

# Relying On God

## LOWER ELEMENTARY LESSON PLAN

**Theme:** Trust in the Lord

**Scripture:** Proverbs 3

**Memory Verse:** Trust in the Lord with all your heart and lean not on your own understanding. - 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 and lean not on your own understanding. - Proverbs 3:5**

You Will Need:

- Colored paper
- Markers or crayons
- Scissors

Get Ready:

- Cut the colored paper into heart shapes, one for each child.
- Write 'Trust in the Lord' on one side of each heart and 'Proverbs 3:5' on the other side.

Do This:

1. Give each child a heart and a set of markers or crayons. Ask them to decorate their heart around the words already written, focusing on what it means to trust in the Lord.
2. Once everyone is done decorating, gather the children in a circle. Let them share their hearts and explain their decorations, discussing what trusting in the Lord means to them.
3. Conclude by reciting the memory verse together, holding the hearts up high. Encourage the children to place their decorated heart somewhere they will see it every day as a reminder to trust in the Lord.

## **Bible Interactive Experience**

You'll Need:

- A large poster board
- Markers or paints
- Sticky notes or small pieces of paper

- Tape or glue
- A Bible

Get Ready:

- Write "Trust in the Lord" at the top of the poster board in big, bold letters.
- Divide the poster board into two columns: one labeled "My Worries" and the other labeled "God's Promises."
- Read Proverbs 3 to familiarize yourself with the verses you'll be discussing.

Do this:

1. Start by asking the kids to share things they worry about or things that make them feel scared. Write these down on sticky notes or pieces of paper and stick them in the "My Worries" column on the poster board.
2. Read Proverbs 3:5-6 aloud: "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight." Discuss what it means to trust in the Lord instead of worrying.
3. For each worry on the board, help the children find a promise from God in Proverbs 3 (or other parts of the Bible if needed) that speaks to that worry. Write these promises on new sticky notes or pieces of paper and stick them in the "God's Promises" column opposite the corresponding worry. Encourage the children to decorate around their promises with markers or paints.
4. End with a prayer, asking God to help everyone remember to trust Him and remember His promises whenever they feel worried.

## Snack Activity: Trust Trail Mix

You'll Need:

- A variety of nuts (like almonds or peanuts)

- Dried fruits (such as raisins or cranberries)
- Small pretzels or cereal pieces
- Small paper bags or cups
- Markers and stickers for decorating

Get Ready: Gather all your snack ingredients on a large table. Make sure there are enough ingredients for everyone. Provide small paper bags or cups for each child to collect their trail mix. Set out markers and stickers for decorating the bags or cups.

Do this:

1. Start by telling the children that just like our trail mix has different ingredients, our trust in the Lord can have different parts too. Trusting in the Lord means believing He will take care of us, guide us, and help us make the right choices, just like Proverbs 3 teaches us.
2. Let each child take a turn adding their choice of nuts, dried fruits, pretzels, or cereal to their bag or cup. As they do, encourage them to think of a time they trusted in the Lord or a moment they need to trust Him more.
3. After everyone has made their trail mix, gather the children to decorate their bags or cups with markers and stickers. Encourage them to write 'Trust in the Lord' or draw something that reminds them to trust in God. Finish by sharing your trail mix together, reminding them that just like our mix, when we combine our trust in the Lord with His love and guidance, everything works out for the best.

## Game Activity: Trust Path

You'll Need:

- Chalk or tape
- Blindfolds (enough for half the group)

- Obstacle items (like cones, pillows, soft toys)

Get Ready: Use the chalk or tape to create a simple path on the ground, placing the obstacle items along the path to create a 'course'. Make sure there's enough room for someone to guide a blindfolded person through the obstacles.

Do this:

1. Divide the children into pairs and decide who will be blindfolded first. The blindfolded child represents trusting in the Lord, while the other child will be their 'guide', representing listening to God's guidance through Proverbs 3.
2. The guide must lead their partner through the obstacle course using only their words, no touching. This teaches the importance of listening for guidance and trusting even when we can't see the way.
3. After reaching the end, switch roles and go through the course again. Discuss how it felt to trust someone else and relate it to trusting in the Lord through uncertain times.

## Craft Activity: Trust Pathway

You'll Need:

- A roll of butcher paper or a large poster board
- Markers or crayons
- Stickers or stamps with heart or star shapes

Get Ready: Cut a long piece of butcher paper or get a large poster board to create a pathway. This will be your 'Trust Pathway'.

Do this:

1. Read Proverbs 3:5-6 together: 'Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.' Discuss what it means to trust in the Lord.
2. Have the children draw or write situations where they need to trust in the Lord on the 'Trust Pathway'. They can draw themselves, friends, family, or any situation where they need God's guidance.
3. Decorate the pathway with stickers or stamps to symbolize God's love and guidance. Each sticker or stamp represents a step of trust in the Lord. Encourage the children to place them along the pathway as reminders that God is with them every step of the way.

## Prayer Activity: Trust Trail

You'll Need:

- A blindfold for each child
- Various safe objects to create a simple obstacle course (e.g., pillows, cones, soft toys)
- A space large enough to set up the obstacle course

Get Ready: Before the children arrive, set up a simple obstacle course in your space using the objects. Make sure the path is safe but requires some guidance to navigate.

Do this:

1. Explain to the children that today we're going to learn about trusting God, just like we read in Proverbs 3. Tell them they will go through a 'Trust Trail' where they need to trust their friends to guide them safely.
2. Pair up the children. One child in each pair will be blindfolded, and the other will guide their partner through the obstacle course using only their words. Remind the



guide to be kind and patient, and the blindfolded child to listen carefully and trust their guide.

3. After each pair has completed the course, gather the children and discuss how it felt to trust someone else and how this relates to trusting God in our lives. Encourage them to share how they can trust God more in their daily lives.