



SAY:

There's a verse in our Blueprint for life, the Bible, that tells us what God says about dealing with how we're feeling. I want to teach it to you now. Just repeat after me:

We know that (point to self with thumbs)

God is greater (point both hands up)

than our hearts , (hand over heart)

and He knows everything. (fingers to temples)

1 John 3:20 (make book with hands)

PRACTICE

PLAY "Fidget Spinner Time-Out." SPIN a fidget spinner, and HAVE your family try to say the whole verse together before the Fidget Spinner stops spinning. CONTINUE playing as time allows, and HAVE everyone say the verse as many times as they can before it stops. If you don't have a fidget spinner, try using a spinner from a board game!

Discussion Questions

- What would make you feel more worried: a pop quiz or forgetting your homework?
- What is something that makes you feel better when you are feeling worried?
- What would make you feel more worried: having to eat a mystery meat or a salad surprise?
- What would make you feel more worried: finding a snake in your room or having a spider crawl on your head?
- What are some ways that you have seen God prove that He is with you?
- How does that help you trust Him more in the future?