

# TRUST

Putting your confidence in someone you can depend on

WEEK 1  
K-1<sup>st</sup>

BOTTOM LINE: You can trust God no matter what.

Read Psalm 31:14

DAY 1

## Who I Trust

Trust means putting confidence in someone you can depend on. Grab a piece of paper and a marker and write or draw a list of three people that you can trust! After you are finished, share the list or picture with someone in your family!

Adults: Here are some questions you can ask your child as you talk through their list: **Why do you trust these people? What do you trust them to do for you?** (take care of you, keep you safe?)

Thank God for putting people in your life that you can trust.

DAY 2

## You Are My God

With the help of adult, look up and read this week's verse, **Psalm 31:14**. Ask an adult to grab you either a washable or dry erase marker and see if they can help you find a window or mirror to draw on. **(Adults: don't worry! A washable marker or dry erase marker will wipe off easily with a damp towel or window cleaner.)** Once you have their permission, write out your Bible verse on the window or mirror. This way you can practice your verse throughout the week whenever you walk past that mirror or window.

Listen to God's word to teach you what to do.

DAY 3

## Double Up Drawings

Sometimes we just have to trust someone else because we don't know how to do it on our own. In this activity, you will take turns trusting your friends words as they instruct you to draw something by using the clues they give you!

You will need a friend, paper, and something to draw with to do this activity. So you have something to compare it to, the instruction giver will make a quick drawing as a guide. Choose someone to go first to be the drawer. The other person will think of something simple to instruct the other person to draw. For example, if they have to draw a face, they can say things like 'draw a big circle, then draw two more circles in the middle' and so on. Once done, the partners have to compare the drawings!

Know that God will always give us the best directions to lead us towards Him.

DAY 4

## Pray for Trust

Take some time to talk to God. Ask Him to help you be able to put your trust in Him. Pray something like this,

**"Dear God, I am told that I can trust you no matter what. But help me to be able to see it for myself. Teach me ways that I can put my trust in you. Amen."**

Ask God to show you ways that you can learn to trust Him more.

Draw a picture of all the things  
you trust God to provide for you.  
You can draw things like:  
food, shelter, or friends to play with.

