

Trusting In God

UPPER 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:

- Construction paper
- Markers or crayons
- Scissors
- Glue sticks

-Printed tree template

Get Ready:

- Cut out the printed tree templates before class.
- Set up a table with markers, crayons, scissors, and glue sticks.

Do This:

1. Give each child a tree template and ask them to color it. Explain that the tree represents them.
2. Have them cut out leaves from the construction paper. On each leaf, they should write or draw something they trust God for (e.g., guidance, health, family).
3. Glue the leaves onto their tree. As they do, discuss how trusting in God makes our lives full and vibrant, similar to a tree full of leaves.

Bible Interactive Experience

You'll Need:

- A large poster board or paper roll
- Markers, crayons, or colored pencils
- Two plant pots (one with a healthy plant, another with a withered plant)
- Copies of Jeremiah 17:5-10 for each child
- Heart-shaped sticky notes
- A "Trust-O-Meter" made from cardboard (ranging from "Trusting in Man" to "Trusting in God")
- Small pebbles or seeds

Get Ready:

- Write out Jeremiah 17:5-10 on the large poster board or paper roll and display it prominently.
- Prepare the "Trust-0-Meter" by drawing a simple thermometer-style scale on cardboard, marking one end as "Trusting in Man" and the other as "Trusting in God."
- Place the two plant pots at the front of the room where all children can see them.

Do this:

1. **Introduction to Jeremiah 17:5-10**: Start by reading the Scripture together. Discuss what it means to trust in man versus trusting in God. Highlight how the passage compares a person who trusts in man to a withered plant and a person who trusts in God to a tree planted by water.
2. **Heart Reflection Activity**: Give each child a heart-shaped sticky note. Ask them to reflect on what or who they have been placing their trust in recently and write it down on the note. One by one, let them come up and stick their heart on the "Trust-0-Meter" where they think they currently are. Discuss as a group how we can move our hearts closer to "Trusting in God."
3. **Plant Comparison Discussion**: Show the children the two plants. Discuss how the healthy plant is like someone who trusts in God, always nourished and flourishing, while the withered plant is like someone who trusts in man, unable to thrive. Ask the children why it's important to be like the tree planted by water (trusting in God).
4. **Jeremiah 17:5-10 Creative Poster**: Have the children use the markers, crayons, or colored pencils to draw or write on the poster board or paper roll around the Scripture. They can illustrate what trusting in God looks like to them, or how they can be like the

tree planted by the water. Encourage them to be creative and express their understanding of the passage.

5. ****Planting Seeds of Trust****: Give each child a small pebble or seed. Let them come forward and place their pebble/seed in the pot with the healthy plant as a symbolic gesture of choosing to trust in God. As they do this, encourage them to say a small prayer or make a commitment to trust God more in their daily lives.

6. ****Wrap-Up Discussion****: Conclude by discussing how we can remind ourselves to trust in God daily and not in man. Encourage the children to think of practical ways they can do this, such as memorizing Scripture, praying when they feel afraid, or talking to a trusted adult about their fears and hopes.

Snack Activity: Planting Trust Edible Cups

You'll Need:

- Chocolate pudding cups
- Oreo cookies (crushed)
- Gummy worms
- Mint leaves (to represent leaves)
- Small plastic spoons
- Paper and markers for labels

Get Ready: Crush the Oreo cookies into fine pieces to represent soil, and prepare small labels with markers and paper, writing 'Jeremiah 17:5-10' on each.

Do this:

1. Open a chocolate pudding cup - this represents the ground where we 'plant' our trust in God.
2. Sprinkle the crushed Oreo cookies on top of the pudding to cover it - this is the 'soil' in which our trust grows.
3. Insert a few gummy worms into the pudding cup - these represent the challenges and 'droughts' we face, reminding us that even in tough times, our trust in God should remain.
4. Add a mint leaf to the top to symbolize the 'tree' mentioned in Jeremiah 17:7-8, which represents a person who trusts in the Lord and whose confidence is in Him.
5. Finally, attach the label with 'Jeremiah 17:5-10' written on it to the spoon. As they eat, discuss how the snack represents our faith and trust in God, not in man, and how, like the tree planted by the water, we too can flourish when we place our trust in God.

Game Activity: Roots of Faith

You'll Need:

- A large open space
- Chalk or tape to mark the ground
- Cards with scenarios based on trusting in God vs. trusting in humans
- A 'tree' and 'desert' sign

Get Ready: Use the chalk or tape to create a large tree outline on one side of the play area and a desert outline on the other. Place the 'tree' sign next to the tree outline and the 'desert' sign next to the desert outline. Write down scenarios on the cards that involve a decision to trust in God or trust in humans, inspired by Jeremiah 17:5-10.

Do this:

1. Divide the children into two teams. Explain that they are in the land of decision, where they must choose between trusting in God (leading them to the tree, symbolizing being blessed and fruitful) or trusting in humans (leading them to the desert, symbolizing curse and dryness).
2. One team draws a card and reads the scenario aloud. Together, they decide if the scenario represents trusting in God or trusting in humans. If they choose trusting in God, they hop towards the tree; if they choose trusting in humans, they hop towards the desert.
3. After making their choice, discuss why they chose as they did, referencing Jeremiah 17:5-10. Then, it's the other team's turn. Play continues until all scenarios are discussed. The goal is to understand the importance of trusting in God, not in the strength of humans.

Craft Activity: Rooted in Faith Tree

You'll Need:

- Green, brown, and blue construction paper
- Scissors
- Glue
- Markers or crayons
- Jeremiah 17:5-10 printed on paper

Get Ready: Cut the green construction paper into leaf shapes, the brown into a tree trunk with branches, and the blue paper will serve as your background. Print out Jeremiah 17:5-10 on a piece of paper.

Do this:

1. Read Jeremiah 17:5-10 together and discuss what it means to trust in the Lord rather than in humans. Talk about the differences between a tree planted by water and a shrub in the desert.
2. Glue the brown tree trunk onto the blue background paper. Make sure to spread out the branches so there's room to attach the leaves.
3. Write different ways we can trust in God or examples of God's faithfulness on each green leaf. Then, glue the leaves onto the branches. As you attach each leaf, share why that example is important to your faith.
4. Display your 'Rooted in Faith Tree' in a prominent place as a reminder to trust in the Lord.

Prayer Activity: Rooted in Faith: Trusting God Over Man

You'll Need:

- A large pot or container filled with soil
- A small tree sapling or a plant
- Jeremiah 17:5-10 printed on paper
- Watering can or cup of water
- Stones with words such as 'Trust', 'Faith', 'God', 'Man' written on them

Get Ready: Prepare the large pot by filling it with soil and place it in a visible area of the classroom. Write the words 'Trust', 'Faith', 'God', 'Man' on stones and place them in a basket.

Do this:

1. Begin by reading Jeremiah 17:5-10 aloud as a group. Discuss what it means to trust in God rather than placing our confidence in humans.
2. Have each student select a stone from the basket. Reflect on the word they chose and share how it relates to trusting in God or the consequences of trusting in man.
3. Plant the sapling or plant together in the pot. As you place the plant in the soil, talk about how trusting in God helps us grow strong and rooted, like the tree mentioned in Jeremiah 17:8. Each student can then water the plant, symbolizing how our trust in God nurtures our faith and helps it grow.
4. Conclude with a prayer circle, asking God to help everyone in the class to trust Him more deeply and to grow strong in their faith, just like the tree planted by the water.