



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's Dream
Genesis 28:10–22

Bottom Line

You can trust that God has a plan.

Activity

Movin' to Music

What You Need:

access to a clip of an upbeat song—ideally one your child knows and likes

What You Do:

Invite your child to play a game with you. Play your music clip a few times and invite your child to dance with you. Take turns coming up with steps and moves to the music. Make sure your child comes up with a few of their own suggestions!

Once you've got your dance made up, perform it a few times. Bonus points if you put on an impromptu show for your family.

When you're finished say, "That dance was awesome! A dance is kind of like a plan, isn't it? How did you think up those dance moves?"



Talk About the Bible Story

Besides our dance, what are some plans we've made lately?

What was Jacob's dream about? (*God's plan for his life*)

Why do you think Jacob was able to trust God while he waited to meet Esau, even though Esau had every right to be mad at Jacob? (*Because Jacob was doing what he knew God wanted him to do, in seeking forgiveness*)

Do you believe that God has a plan for your life? How do you know?

Parent: Share an age-appropriate story about when you trusted God—even when you didn't have a plan, or you didn't know how the circumstances would fit into God's plan. Maybe you had an argument with a friend, an unexpected financial or health issue, or even a bad day that ended well.



Prayer

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

"God, You are always good and always faithful. We know that You will do what You say! You kept Your promise to Abraham—to bless the world through his family. You kept Your promise to Jacob. You will make everything right in the end. Help our family to remember that we can trust in You and in Your plan. Thank You! Amen!"