ABCs
- A penguin can swim
- A house can walk
- A baby can fly an
airplane
- A horse can play the
violin
- A duck can swim
- An octopus can go to
school

If there's time, make up a few of
your own. Or, allow your child
to make up some, and you say
if their statements are possible
or impossible.

Talk About the Bible Story

What happened in our story today that seemed impossible?
(*God sent fire down from heaven to prove that He is the one
true God.*)

Who was Elijah? (*a prophet*)

What's a prophet? (*Someone who speaks words from God
to the people*)

Are you dealing with anything now that feels impossible?

*Parent: Share about a time when you faced an impossible
situation. Maybe you and a friend had a broken relationship,
and reconciliation seemed impossible. Or maybe something
related to the pandemic caused an impossible situation.
Were you able to stay confident in God's power, no matter
the outcome? What truths or Scripture did you lean into
during that time?*

Prayer

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

Lead your child in a responsive prayer. Allow them to
respond silently if they want. (*If they're not responding out
loud, add an answer or two of your own.*)

Say, "I'm going to say a prayer with you. When I pause, I want
you to fill in the blank, either out loud or silently.

God, You are ... (*Pause for your child to answer aloud or
silently.*)

God, I know You love me because ... (*Pause for your child to
answer aloud or silently.*)

God, You provide every good thing. Thank You for ... (*Pause
for your child to answer aloud or silently.*)

God, You are able to do the impossible! Right now, God, it
seems impossible that ... (*Pause for your child to answer
aloud or silently.*)

But, God, I trust that You are in control. God, like Elijah, I want my
confidence to come from You. Help me to show confidence
and trust You no matter what! In Jesus' name, amen."

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Key Question

What seems
impossible
to you?

Activity

Impossible Challenge

What You Need:

A device with access to the internet

What You Do:

Say, "I'm going to list out some impossible challenges. First, you'll try. Then, I'll try. Let's keep score and see who can do the most impossible things!"

Impossible Challenges:

- Wiggle your ears
- Raise your left eyebrow
- Raise your right eyebrow
- Curl your tongue
- Hop on one foot for 30 seconds
- Say the alphabet backward
- Touch your tongue to your nose
- Touch your tongue to your elbow
- Cross your eyes
- Cross just one eye
- Do a cartwheel

When you're finished, say, "Who could do the most impossible things? (*Tally up your scores.*) Which of those impossible things was the most impossible for you?" (*Share yours, too!*)

Talk About the Bible Story

What happened in our story today that seemed impossible? (*God sent fire down from heaven to prove that He is the one true God.*)

Can you think of a time when you thought something was impossible and it wasn't? (*Example: Your friends were having a conflict, and you thought it was impossible that they would ever be friends again, but now they are.*)

What are some examples of times God did things that seemed impossible—either from the Bible, or from your own life?

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