



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's Dream
Genesis 28:10–22

Bottom Line

You can trust that God has a plan.

Activity

Movin' to Music

What You Need:

access to a clip of an upbeat song—ideally one your child knows and likes

What You Do:

Invite your child to play a game with you. Play your music clip a few times and invite your child to dance with you. Take turns coming up with steps and moves to the music. Make sure your child comes up with a few of their own suggestions!

Once you've got your dance made up, perform it a few times. Bonus points if you put on an impromptu show for your family.

When you're finished say, "That dance was awesome! A dance is kind of like a plan, isn't it? How did you think up those dance moves?"



Talk About the Bible Story

Besides our dance, what are some plans we've made lately?

What was Jacob's dream about? (*God's plan for his life*)

Why do you think Jacob was able to trust God while he waited to meet Esau, even though Esau had every right to be mad at Jacob? (*Because Jacob was doing what he knew God wanted him to do, in seeking forgiveness*)

Do you believe that God has a plan for your life? How do you know?

Parent: Share an age-appropriate story about when you trusted God—even when you didn't have a plan, or you didn't know how the circumstances would fit into God's plan. Maybe you had an argument with a friend, an unexpected financial or health issue, or even a bad day that ended well.



Prayer

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

"God, You are always good and always faithful. We know that You will do what You say! You kept Your promise to Abraham—to bless the world through his family. You kept Your promise to Jacob. You will make everything right in the end. Help our family to remember that we can trust in You and in Your plan. Thank You! Amen!"

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Key Question

Why are plans important?

Activity

Plan to Plan

What You Need:

sheet of paper; markers

What You Do:

Set out the sheet of paper and markers. Invite your child to do an activity with you. Say, "Imagine that you're going camping with a friend for a weekend. What plans do you need to make?"

Tell your child to write their answers on the paper using the markers.

Use prompts such as: What will be your shelter? What will you eat? What will you do for fun?

Review your child's answers together. Ask:

- What if you didn't make any plans for the camping trip. What could happen?
- Sometimes things don't go according to our plans, do they? Can you think of an example of something that could happen on our camping trip that we didn't plan for?
- Why are plans important?

If time allows, turn the paper over and ask your child to draw a picture of their camping weekend, incorporating all the elements of their plan.



Talk About the Bible Story

What was Jacob's dream about? (*God's plan for his life*)

Why do you think Jacob was able to trust God while he waited to meet Esau, even though Esau had every right to be mad at Jacob? (*Because Jacob was doing what he knew God wanted him to do, in seeking forgiveness*)

Do you believe that God has a plan for your life? How do you know?

What can you do when it's difficult to believe that God has a plan for you? Who can you talk to about that?

Parent: Share an age-appropriate story of a time when you knew that God was with you.

Prayer

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

"God, thank You for having a special plan for each one of us. You have a plan for us individually, and You have a plan for our family, too. I pray that we would trust Your plans for us, even when Your plan is different from our plan. Help us to trust that Your plan is always best. Thank You for making a way for us to be in relationship with You. Amen."