

City SG—September 11th, 2022

Today's Bible Story: Liquid (Isaac's Wells) • *Genesis 26:1-22, 26-31*

Today's Bottom Line: Trust God no matter what.

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

1. Trust Walk

What You Need: Blindfolds (1 per Kid) and a Stack of Cones to create an Obstacle Course (1 Stack per Group)

What You Do:

- Create an obstacle course in your environment using cones.
- Instruct the kids to pair-up.
- Inform the teams that they'll on a trust walk.
- Invite one kid in the pair to be the guide, while the other kid will be blindfolded.
- Inform the guide that they are responsible for their blindfolded teammate's safety.
- When the blindfolded kid is ready, direct them to spin around four times so they don't know which direction they are headed.
- Instruct the guide to give their partner verbal cues only to help them avoid obstacles. (*About five steps ahead, there is a cone. Step around it slowly.*)
- Instruct the kids to switch roles and play a second round.

Note: Be sure to keep a close eye on all of the kids as they move through the obstacle course. Make sure kids are using self-control and not moving too quickly or running into each other on purpose.

What You Say:

"When you were blindfolded, how difficult was it to trust your teammate? (*Invite responses.*) It's difficult not to be in control! You had to trust them to keep you safe.

"Trusting God sometimes feels the same way. Trusting God, no matter what, means letting go of control and trusting Him to be with you in all areas of your life, whatever happens. What are things in your life that you struggle to trust God with? (*Invite responses.*)

"Maybe you're scared about starting a new school this year or making new friends because you moved. Maybe someone let you down and you feel betrayed. Or maybe you caught your friend making fun of you behind your back, and you want to take matters into your hands. No matter what, you can ALWAYS trust God to have your back when you do the right thing.

[Make It Personal] (Tell kids about a tough situation in your own life and how you know you can trust God even when it's hard. Remember to keep all stories age-appropriate.)

"You can ***[Bottom Line]*** trust God no matter what, and so can I!"

2. Balancing Act

What You Need: Bibles and a Ball (1 per Group)

What You Do:

- Make sure each kid has a Bible.
- Together, look up Proverbs 3:5 and read it out loud, using the navigation tips below.

Finding verses with your Group: Guide kids to open their Bibles to the front and find the table of contents. (Hold up a Bible opened to the table of contents to show the kids what the page looks like.) When the kids find the table of contents, lead them to find “Proverbs” in the list under “Old Testament.” When the kids find Proverbs, lead them to look at the page number beside the word. Explain that the number tells them on what page they can find Proverbs. Help the kids find the page. When they find Proverbs, explain that the big numbers on the page are the chapter numbers. Help them find chapter 3. Explain that the small numbers are verse numbers. Help them find verse 5 in chapter 3.

- Instruct the kids to stand in a circle.
- Direct the kids to keep two to three feet apart from the kids next to them.
- Give one of the kids a ball.
- Direct the kid with the ball to say the first word of the memory verse (Trust), and roll/gently toss/tap the ball to the kid on their right who then says next word in the verse.
- Instruct the kids to continue to pass the ball to the right until the verse is recited.
- If the ball falls out of the circle, direct the kids to start over.
- Introduce a different sequence with each new game, like:
 - tossing it to the left
 - tossing it to every other kid
 - tossing it someone random

What You Say:

“There are so many reasons to trust God with all your heart. One of the best reasons is that God sent Jesus to give His life for you and me. In this verse, King Solomon assured us that it is wise to trust God over relying on our own understanding. Putting your faith in Jesus shows that you trust God. This means trusting God all the time, in all our situations, and in all areas of our lives. You can trust God when life doesn’t seem to make sense. You can trust God when you feel all alone. You can trust God to always be with you. You can **[Bottom Line] trust God no matter what.**”

3. Well, Well, Well

What You Need: “Well, Well, Well” Activity Page (1 per Group)

What You Do:

- Read the summary of today’s Bible story on the “Well, Well, Well” Activity Page, inviting kids to do the actions described in parentheses.

What You Say:

“Trusting God shows up in a lot of different ways. Sometimes, it means keeping peace by letting others have their way, even when it doesn’t seem fair. When Isaac trusted God and didn’t put up a fight over the wells, he did something that wasn’t easy to do—and not just one time, but over and over and over again. He chose peace and walked away from a fight. We all know how hard that can be—especially when we really want our way.

“Trust can show up in other ways, too, like when you try really hard at soccer or playing the piano, but you always seem to make a mistake. You can trust God that all your hard work matters, and God will help you stick with it. Or maybe your family has to move, and you’re nervous about your new school and whether you’ll find new friends. You can show trust by remembering that you are loved by God and you will be okay, even if it takes a while to find new friends. Ask God to help you not fight to get your way or worry about hard things. There are a lot of reasons why you can trust God. One of the best is because God sent Jesus to give His life for you and me. Putting your faith in Jesus shows that you believe you can **[Bottom Line] trust God no matter what.**”

4. Angry Tiger

What You Need: No supplies needed

What You Do:

- Choose a child to be the guesser.
- Choose an object in the room to be the “Angry Tiger,” and tell everyone except the guesser what it is.
 - The object must be something visible such as a light switch, Bible, or chair.
- Have the guesser stand in the middle of the room and walk slowly in any direction.
- Explain that the other kids will help the guesser keep away from the Angry Tiger by giving the following two clues:
 - WALK AWAY—This means the guesser is getting close to the Angry Tiger and needs to move away.
 - OKAY—This means the guesser is safely walking away from the Angry Tiger.
- After three or four clues, let the guesser tell where they think the Angry Tiger is located.
- Repeat, letting others take a turn as the guesser, choosing a different object as the Angry Tiger each time.

What You Say:

“One of the ways we show we **[Bottom Line]** trust God no matter what is by doing what is right. We won’t face any angry tigers this week, but we might feel like one. It’s easy to get angry when things don’t go our way or something isn’t fair. **[Make it Personal]** *(Tell the kids about a time you did what was right because you wanted to show you trust God. Perhaps you walked away from a fight, turned a failure into an opportunity, or gave up something you “deserved” for the sake of others.)* When you want to trust God, but you don’t know how, talk to an adult who cares about you. God wants you to trust more and more, so God will help you do that.”

5. Pray and Dismiss

What You Need: No Supplies Needed

What You Do:

- Sit in a circle.
- Invite kids to take turns standing in the middle of the circle as you lead the group in the following prayer.
- If you have kids who are willing to pray aloud, encourage them to lead the others in this simple prayer.

What You Say:

“Dear God, help [kid’s name] to **[Bottom Line]** trust God no matter what.”