



## **Group Time Guide**

Supplies Needed: None.

## 1. Time to Talk

**Look Up and Read**: Psalm 62:7-8. These verses are about trusting God with everything.

- When is a time you tried something even though it scared you? Would you try it again?
- When is a time that someone else trusted you?
- Why do you think Josh and Beka might have to clean and do the unusual things they're doing?
- What do you think someone does when they "trust God"?

## 2. Activity

**Say This**: Trust means believing someone, following them, even when you're not sure what will happen. We sometimes trust other people, but the one we can always trust, no matter what, is God.

**Do This:** Have every kid in your group stand at a distance from each other and have them close their eyes. Then, give them the following instructions, which they must do with their eyes closed. (If you need to edit the instructions to better fit your space, you may): Take three steps forward. Jump twice. Turn around to face the other way. Take three steps to your right. Jump backward once. Turn around to face me again. Take four steps backward. Turn all the way around once. Touch the ground.

**Discuss**: Would you rather be the one giving the instructions or following the instructions? Why?

**Discuss**: What is one way we could show that we trust God this week? (Talk to Him, learn about Him, tell others about Him, choose to do what He says is right.)

**The Point**: We can trust God, no matter what happens, or where we are. We can always follow Him and do what He says is right.