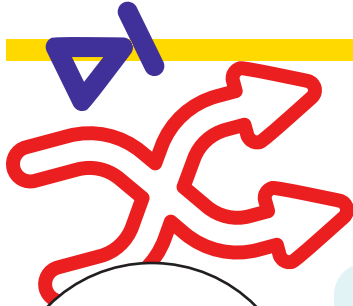


# Press Play: Get in the Mix



First, watch  
this week's  
video!

Confidence:  
learning to  
see yourself  
the way God  
sees you

### Memory Verse

"Being confident  
of this, that he who  
began a good work  
in you will carry it  
on to completion  
until the day of  
Christ Jesus."  
Philippians 1:6, NIV

### Bible Story

Shadrach,  
Meshach, and  
Abednego  
Daniel 3

### Bottom Line

Trust that God is  
always with you.

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

## Activity

### The Floor Is Lava

#### What You Need:

Pillows and blankets

#### What You Do:

Choose a room in your home to cross without touching the floor. Spread a few blankets and pillows out to create a path. You can use the furniture as part of the path as well.

If your child has never played The Floor Is Lava before, explain the rules. Say, "We're going to move across the room without stepping on the floor. Let's pretend that the floor is lava—if we touch it, we have to start over where we began. Because lava is hot, right? It would burn our toes and feet! So we have to stay on the furniture, pillows, and blankets. Ready?"

Move from one side of the room to the other, using the path of furniture, pillows, and blankets you've set up. If you have time, go back the other direction, or let your child make a path for you to follow.

## Talk About the Bible Story

Shadrach, Meshach, and Abednego faced something very hot and very scary. What was it? (*Being thrown in a fiery furnace*)

If you had been Shadrach, Meshach, and Abednego, what would you have been thinking before going into the fiery furnace?

How did Shadrach, Meshach, and Abednego feel? (*They had confidence that God would protect them.*)

What happened once they were thrown inside? (*They weren't burned. The king saw that there were four men in the fire. Shadrach, Meshach, and Abednego were released, unharmed.*)

Can you think of some times when you need to trust God, or when you've needed to trust God in the past?

*Parent: Talk about a time in your life when it was been difficult to have confidence in God. Were you able to fight those feelings and trust Him anyway?*

## Prayer

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

"Dear God, thank You for always being with us. It's so good to know that we can trust You no matter what! Please give us confidence so that we can face our challenges head-on. Help us be to confident not just in ourselves, but in YOU. We love You, and we ask these things in Jesus' name. Amen."

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### Bible Story

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Meshach, and  
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Daniel 3

### Key Question

When are some  
times you need to  
trust God?

## Activity

### Fire, Wind, Water, Go!

#### What You Need:

No supplies needed

#### What You Do:

Together, create simple gestures to  
represent each of the words below:

- Fire
- Wind
- Water

Practice the gestures until you can  
both do them quickly. Ask your  
child to stand back-to-back with  
you. Explain that, at your signal,  
they will turn around, face you, and  
immediately do one of the motions.

Use the following chart to determine  
the winner:

- Fire defeats wind
- Wind defeats water
- Water defeats fire

Play several rounds and see who has  
the best record at the end of those  
rounds!

## Talk About the Bible Story

If you had been Shadrach, Meshach, and Abednego,  
what would you have been thinking before going into  
the fiery furnace?

How did Shadrach, Meshach, and Abednego feel?  
(*They had confidence that God would protect them.*)

What happened once they were thrown inside? (*They  
weren't burned. The king saw that there were four men  
in the fire. Shadrach, Meshach, and Abednego were  
released, unharmed.*)

The faith of Shadrach, Meshach, and Abednego made  
a big impact on Nebuchadnezzar and his whole  
kingdom. When you trust that God is with you, how  
can that affect the lives of people around you?

Can you think of some times when you need to trust  
God, or when you've needed to trust God in the past?

*Parent: Talk about a time in your life when it was been  
difficult to have confidence in God. Were you able to  
fight those feelings and trust Him anyway?*

## Prayer

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