



*As a family, watch today's Elementary Message from our website or You Tube.
Keep the conversation going while doing the activities listed below.*

Need to Know: When I Feel Worried, I Can Trust God

SAY: We all feel worried sometimes. When we're feeling worried, we can pray and ask God to comfort us. Whether we're worried about things going on at school, at home, with our families, or anything in between, God is always with us—and that's our greatest comfort!

- * **DO:** Print out the Activity Sheet. Encourage your child to draw expressions on the blank faces on the Activity Sheet. You can also have them draw faces with expressions on a blank sheet of paper. Allow your child to share things they may be worried about. Review the Big Idea and memory verse.
- * **ASK:** What is something that can do to make you feel better when you are feeling worried? (read the Bible, pray, talk to a trusted adult or friend)
- * **ASK:** Who was causing Gideon to feel worried? (Midianites)
- * **ASK:** Gideon was worried about what might happen, but God comforted him by showing him a few miraculous signs. What were some of the signs? (Set fire to the stew, wet the wool but kept the ground dry, wet the ground but kept the wool dry)
- * **SAY:** After God showed Gideon the miraculous signs, Gideon trusted God more and more! The more we read our Bible and pray, the more we too can see God in everything around us!
- * **PRAY:** Dear God, we thank you for giving us the Bible to read and the ability to freely talk to you whenever we want. God, help us to remember to trust in you when we are feeling worried. We love you so much God. In Jesus' name we pray. Amen.