



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

Isaac's Wells  
Genesis 26:1-22;  
26-31

### Bottom Line

Trust God no matter what.

## Activity

### Blind Trust

#### What You Need:

blindfold; plush or soft toys

#### What You Do:

Scatter the toys around a room on the floor. Make sure to scatter them from one side of the room to the other.

Tell your child that you're going to play a game. They have to cross from one side of the room to the other *without* touching a toy—and they have to do it blindfolded! How? By trusting you and your specific instructions.

As you play the game, guide your child with instructions like, "Two big steps to the left. Now, take one big step forward!" Feel free to add in any silly instructions you want, like, "Spin around three times and hop on one foot!"

When your child finishes, say, "You did a great job trusting me."

If time permits, change places with your child and allow them to guide you from one side of the room to the other.

## Talk About the Bible Story

Was it hard or easy to trust me while we played that game? Why?

Who needed to trust God in our story today? (*Isaac*)

Why did Isaac need to trust God?  
(*Because people kept trying to take his wells*)

What can make it hard to trust God?

How do we build our trust in God or practice trusting God?

*Parent: Share about an age-appropriate situation in which you had to trust God in the midst of big decisions—which job to take, how to make new friends, how to spend money, the wise thing to say in a big argument at home or work, 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 hearing us. Thank You for promising to be with us, no matter what we face in life. God, please help us to trust You. We know that You are with us, You will help us, and You love us. We love and trust You, God. We pray these things in Jesus' name. Amen."