

# Relying On God

## PRESCHOOL LESSON PLAN

**Theme:** Trust in the Lord

**Scripture:** Proverbs 3

**Memory Verse:** Trust in the Lord with all your heart. - Proverbs 3:5

## The Children's Sermon

Let's pray: Heavenly Father, we're thankful that you guide our paths. Please help us to be careful with the gifts you entrust to us and to use them wisely.

Today, we're going to talk about a very special phrase that can help us every day: "Trust in the Lord with all your heart." This means we believe in God and know He is always with us, helping us, even when things are hard or confusing.

Imagine you have a big, heavy backpack full of rocks. It's so heavy you can barely walk. But then, someone much stronger comes along and says, "Let me carry that for you." You trust them, hand over the backpack, and feel so much lighter! That's a bit like what trusting in the Lord is like. He wants to help us with our heavy things, so we don't have to carry them all by ourselves.

"Trust in the Lord with all your heart" also means listening to God's direction, like when we use a compass to find our way. Sometimes, we might think we know the best way to go, but God's way is always the best. Even if it seems longer or harder, He knows things we don't know.

Let's think about a time when you had to trust someone. Maybe it was your first day at school, and you had to trust your teacher to help you find your classroom. Or perhaps you were learning to ride a bike, and you had to trust your mom or dad to hold on and not let you fall. Trusting God is like that. Even when we're scared or unsure, we can lean on Him, knowing He's holding us up.

But how do we trust in the Lord with all our heart? First, we talk to Him. Just like you talk to your friends when you're happy or sad, you can talk to God. You can tell Him anything because He loves to listen. And then, we listen back. Sometimes, God talks to us through our thoughts, through other people, or through things that happen around us. It's like playing a game of hot and cold. When you're getting closer to what God wants, you'll feel it in your heart.

Remember, trusting in the Lord doesn't mean everything will always go the way we want. Sometimes, we might pray for something, and it doesn't happen. That can be really hard. But "Trust in the Lord with all your heart" means we believe God has a good plan for us, even if we can't see it yet. It's like when you're making a puzzle. Sometimes, a piece doesn't fit where you think it should, but later you find the right spot. God knows where all the pieces of our lives fit best.

Another way to trust in the Lord with all your heart is to be thankful. It's easy to say "thank you" when we get something we want, like a birthday present. But can we also say "thank you" for the small things? Like a sunny day, a hug from a friend, or a beautiful flower? When we look for things to be thankful for, it helps us trust God more because we see all the good things He gives us.

And what about when we make mistakes? Sometimes, we might think that if we do something wrong, God won't love us anymore. But that's not true! "Trust in the Lord with all your heart" means we know God loves us no matter what. Even when we mess up, He's ready to forgive us and help us try again. It's like when you're learning to draw. If you make a mistake, you don't throw away the whole picture. You just erase it and keep going. God helps us erase our mistakes and start fresh.

Lastly, trusting in the Lord with all your heart means sharing His love with others. When you trust God, you can be brave and kind, even when it's hard. You can stand up for someone who is being picked on, or you can share your toys with someone who doesn't have any. When we do these things, we're showing others what it looks like to trust God.

So, let's remember to "Trust in the Lord with all your heart." It's a special phrase that can guide us every day. And whenever you're feeling lost, scared, or just not sure what to do, you can say this phrase to yourself. It's like a secret code that reminds you God is always there, ready to help, guide, and love you, no matter what.

Let's pray again: Dear God, thank you for always being there for us. Help us to trust in You with all our hearts, to listen for Your guidance, and to see Your love in everything around us. Amen.

Remember, kids, trusting in God is the best choice we can make every day. It makes our hearts happy and our steps sure. And even when the path gets a little bumpy, we know we're not walking it alone. God is with us, every step of the way.

**Bible Memory Verse**

## Trust in the Lord with all your heart. - Proverbs 3:5

You Will Need:

- Construction paper
- Markers or crayons
- Stickers (optional)

Get Ready:

- Cut the construction paper into heart shapes, one for each child.
- Write 'Trust in the Lord with all your heart. - Proverbs 3:5' on each heart ahead of time if the children are too young to write.

Do This:

1. Give each child a heart-shaped piece of construction paper and markers or crayons. If using, also provide stickers.
2. Encourage the children to decorate their heart with markers, crayons, and stickers. As they work, talk to them about what it means to trust in the Lord with all their heart.
3. Once they are done decorating, help them to recite the memory verse. Make it fun by doing it in different voices or adding simple hand motions.

## Bible Interactive Experience

You'll Need:

- A simple illustration of a path and a heart (can be a drawing or printed out)
- A blindfold
- Small, easy-to-hold objects (like soft toys or blocks) to serve as "trust tokens"
- A large open space to safely walk around

Get Ready:

- Set up a simple, safe "path" in your large open space using pillows or soft objects. It doesn't have to be straight. A little curvy is fine, as long as it's safe for preschoolers.
- Place the illustration of the path and the heart at one end of the path where children will start their journey.
- Have the "trust tokens" in a basket at the starting point.

Do this:

1. Explain to the children that we're going on a special walk to learn about trusting the Lord. Show them the illustration of the path and the heart, explaining that the path is like our life, and the heart reminds us to trust the Lord with all our heart.
2. Blindfold one child (or cover their eyes with your hands if they're uncomfortable) and give them a "trust token." Tell them this token represents their trust in the Lord. Guide them slowly along the path, using simple instructions like "step forward" or "turn right." Ensure safety at all times.
3. Once the child reaches the end of the path, celebrate their trust journey. Ask them how it felt to trust someone else to guide them. Relate this to trusting the Lord even when we can't see what's ahead of us. Repeat with each child, adjusting the level of guidance based on their comfort and age.

## Snack Activity: Pathway to Trust Snack

You'll Need:

- Pretzel sticks
- Blue frosting or cream cheese
- Fish-shaped crackers

Get Ready: Spread a sheet of wax paper on the table where children will be making their snack.

Do this:

1. Tell the children they will be making a special snack that reminds us to trust in the Lord, just like Proverbs 3 teaches us. Explain that the pretzel sticks are like the paths we walk in life, and the blue frosting or cream cheese is like the water, representing challenges we might face.
2. Have the children spread a layer of blue frosting or cream cheese on the wax paper to make a 'river'. They can use a spoon or a small spatula.
3. Then, let them place pretzel sticks end to end across the 'river' to create a 'bridge'. Explain that trusting in the Lord gives us a path over any challenge, just like the bridge goes over the water. Finally, add a fish-shaped cracker swimming in the 'river' to make it more fun and to remind them that God is with us even in the 'waters' of life.

## Game Activity: Path of Trust

You'll Need:

- A roll of masking tape or chalk
- Pictures or illustrations of scenes from Proverbs 3 (e.g., a heart, a path, a tree of life)
- A blindfold

Get Ready: Use the tape or chalk to create a simple, winding path on the floor or ground. Along the path, place the pictures or illustrations at various points. At the end of the path, place a picture of a treasure chest to symbolize the wisdom and blessings gained from trusting in the Lord.

Do this:

1. Explain to the children that the path represents our journey with God, trusting Him even when we cannot see what's ahead. The pictures along the way represent the promises and guidance we receive from Proverbs 3.
2. Choose one child to be blindfolded at the start of the path. The other children can shout directions to help guide the blindfolded child along the path, avoiding stepping off the path and reaching the treasure chest at the end.
3. After each child has a turn, gather the children and discuss how trusting in the Lord and listening to His guidance (like they listened to their friends' directions) can lead us to blessings and wisdom.

## Craft Activity: Trust Path

You'll Need:

- Construction paper (various colors)
- Markers or crayons
- Glue sticks

Get Ready: Cut the construction paper into large footprints.

Do this:

1. On each footprint, help the children write or draw something they trust God for (e.g., love, care, family).
2. Arrange the footprints on the floor to create a path.
3. Encourage the children to walk on the path, stepping on each footprint, and say aloud what is written on it as a declaration of their trust in the Lord.

## Prayer Activity: Trust in the Lord: A Prayer Walk

You'll Need:

- A small indoor or outdoor space
- Pictures of simple scenes or items (e.g., family, animals, trees)
- Tape or safe way to place pictures around the area

Get Ready: Before the activity, place pictures around the chosen area at a low height so they are easily seen by the children.

Do this:

1. Gather the children and explain that they will go on a special walk to see some pictures. Each picture is a gift from God, and we can trust Him to take care of everything in the pictures.
2. Lead the children on a walk around the area. Stop at each picture, and encourage the children to say a simple prayer related to the picture. For example, at the family picture, they might say, 'Thank you, God, for my family. Help us to trust in You.'
3. After visiting all the pictures, gather the children and remind them that we can trust God with everything, just like Proverbs 3 tells us. Finish with a simple prayer thanking God for being trustworthy.