

Alley SG—September 25th, 2022

Today's Bible Story: Weighed Down (Jacob and Esau's Reconciliation) • *Genesis 31:3; 32:3-32; 33:1-17*

Today's Key Question: What do people worry about?

Today's Bottom Line: You can trust God even when you're worried

Monthly Memory Verse: *Trust in the LORD with all your heart. Do not depend on your own understanding.* Proverbs 3:5 (NIV)

1. Verses to Take with You

What You Need: "Verse Cards" Activity Page (1 per kid), Scissors, Bibles

What You Do:

- Gather kids in a circle.
- Give kids a page of "Verse Cards" and scissors.
- Have the kids cut apart the set for themselves.
- As a group, read the cards and discuss what the verse says about trusting God.
- Potential discussion questions:
 - What do these verses have in common?
 - Is there one verse that you connect with more than the others? Why?
 - What do these verses remind you about God?
 - Read Philippians 4:6. Why is it important to remember to give thanks to God? How can giving thanks help you to trust God when you are worried or anxious?
 - Read Psalm 13:5-6. What does this verse remind us about God? What are some ways we can praise God? How can we focus on God's goodness? How can focusing on these things help us trust God?
 - How is the Bible a tool to teach us to trust God no matter what? Why is memorizing Scripture an important tool to grow your trust in God?
- Encourage kids to memorize the verses on their "Verse Cards" this week.

2. Trusting God

What You Need: No supplies needed

What You Do:

- Pair up kids of similar height.
- Instruct pairs to stand next to each other, facing the same direction and with their shoulders touching.
- Challenge kids to shift their feet away from their teammate as far as possible so they are leaning into each other for support.
- Only their shoulders should be touching.
- Encourage them to now walk together across the room while leaning on each other.
- Give the group an opportunity to switch partners.

What You Say:

“You did a great job depending on each other; you really had to trust your teammate to keep from falling. **[Transition] It’s a lot like what it looks like to depend on God and to trust God no matter what.**”

3. Take a Snapshot

What You Need: Stuffed Toys (2 per Group), timer on mobile device

What You Do:

- Gather kids in a circle.
- Give a stuffed animal to one kid.
- Set a timer for anywhere between 15 and 45 seconds.
- When you say, “GO,” start the timer and prompt kids to begin passing the stuffed animal around the circle.
- The kid holding the stuffed animal when time runs out has to give an example of something people worry about.
- Be sure to vary the time you set the timer for each round.
- Consider increasing the tension by saying things like, “The clock is ticking,” “Time is almost up,” etc.
- *(Optional)* Play the game using two different stuffed animals and instruct kids to pass one animal one direction and the other one the opposite direction.
- After playing several rounds, review the examples kids gave and use the following to start a discussion:
 - Is there anything you would add to our list of what people worry about?
 - What are some ways we can tell if someone is worried about something? How do people act when they are worried?
 - What are things we can do if we notice someone appears to be worried?

4. Discussion Questions

- What does it mean to trust God?
- When is it easy to trust God? When is it hard?
- What does it look like to be worrying about *(fill in with examples from the Take a Snapshot Activity)* and still be trusting God?
 - For example: Your grandma is sick and you are worried about her—what does it look like to trust God in that situation?
- Why do we know we can trust God even when we are worried or anxious about situations in our lives? What can you do to train yourself to trust God no matter what?
- How does trusting God influence the decisions you make?

5. Make it Personal with Prayer

What You Need: Paper, pens, Bibles

What You Do:

- Quickly review the examples of ways we can learn to trust God even when we are worried.
 - This should be fast paced.
 - Quickly tick off the examples with your fingers. Stop when you get to five or when kids run out of examples.
 - Examples could include: pray, read the Bible, memorize Scripture, lean on God, talk with other Jesus followers, participate in Small Group, etc.
- Explain one way to remind ourselves to trust God when we are worried is to refocus our thoughts to who God is. When we remember who God is, we are reminded why we can trust Him no matter what.
- Give kids a piece of paper and a pen.
- Instruct kids to write the letters of their first name in a descending column on their paper.
- Give kids a few minutes to make a list of words/phrases that describe God, with each word/phrase beginning with the letter of the alphabet on their sheet.
 - For example: Amazing, Bigger than my fears, Creator, Divine, Eternal, etc.
- Allow kids to share their lists with the group.
- Remind kids that it is hard to pray, especially when you are worried, because your thoughts are all over the place. When you can't seem to find the words to pray or things around you are so chaotic, go through the alphabet in your mind and think about what you know to be true about God for each letter of the alphabet. It is one way you can redirect your thoughts towards a God who is always trustworthy.
- Close in prayer.

What You Say:

God, You are . . . *(allow kids to complete this sentence with a few words from their list)*. We know there will be times when we're worried, afraid, or unsure of what will happen, but we know with confidence we can trust You no matter what. You love us so much You sent Jesus to show the world how just how much You can be trusted. In Jesus, You are and always will be with us. Amen!