



First Christian Church Sunday School Lesson

TRUST IN THE LORD

LORD,

Thank you for being a God who keeps your promises. We can put our trust in You. The way you love and care for us is more than we can imagine. We come before you now with open hearts to learn your Word and strengthen our faith. Please help us learn to be more like you Jesus.

In the mighty Name of Jesus we pray, Amen

PRAISE AND WORSHIP

Trust in the Lord – Proverbs 3:5-6

[trust in the lord - proverbs 3 5 6.mp4](#)

Trusting My Life - Answers in Genesis, VBS

Written by Mark Millard, Steve King and Corby LaCroix

[trusting_my_life_full_final.mp4](#)

Standing on the Promises - Answers in Genesis, Operation Arctic VBS

[standing_on_the_promises_lyric_full_mix.mp4](#)

SCRIPTURES:

Trust in the LORD with all your heart
and lean not on your own understanding.

Proverbs 3:5

The LORD directs the steps of the godly.
He delights in every detail of their lives.
Though they stumble, they will never fall,
for the LORD holds them by the hand.

Psalms 37:23-24

LESSON

Use the information in this lesson to teach your child about trusting in the LORD. You may read the lesson aloud or paraphrase it depending on the developmental level of your child. Above all else, let your child know that Jesus' love is real and they can put their trust in God.

Who do you put your Trust in?

What do you think of when you say the word "Trust"?

Every day you "trust" in many things. When you open the refrigerator, you trust it to be cold inside and that someone has put food in it for you to eat. When you get in the car, you trust it will not fall apart as you travel 67 miles an hour down the road. When you get dropped off for dance or sports practice, you trust that your mom, dad or grandparent will pick you up when it is over.

Have you ever had to wait awhile for someone to pick you up from an event? You know how your mind starts to worry...you start to wonder, will they remember to come pick me up today? You know your parents or grandparents have always picked you up before. You know they love you and care for you, but at that moment you start to worry and your trust in them starts to get a little shaky. But eventually, they come to get you and take you home. Then you remember that you can always trust in them.

I want you to think about this for a minute. Why do you trust your parents, grandparents or the person who cares for you?

The reason you trust them is because of what they have done for you in the past.

When you were a baby and you cried from hunger, they fed you. When you were learning to walk, they held your hand so you would remain steady until you could stand on your own. When you were riding in the car, they buckled your seat belt. When you tried to eat bugs or cat food, they told you that probably wasn't a good idea.

You trust your parents and grandparents to take care of you because they have been doing it for a long time. They have consistently shown you love and care since you were created. You trust in them because they have proven that they are "trustworthy" over time. Their love for you is consistent.

“Trust in the Lord with all your heart, and do not lean on your own understanding.”

Proverbs 3:5

The Bible tells us to “Trust” in the LORD. How do you know if you can really “Trust” in God? You might wonder, does God really love me and will He always take care of me?



Will God keep His Promises?

Is God Trustworthy?

If you believe that God’s Word is true, then start there. The Bible is full of reasons why you can trust God. God’s Word tells you about the promises God has made in the past. By reading the Bible, you can see how God has consistently kept His promises. God’s word will help you see how God loves and cares for His people.

For example, read the account of Moses and the Israelites, learn why David put his trust in the LORD as you read the Psalms, or read Daniel and remember how Daniel trusted God as he was thrown into the lion’s den. Don’t forget the accounts of Ruth and Boaz, Paul’s wild shipwreck adventures, and Shadrach, Meshach, and Abednego’s crazy adventure as they were cast into the fiery furnace. The Bible confirms over and over how God always does what He says He will do. For thousands of years, God has stayed true to His word. God always keeps His promises. That is one reason why you can put your Trust in God. God consistently, without wavering, or faltering keeps the promises He makes.

Can you Trust God with your Whole Heart?



Another reason you “trust” your parents is that you believe your parents or grandparents truly love you and want what is best for you.

Do you believe that God loves you? Do you trust that God’s love is real and true? Do you trust that God is always doing what is best for you?

How great is the love the Father has lavished on us, that we should be called children of God! And this is what we are!

1 John 3:1

This is love: not that we loved God, but that He loved us and sent His Son as an atoning sacrifice for our sins.

1 John 4:10

You have probably heard someone at church say, “Jesus Loves You!” If you have accepted Jesus as your Lord and Savior, then you are beginning to understand how much God loves you. During Sunday School, you have listened to accounts in the Bible of how much God loves His people. You can already see how God cares for you through the family and friends He has given you. You may feel God’s love as you pray and draw close to Him. I hope you know that God loves you more than you can even imagine.

But, if you have any doubt about how much God loves you, don’t worry. Just keep reading His Word and talking to other people who know God’s Love. Like all relationships, your relationship with God takes time to develop and grow. As you spend time talking to God through prayer, reading His word and experiencing how God works in your own personal life, you will come to understand how deeply God loves you and your trust in Him will grow even stronger.



TIME TO PLAY A GAME

Trust Obstacle Course

Set up a small obstacle course in a large room in your house. (Create a maze with pillows and other soft objects). Parents will blindfold one child at a time and guide him or her through the maze. Parents can do this by holding the child's hand or by using their voices or both. When finished ask your child:

- Was it easy to trust me when you were blind folded?
- Do you think it is always easy to follow Jesus?
- How can we learn more about Jesus so we want to follow Him?

TIME TO HAVE A LITTLE FUN

The LORD directs the steps of the godly.
He delights in every detail of their lives.
Though they stumble, they will never fall,
for the LORD holds them by the hand.

Psalm 37:23-24



I Trust In You Poster

Print the Hold My Hand, Lord document.

Read Psalm 37:23-24 aloud to your child. Use water based paint to cover your child's hand with paint. Help your child position their two hands on the paper so a heart is formed with the thumbs and first fingers. See the picture above. You may want to practice on a piece of scrap paper before making the final print.



God's Promises Poster

Print the God's Promises Poster.

Read the promises listed on the printed poster. Use the promises listed with the scriptures on the poster and within this lesson to make a personal List of God's Promise with your child. Use the following pictures to give you child some ideas on how you might make a list of your child's favorite promises.

You can make a list of God's promises



or build a rainbow and hang each of the promises you want to remember



Use special shaped Post It Notes to highlight your favorite promises.



CLOSING PRAYER

God,

Thank you for the Bible which teaches me about Your promises. Thank you for telling me about the promises you have already kept. Thank you for promising to love and care for me in the very best way. I want to trust You, Jesus. I know You can do anything. Jesus, help me love others and do the right thing, even when it is hard. God, You are powerful, loving, and good.

In Jesus' name, Amen.



Check Out the Additional Attachments or Links:

- Make the **I Trust In You** Keepsake using the [Hold My Hand, Lord](#) document
- Print the [God's Promises Poster](#) for Kids
- Draw one way you trust God using the [Trusting God Coloring Activity](#)
- Use the [With All Your Heart Coloring Sheet](#) to remember Proverbs 3:5