



Use this guide to help your family learn how we can trust God.

First, watch this week's video!

**Trust:**  
Putting your confidence in someone you can depend on

### Memory Verse

"Trust in the LORD with all your heart. Do not depend on your own understanding."  
Proverbs 3:5, NIV

### Bible Story

Jacob and Esau's Reconciliation  
Genesis 31:3;  
32:3-32; 33:1-17

### Bottom Line

You can trust God even when you're worried.

## Activity

### Worrying Doesn't Rock

#### What You Need:

two small stones\*; supplies to decorate stones, like markers, paint, glitter, etc.

(\*Note: In the event that you don't have access to stones, cut out a stone shape from an index card or sheet of paper. If you have packing tape, you can cover the rock shape in tape after you decorate it.)

#### What You Do:

If the weather allows and you're able, go for a walk with your child and find two stones. (If not, you can purchase two stones from a craft store.) Then set out the art supplies. Say, "Many people use stones to hold on to when they're worried. We can keep these to remind us that even when we're worried, God is with us."

Decorate your "worry stones" together. As you're working, review and talk about the story using the questions in the next section.



## Talk About the Bible Story

Who from our story today had a big worry?  
(*Jacob*)

What was he worried about? (*He hoped that his brother Esau would forgive him.*)

What does it feel like in our hearts when we worry?

Do you think God wants us to worry? (*No; God tells us not to worry, and to trust instead*)

Have you ever been worried because you didn't know what would happen?

Besides using our worry stone, what are some things you can do when you're worried? (*Pray; trust; talk to an adult*)

*Parent: Share about a time when you felt worried, but you decided to trust God. It could be small (you got lost in a store as a kid), or bigger (you were worried about finances or relationships). Emphasize that trusting God didn't mean that you got what you wanted, but that God gave you peace, wisdom, etc.*

## Prayer

Use this prayer as a guide, either after talking about the Bible story or sometime before bed tonight:

"Dear God, thank You for being with us and being dependable. We know that we can count on You. Please help us to trust You with our worries and anxieties. We know that You will never leave us. We love You, and we pray these things in Jesus' name. Amen."