

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 and Esau's Reconciliation  
Genesis 31:3;  
32:3-32; 33:1-17

### Key Question

What do people worry about?

## Activity

### Tattoo of Trust

#### What You Need:

washable markers; soap and warm water (to clean up afterward)

#### What You Do:

Set out the washable markers. Announce to your child that they're about to give and receive a tattoo! Choose a spot on your body for your tattoo. Have your child do the same.

Say, "I'm going to decide what kind of tattoo to give you, and you're going to decide what kind of tattoo to give me."

Then, take some time to give one another "tattoos" using the markers.

Say, "That was fun—and it involved some trust, too. Why did we have to trust each other as we drew each other's tattoos?" (*We trusted that we would do what we said we'd do, and not something silly or crazy.*)

"Trust is important in a friendship. We have a friendship with God. Even when we don't quite understand what's going on, and we have worries, we can trust God."



## Talk About the Bible Story

What was Jacob from our story worried about? (*He hoped that his brother Esau would forgive him.*)

What kinds of things do you worry about? What situations make you feel worried or anxious? How could you trust God in those situations?

How would God's wisdom, or peace, or patience, help with those worries?

*Parent: Share about a time when you felt worried, but you decided to trust God. It could be small (you got lost in a store as a kid), or bigger (you were worried about finances or relationships). Emphasize that trusting God didn't mean that you got what you wanted, but that God gave you peace, wisdom, etc.*

## Prayer

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

"Dear God, thank You for loving us the way You do. It's so good to know that we can trust You when we feel worried. You care about us, and You are in control. You are with us always, even when it feels like we're alone. Thank You for giving us Your peace when we bring our worries to You. Amen."