Week 2

God Wants You to Trust His Plans are Best

Memory Verse: Proverbs 3:5-6 *"Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths."*

Main Teaching: God wants you to trust His plans are best. **Word Up:** God's plans are good!

Supplies:

- Word Up Visual – Word Up (Resource Pack)
- Recording for "His Name is Jesus" "Trust in the Lord" and "I Look to You?" - Worship (Sing About the King 2 CD)
- Optional Song Visuals for "His Name is Jesus" and "I Look to You" (cefpress.com)
- Ping pong ball, bendy straw, hair dryer, ping pong ball, toilet paper tube – Object Lesson
- Memory Verse Visual – Memory Verse (Resource Pack)
- Robert Foster Flash Card Visual 1 – Missionary Story (Resource Pack)
- Card with Psalm 73:23-26 on it – Small Group / Wonder Time (Resource Pack)
- Memory Verse Token Proverbs 3:5-6 for each child – Dismissal (Resource Pack)

Schedule at a Glance (75 min club):

15 min – Small Group
10 min – Worship / Rules / Word Up
10 min – Object Lesson
15 min – Memory Verse
10 min – Game
5 min – Missionary Story
10 min – Small Group Wonder Time

SMALL GROUP

Following Jesus Mirror Game

Have each student find a partner and stand up facing each other. Choose one partner to be the leader and one to follow. Set a timer for one minute. Lead partners must move, make faces, and speak. Followers must do exactly as their leaders do until time is up. Switch roles and play again. Students can find new partners and play again as time allows. God's plans are good. When we follow Jesus, we are doing what is right! Last week we learned how Esther followed God's good plan. We need to trust God's good plan for our lives too!

WORSHIP

To learn songs and motions, go to YouTube and type in CEF and the name of the song in the search bar.

"His Name is Jesus"

"I Look to You"

CLUB RULES

Review the Up Rules reminding the kids that following the rules helps everyone be able to feel safe and learn. If there is a particular rule the children are having trouble with, do a skit to highlight that rule and why it is important.

WORD UP!

"God's plans are good!"

I'm going to give you some instructions – listen carefully and do exactly what I say. Give your neighbor a high five. Turn to another neighbor and tell them they are awesome! Jump up and down three times. Spin around and sit down. All the things I told you to do were good. You were kind to your neighbors and got some exercise. People don't always tell us good things to do. Sometimes people try to tempt us to do the wrong things. But God's plans are always good. If we follow what He tells us to do, we will always be doing the right things! **WORD UP!**, **"God's plans are good!"** *(Say with children.)*

OBJECT LESSON

Ping Pong Ball Trust

Supplies: 1 ping pong ball, a toilet paper roll, a bendy straw and a blow dryer

Since we know God's plans are good, we can trust Him. I'm going to demonstrate that with a ping pong ball and some air. When we trust someone, we depend on them. This ping pong ball is going to represent you. You are trying to live your life by yourself in your own power. You are running around in circles, with no direction, wearing yourself out. Kind of like this ball. (Bend the straw and put the long end in your mouth with the bent part facing up. Blow air and put the ball on top of the end of the straw. It will spin around and eventually fall off.) Eventually you run out of breath, and you fall. You don't get very far. But then let's say you meet Jesus and you put your trust in Him. You let Him lead and you follow His plans. This hair dryer is going to represent God. Let's turn it on and see where He leads you (put the ball on top). You are calm and supported. And even when you go a little off course (tilt hair dryer a little bit to one side), He is still helping you stay on the right path. (Tilt hair dryer back to the middle.) If you stay on the right path, following God's plan, He can take you to higher places that you never even imagined. (Hold the toilet paper roll up over the ping pong ball. The ball will shoot up through the tube!)

Demonstration link: https://www.youtube.com/watch?v=SU83lgq5Bwg or search YouTube ping pong ball object lesson on trust

MEMORY VERSE

Proverbs 3:5-6 *"Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths."*

INTRODUCTION

Everybody stand up and jump into the air. *(Do with children.)* When you jumped, you weren't afraid that you would fly off the Earth and get lost in space. You trusted that when you jumped up you would come back down. You didn't conduct science experiments to make sure gravity was still working—you just trusted that the world would work the way it usually does, and gravity would pull you back down when you jumped up. Every day we choose to trust things or people. Sometimes people keep their word and sometimes they don't. Sometimes things work and sometimes they don't. It can be hard to know who or what you can trust. The Bible tells you who you can totally trust.

PRESENTATION

(Read verse from the Bible and then from the visual with children.) Who does it say you can trust? *(Allow response.)* You can trust the Lord. We know this is true because the Bible is God's message for you and me. Everything it says is true. This verse comes from the book of Proverbs. If you open to the middle of your Bible, you will probably open to the book of Psalms. Proverbs is the next book. *(Show children.)* Our verse is in chapter three, which is the big number on the page. Then verse five, which is the little number. *(Read verse from Bible. Have children read verse with you from visual.)*

EXPLANATION

Trust in the Lord—The Lord is God, the Creator and King of the universe. He wants you to depend on Him completely. You can totally rely on God.

with all your heart—Your heart is the part of you that thinks, feels, and makes decisions. Trusting with all your heart means totally depending on God for everything.

and do not lean on your own understanding—It's easy for people to lean (depend) on what we know or our own plans. But this verse is saying we should depend on God's knowledge instead of our own. God is sovereign—He has control over everything that happens. His understanding is much bigger and greater than yours or mine. He can be trusted! God should be trusted more than you trust your own plans.

In all your ways—"Ways" means the way you live your life and the things you do. What are some things you do during your day? *(Allow responses.)* You eat, sleep, play, work, talk, make decisions, and more. God cares about how you live your life—even the simple things like eating, sleeping, and playing.

acknowledge him—In all the things you do, God wants you to acknowledge Him. "Acknowledge" means to recognize and agree that something is true. When you acknowledge God, you admit He is the authority you should obey. When you acknowledge God as your authority you also choose to obey Him. You recognize that He is the one in charge of your life, not you.

and he will make straight your paths—Your "path" is the way you continue living your life. When you acknowledge God as the authority in your life and obey Him, He will guide you in the way you live your life. God will help you make good and wise decisions. This is what "makes straight your path" means.

In everything you do, as you obey God, you can trust Him to guide you in the way you should go.

APPLICATION

Saved: If you have believed in Jesus as your Savior, God wants you to acknowledge Him as the authority you should obey. He will help you know what is right and good to do and will help you stay away from things that will harm you or distract you. God's plans are always good. **WORD U**P!, **"God's plans are good!"** *(Say with children.)*

Unsaved: If you haven't believed in Jesus as your Savior, God wants you to acknowledge that He is God. He is the authority you should obey. He is holy and cannot do anything sinful. He wants you to admit that you are not like Him—you sin by doing, saying, and thinking things that do not please Him. He wants you to acknowledge that you need Him as your Savior. You can put your trust in Jesus as your Savior today.

INVITATION

Do you know that you have sinned? Do you know that Jesus died on the cross to take the punishment for your sin? Have you made the decision to put your trust in Him? The Bible says in **Acts 16:31** *"Believe on the Lord Jesus and you will be saved*." When you believe in Jesus, trusting that He died on the cross for your sins, you will be saved – rescued from sin's punishment. God will change you on the inside, helping you love Him and obey Him each day. **Will you turn from your sin and believe** in the Lord Jesus today? Please **bow your head** and close your eyes. If you called on Jesus for the very first time today, or you want to talk to someone more about doing that, please **show me** by raising your hand. If you raised your hand, please **meet me** *(designate location)* and I'll show you more from God's Word how you can be saved.

REPETITION

Follow and Freeze"

(As you say the verse together, lead the children in playing follow the leader by doing simple motions; e.g., run in place, flex your muscles, spin around, wave your hands in the air, close one eye while touching your ears, etc. Tell the children to watch closely because if you stop moving, they should freeze in place and stop saying the verse. When you start to move again, everyone should unfreeze and continue saying the verse. Once the children understand the game, they would enjoy taking turns as the leader, but limit them to two freezes per turn.)

Sing Memory Verse Song *"Trust in the Lord"*

ACTIVITY

Two Things Name Game

Place students in two lines facing each other so that each person has a partner. Ask students to say their name to the person opposite them as well as 2 things that they like. "My name is Laura and I like pickleball and eating desserts." Then have the partner share. Instruct one line of students to move down one student so that everyone has a new partner. The person on the end without a partner moves to the other end of their line. Play several rounds with different categories like favorite foods, games to play, class in school, thing to do on the weekends etc.

MISSIONS STORY

Robert Foster Part 1

Charles and June Foster were missionaries in Zambia, Africa in the early 1900s. Their son, Robert "Bob" Foster was born in 1924 in an African village. They didn't have very many doctors in Africa. The closest one to the Fosters was 300 miles away and it would take a long time to get there if someone in the family was sick.

Before Bob was born, his older sister Mabel died and his older brother Edgar became disabled because they didn't have a doctor close enough to help them. Charles and June prayed that Bob would grow up to be a missionary doctor—a doctor like the one Mabel and Edgar needed—and that he would live close to the village.

Bob was just a little boy when his mother said, "Charles, should we think about leaving Africa? A doctor is too far away." She was afraid that Bob and his older brother Harold would get sick. She also wanted the boys to go to school and there weren't any schools where they lived. But Bob's parents also knew there were many people in Africa who needed to hear about Jesus, God's Son, who loved them and died for their sins. Leaving Africa would mean they wouldn't be able to tell these people the most important and best news in the world—that Jesus had come to save them.

After praying to God and asking for wisdom, the Fosters decided to stay in Africa and continue to tell the Good News about Jesus. They would trust God to help them serve Him even in hard times. But they still wanted Harold and Bob to be safe and go to school. They continued to pray for wisdom. One day they learned about a special home in Canada where missionary children could live safely and go to school. It was called Gowans Home.

When Bob was four years old and Harold ten, the Fosters took them to Gowans Home. Their brother Edgar couldn't stay at the school because he needed extra care. His parents would keep him with them in Zambia, Africa.

There were many tears when Charles and June had to leave the boys and return to Africa. But they knew it was the right thing to do. Even though Bob and Harold didn't get to see their parents very often, they would get letters filled with their parents' adventures in Africa. Bob missed his parents very much, but he knew they loved him and missed him too. Bob also had God with him to help him in the hard times.

When Bob thought about his parents, he imagined himself as a great missionary someday. He wanted to tell people about Jesus, but he also wanted to take care of sick people. He dreamed of being a missionary doctor.

One day Bob learned he was going to have some very special visitors at Gowans Home. Who could they be? We'll find out next week.

SMALL GROUP / WONDER TIME

"God is with Me"

When you believe on Jesus as your Savior, you receive many good gifts from God. It's like having valuable treasure!

Our treasure today is, "God is with me." One treasure you have when you've believed on Jesus as your Savior is the treasure of God's presence. You can say, "God is with me." He is with you all the time, no matter where you are or what you're doing. As I read from God's Word, listen for three things you gain because God is always with you.

(Read Psalm 73:23-26.) Because God is always with you, you have three valuable things. First, you have God's guidance. God will guide you with His counsel. That means He will help you know which way to go and you can know His plans for you are good.

WORD UP!, "God's plans are good!" (Say with children.)

DISMISSAL

Hand out memory verse token to each child and encourage them to memorize the verse and bring the token back completed next week. Remind the kids that God's plans are good and that we can trust His plans.