



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

Jacob and Esau's Reconciliation
Genesis 31:3;
32:3-32; 33:1-17

Bottom Line

You can trust God even when you're worried.

Activity

Worrying Doesn't Rock

What You Need:

two small stones*; supplies to decorate stones, like markers, paint, glitter, etc.

(*Note: In the event that you don't have access to stones, cut out a stone shape from an index card or sheet of paper. If you have packing tape, you can cover the rock shape in tape after you decorate it.)

What You Do:

If the weather allows and you're able, go for a walk with your child and find two stones. (If not, you can purchase two stones from a craft store.) Then set out the art supplies. Say, "Many people use stones to hold on to when they're worried. We can keep these to remind us that even when we're worried, God is with us."

Decorate your "worry stones" together. As you're working, review and talk about the story using the questions in the next section.



Talk About the Bible Story

Who from our story today had a big worry?
(*Jacob*)

What was he worried about? (*He hoped that his brother Esau would forgive him.*)

What does it feel like in our hearts when we worry?

Do you think God wants us to worry? (*No; God tells us not to worry, and to trust instead*)

Have you ever been worried because you didn't know what would happen?

Besides using our worry stone, what are some things you can do when you're worried? (*Pray; trust; talk to an adult*)

Parent: Share about a time when you felt worried, but you decided to trust God. It could be small (you got lost in a store as a kid), or bigger (you were worried about finances or relationships). Emphasize that trusting God didn't mean that you got what you wanted, but that God gave you peace, wisdom, etc.

Prayer

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

"Dear God, thank You for being with us and being dependable. We know that we can count on You. Please help us to trust You with our worries and anxieties. We know that You will never leave us. We love You, and we pray these things in Jesus' name. Amen."

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Key Question

What do people worry about?

Activity

Tattoo of Trust

What You Need:

washable markers; soap and warm water (to clean up afterward)

What You Do:

Set out the washable markers. Announce to your child that they're about to give and receive a tattoo! Choose a spot on your body for your tattoo. Have your child do the same.

Say, "I'm going to decide what kind of tattoo to give you, and you're going to decide what kind of tattoo to give me."

Then, take some time to give one another "tattoos" using the markers.

Say, "That was fun—and it involved some trust, too. Why did we have to trust each other as we drew each other's tattoos?" (*We trusted that we would do what we said we'd do, and not something silly or crazy.*)

"Trust is important in a friendship. We have a friendship with God. Even when we don't quite understand what's going on, and we have worries, we can trust God."



Talk About the Bible Story

What was Jacob from our story worried about? (*He hoped that his brother Esau would forgive him.*)

What kinds of things do you worry about? What situations make you feel worried or anxious? How could you trust God in those situations?

How would God's wisdom, or peace, or patience, help with those worries?

Parent: Share about a time when you felt worried, but you decided to trust God. It could be small (you got lost in a store as a kid), or bigger (you were worried about finances or relationships). Emphasize that trusting God didn't mean that you got what you wanted, but that God gave you peace, wisdom, etc.

Prayer

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

"Dear God, thank You for loving us the way You do. It's so good to know that we can trust You when we feel worried. You care about us, and You are in control. You are with us always, even when it feels like we're alone. Thank You for giving us Your peace when we bring our worries to You. Amen."