

Trusting In God

LOWER ELEMENTARY LESSON PLAN

Theme: Trust in God, not man

Scripture: Jeremiah 17:5-10

Memory Verse: Blessed is the man who trusts in the LORD, whose trust is the LORD. -
Jeremiah 17:7

The Children's Sermon

Alright, kids, today we're going to talk about something really important and that's Trusting in God. Now, imagine you're outside, and you see two branches. One is all dried up, and if you touch it, it might even break because it's so weak. But the other one is different, it's green, and if you touch it, it feels alive and strong. This is just like us when we think about Trusting in God.

So, we have a choice to make. We can turn away from God and be like this dried up branch, really brittle and weak (snap the branch), or we can decide that Trusting in God is the way to go. If we trust Him, we'll be like the green branch, growing strong and knowing that God is always there, helping us every step of the way. Which one sounds better to you? Turning away from God (hold up dry branch), or Trusting in God (hold up flowering branch)?

Oh, and there's something else I want you to know. We might be able to trick our friends sometimes, but we can't ever trick God. He knows us better than anyone else, even better than our best friend or our mom and dad. It's like when you wear a costume on Halloween. You might dress up as a superhero or a princess, but underneath, you're still

you. God knows who we are under all our "costumes." He knows if we're really Trusting in God or if we're just pretending.

God looks at our hearts, the inside part of us that feels love, joy, sadness, and fear. He knows if we're being real or just putting on a show. So, if we're only pretending to trust Him, He knows that too. But here's the amazing part: God loves us so much that He wants us to trust Him for real, from the inside out, not just pretend.

Now, why is Trusting in God so important? Well, when we trust God, it's like we're planting ourselves by a big, beautiful river. Even when it gets super hot and everything else is drying up, we stay green and full of life because we're close to the water. Trusting in God keeps us strong, just like that river keeps the plants strong.

But how do we show we're Trusting in God? It's in the little things. Like, when you're scared at night, you can pray and trust God to keep you safe. Or when you're worried about a test, you can trust God to help you remember what you studied. Trusting in God means believing He's there for us, even when things get tough.

And when we trust God, we start to change. We become more loving, more patient, and kinder to the people around us. It's like Trusting in God fills us up with so much goodness that it just spills out onto everyone we meet.

But remember, Trusting in God isn't always easy. Sometimes, it can feel really hard, especially when things don't go the way we want them to. But that's when we need to trust Him the most. It's like when you're learning to ride a bike. At first, you might fall and get a few scrapes, but you keep getting back on because you trust that you'll learn

how to do it. Trusting in God is like that. Even when we fall, we keep trusting Him, and He helps us get back up.

So, this week, let's practice Trusting in God. When something worries you or makes you scared, talk to God about it. Tell Him how you're feeling and ask Him to help you trust Him more. And remember, God is always listening. He loves it when we talk to Him, and He loves helping us grow stronger in our trust.

Let's pray together now.

Dear God, thank you for always being there for us. Help us to keep Trusting in God, no matter what happens. We want to be like the green branch, full of life and strong because we're connected to You. Help us to remember that You're always with us, helping us, and loving us. Amen.

So, kids, let's keep Trusting in God every day, in every way. And just like that green branch, we'll grow strong and beautiful, full of life and love.

Bible Memory Verse

Blessed is the man who trusts in the LORD, whose trust is the LORD. - Jeremiah 17:7

You Will Need:

- Colored paper (green, brown, blue)
- Scissors
- Glue
- Markers or crayons

Get Ready:

- Cut the green paper into leaf shapes.
- Cut the brown paper into trunk shapes.
- Cut the blue paper to be the background, like a sky.

Do This:

1. Have each child take a piece of blue paper as their background.
2. Ask them to glue the brown trunk on the blue paper to start making their tree.
3. Then, let them glue the green leaves onto the top of the trunk. While they do this, talk to them about how a tree planted by water is strong and healthy because it trusts in the water to grow. Similarly, when we trust in God, we grow strong and healthy in our faith.
4. Once their tree is complete, have them write the memory verse on the bottom of the blue paper or on the trunk of the tree.
5. Discuss what it means to trust in God and how we can show trust in Him every day.

Bible Interactive Experience

You'll Need:

- A large bowl of water
- Two sponges (one labeled "Trust in God" and the other labeled "Trust in Man")
- A small plant (real or artificial)
- A picture of a desert
- Markers and paper
- Bible

Get Ready:

- Write "Jeremiah 17:5-10" on a piece of paper and place it next to the Bible.
- Set up a station with the bowl of water, sponges, plant, and picture of a desert on a table.
- Prepare a simple explanation of the scripture, focusing on trusting in God rather than people.

Do this:

1. **Introduction:** Start by showing the children the two sponges. Explain that one sponge represents trusting in God and the other represents trusting in people. Ask them which one they think will help us stay strong and happy.
2. **Interactive Reading:** Read Jeremiah 17:5-10 together, pausing to explain that trusting in God is like being a tree planted by water (show the plant), and trusting in people is like a bush in the desert (show the picture of the desert). Ask them which one they would rather be.
3. **Activity:** Dip the "Trust in God" sponge into the water to show how it soaks up the water and becomes full and strong. Then, press it over the plant to 'water' it, demonstrating how trusting in God helps us grow. Next, show the dry "Trust in Man" sponge, and try to water the plant with it, showing that it gives nothing. This visualizes the difference between the two types of trust.
4. **Reflection:** Give each child a piece of paper and markers. Ask them to draw a picture of a tree by the water and a bush in the desert, labeling them "Trusting in God" and "Trusting in Man." While they draw, encourage them to think about ways they can trust God in their lives.

5. **Closing:** Gather the drawings and share a few with the group. Close with a prayer, asking God to help us trust Him more than anything else. Remind the children to take their artwork home as a reminder to trust in God.

Snack Activity: Heartful Trust Trees

You'll Need:

- Pretzel sticks (trunks)
- Green apple slices (leaves)
- Cream cheese or peanut butter (glue)
- Raisins or small dried fruits (fruits)
- Paper plates
- Plastic knives

Get Ready: Wash the apple slices and place all your ingredients on a clean table.

Do this:

1. Tell the children that just like trees need to be planted in good soil to grow strong, we need to trust in God to have a strong and fruitful life. Read Jeremiah 17:5-10 together.
2. Use a pretzel stick as the tree trunk. Spread cream cheese or peanut butter on one side of the green apple slice, then attach it to the top of the pretzel stick to make the tree's leaves.
3. Add raisins or small dried fruits to the cream cheese or peanut butter as fruits. Explain that when we trust in God (not man), we're like a tree planted by the water (Jeremiah 17:8) that grows fruits because of our trust in Him.
4. Enjoy eating your Heartful Trust Trees while discussing how we can trust God in our daily lives.

Game Activity: Trust Trail

You'll Need:

- A blindfold for each child
- Obstacle course items (chairs, cones, soft toys, etc.)
- Prize stickers or small treats

Get Ready: Set up an obstacle course in your teaching area using chairs, cones, and soft toys. Make sure the path is challenging but safe for children to navigate with guidance.

Do this:

1. Explain to the children that sometimes in life, just like in our game, we can't see everything ahead of us. We need to trust God to guide us, just like Jeremiah 17:5-10 teaches us to trust in God and not in humans.
2. Pair the children up. One child will be blindfolded (the 'walker') and the other will be the guide. The guide must lead their partner through the obstacle course using only their words.
3. After each pair completes the course, switch roles and let the guide be the walker. Discuss how it felt to trust someone else and relate it to trusting God in our lives. End with giving out prize stickers or treats to all participants.

Craft Activity: Heart Tree of Trust

You'll Need:

- Green and brown construction paper
- Scissors
- Glue

- Markers or crayons
- Template of a heart

Get Ready: Before the class, cut out a tree trunk from the brown construction paper. Also, prepare heart templates that the children can use to trace hearts.

Do this:

1. Talk to the children about Jeremiah 17:5-10, explaining that trusting in God is like being a tree planted by the water. Our trust in God helps us grow strong and healthy in our hearts and lives.
2. Give each child a piece of green construction paper and a heart template. Ask them to trace around the heart template as many times as they can fit on their paper and then cut out the hearts.
3. Have the children write one way they can trust in God on each heart. For younger children, you can write for them or have pre-written suggestions they can choose from.
4. Glue the base of the tree trunk on a large piece of paper or a poster board. Then, have the children glue their hearts around the top of the trunk, creating a 'tree of trust' with branches made of hearts.
5. Once the tree is full of hearts, discuss how each act of trust in God strengthens our 'tree', making it lush and green, just like a tree planted by the water.

Prayer Activity: Planting Seeds of Trust

You'll Need:

- Small pots or cups
- Soil
- Seeds (any kind, but beans work well for quick sprouting)
- Water

- Markers and stickers for decorating

Get Ready: Gather all materials. Each child will need one small pot (or cup), a handful of soil, a few seeds, and access to water. Set up a decorating station with markers and stickers.

Do this:

1. Begin with a short discussion on Jeremiah 17:5-10, focusing on the idea that trusting in God is like planting a seed in fertile soil. Explain that just as a plant needs good soil to grow, our trust in God helps our faith grow.
2. Have the children decorate their pots or cups with markers and stickers. Encourage them to write words like 'Trust in God' or draw things that remind them of God's love and care.
3. Fill the pots with soil and plant the seeds together. As the children plant their seeds, lead them in a simple prayer, asking God to help their trust in Him grow strong like the plants. Remind them to water their seeds and watch them grow at home, remembering that trusting in God will help them grow strong in faith.