

# Relying On God

## UPPER 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; in all your ways submit to him, and he will make your paths straight. - Proverbs 3:5-6

## 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; in all your ways submit to him, and he will make your paths straight. - Proverbs 3:5-6**

You Will Need:

- Colored paper
- Scissors
- Markers or crayons
- Glue
- Stickers (optional)

Get Ready:

- Cut the colored paper into heart shapes, one for each child.
- Write 'Trust in the LORD with all your heart' on one side of the heart and 'Proverbs 3:5-6' on the other side.

Do This:

1. Give each child a heart-shaped paper and markers or crayons. Ask them to decorate around the verse with drawings or stickers that remind them to trust in the Lord. Examples could be a cross, a path, or anything that symbolizes guidance and trust.

2. Once they are done decorating, have them fold the heart in half, with the verse on the inside. On the outside, they can write or draw something that represents a personal challenge or decision where they need to trust God.

3. Share in a circle, allowing each child to talk about what they wrote or drew on the outside of their heart. Encourage them to pray, asking God to help them trust Him in that area of their life. Conclude by placing all the hearts in the center of the circle, pray over them collectively, asking God to guide and direct their paths as promised in Proverbs 3:5-6.

## Bible Interactive Experience

You'll Need:

- A Bible or printed copies of Proverbs 3
- A "Trust Trail" map (create a simple map with a start and end point, include several "stations" labeled with verses from Proverbs 3)
- Blindfolds
- Obstacle course materials (such as chairs, cones, soft ropes, etc.)
- Note cards with Proverbs 3:5-6 written on them
- Pens or pencils
- Small "treasure" items (could be stickers, small toys, or candy)
- A "Wisdom Tree" poster (a large tree drawn on poster board with branches but no leaves)
- Leaf cutouts made of paper or felt with adhesive on the back

Get Ready:

1. Set up an obstacle course in a safe, open area. This will be your "Trust Trail." Use the materials to create a path that requires guidance to navigate safely.

2. Place the "stations" along the Trust Trail, each marked with a different verse from Proverbs 3. Have the treasure items hidden at the final station.
3. Write Proverbs 3:5-6 on note cards, one for each child.
4. Hang the "Wisdom Tree" poster on a wall with the leaf cutouts and pens nearby.

Do this:

1. **Introduction to Trust:** Start by discussing Proverbs 3, focusing on verses 5-6. Ask the children what it means to trust in the Lord with all their heart and not lean on their own understanding. Discuss how following God's guidance is like following a map to a treasure.
2. **Trust Trail:** Divide the children into pairs. One child in each pair is blindfolded, while the other guides them through the "Trust Trail" using only their voice. At each station, the guiding child reads the verse aloud, and they discuss briefly what it means to them. This activity symbolizes trusting in God's guidance even when we cannot see the way.
3. **Wisdom Tree Leaves:** After completing the Trust Trail, each child receives a note card with Proverbs 3:5-6 and a leaf cutout. They are asked to write a personal prayer or commitment on how they will trust in the Lord on the leaf. Then, they attach their leaf to the Wisdom Tree, symbolizing their growth in wisdom and trust in God.
4. **Treasure Hunt:** The final station of the Trust Trail leads to a hidden "treasure" that the children can find together. This represents the blessings and wisdom we find when we trust in the Lord.

5. **Reflection:** Conclude with a group discussion on how trusting in God can guide us through life's obstacles, just like the Trust Trail. Encourage the children to share how they felt being guided and guiding others, drawing parallels to their relationship with God.

## Snack Activity: Trust in the Lord Trail Mix

You'll Need:

- A variety of nuts (almonds, walnuts, etc.)
- Dried fruits (raisins, cranberries, apricots, etc.)
- Chocolate chips or M&Ms
- Pretzels or small crackers
- Small bags or containers
- Proverbs 3 printed on labels or tags

Get Ready: Prepare a large, clean table space for mixing ingredients. Print out Proverbs 3 on labels or tags that can be attached to the bags or containers.

Do this:

1. Begin by reading Proverbs 3 together, focusing on verses 5-6, '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 in our daily lives.
2. Invite the children to create their own 'Trust in the Lord Trail Mix' by choosing from the variety of nuts, dried fruits, chocolates, and pretzels. As they make their mix, encourage them to think about the different aspects of their lives where they can trust God more.

3. Once everyone has made their trail mix, help them to package it in the small bags or containers. Attach the labels or tags with Proverbs 3 printed on them. Close with a prayer, asking God to help each child trust Him more in every aspect of their lives.

## Game Activity: Pathway of Trust

You'll Need:

- Chalk or tape for marking the ground
- Blindfolds (one for each team)
- A bell or any sound-making object

Get Ready: Use the chalk or tape to create a large, winding path on the ground, with various 'trust' challenges along the way (e.g., small obstacles to step over, areas marked as 'quicksand' that should be avoided). At the end of the path, place the bell or sound-making object. Divide the children into teams of two.

Do this:

1. One child in each team is blindfolded, and their partner must guide them through the 'Pathway of Trust' using only their voice. The guide cannot touch the blindfolded player but must give clear instructions to help them avoid obstacles and reach the end of the path to ring the bell.
2. Before starting, read Proverbs 3:5-6 to the children, emphasizing the importance of trusting in the Lord and not relying solely on our own understanding. Discuss how the blindfolded player must trust their partner, similar to how we must trust in God's guidance.
3. After each team has had a turn, gather the children and discuss how it felt to be the guide and the blindfolded player. Relate their experiences back to trusting in God's

path for us, even when we can't see what's ahead. Encourage them to share times when they had to trust in God and discuss the outcomes.

## Craft Activity: Trust in the Lord Pathway

You'll Need:

- A roll of butcher paper
- Markers or paint
- Bible verse cards (Proverbs 3:5-6 printed on cardstock)
- Tape or glue
- Scissors

Get Ready: Before the class, cut out footprints from the butcher paper. Write individual words from Proverbs 3:5-6 on each footprint. Mix them up so they're not in order.

Do this:

1. Spread the footprints across the floor and challenge the students to arrange them in the correct order to form the verses from Proverbs 3:5-6. This encourages them to work together and familiarize themselves with the scripture.
2. Once the path is correctly laid out, have each student choose a footprint and write on the back how they can trust in the Lord in their daily lives, reflecting on the words from their chosen footprint.
3. Use tape or glue to attach the footprints to the butcher paper, creating a 'Trust in the Lord Pathway'. Hang the pathway in the classroom as a reminder of the lesson and the importance of trusting in God.

# Prayer Activity: Trust in the Lord: A Proverbs 3

## Journey

You'll Need:

- A Bible or printed copies of Proverbs 3
- A large poster board and markers
- Small stones or pebbles

Get Ready: Before the class, write 'Trust in the Lord with all your heart' at the top of the poster board. Prepare a comfortable seating arrangement where all the children can see the poster board.

Do this:

1. Begin by reading Proverbs 3 together, focusing especially on verses 5-6. Discuss what it means to trust in the Lord and not rely on our own understanding.
2. Ask each child to think of a situation where they need to trust God more. Have them write or draw this situation on the poster board around the pre-written text.
3. Give each child a small stone and explain that in the Bible, stones were often used as memorials or reminders of God's faithfulness and guidance. Let each child place their stone near the poster board as a physical act of deciding to trust God with the situation they shared. Close with a prayer, asking God to help each child trust Him more.