

WEEK 1

At-Home Guide

LEVEL UP

BIG IDEA

Jesus trusted God.

THE BIBLE

The Garden of Gethsemane: Matthew 26:36-46;
(Psalm 28:7a)

QUESTIONS

- Who is someone you trust? (such as a teacher, a parent, a friend)
- Has that person ever given you directions you really didn't want to do? What was it? (such as be nice to someone at school, share with someone, help someone out)
- With whom was Jesus in the Garden of Gethsemane?
- What was Jesus praying for?
- How did Jesus show trust in God?
- How do you think Jesus felt knowing how hard this was going to be?
- Read Psalm 28:7a. What does this verse say about God?
- What are some things you know God wants you to do, but is difficult to do?
- How can you show you trust God in those kinds of situations?
- What are ways God can give you strength?

ACTIVITY

Jesus trusted God with everything. Even though this was going to be hard, Jesus knew God could be trusted. Sometimes, God will ask us to do something that is hard or even a little bit scary. But we can trust God will be with us and help us.

What are some ways God is 'pressing you'? Write down a few ways God is "pressing" them or challenging them to do something for God. You could prompt them with examples such as, spending less time playing games and more time reading the Bible, being kind to someone who isn't kind back, working harder on schoolwork, practicing an instrument or sport, etc.

- **INSTRUCTIONS:** Take out a large poster board with the word *TRUST* written boldly in the center. With the help of the kids, write down some things God might challenge us to do.
- **Is God asking you to do something hard or out of your comfort zone?** Maybe to be friends with a new kid at school, share your video game with your little sister, or to learn your memory verse this week? What are some other things God may be asking you to do?
- There are a lot of things God asks each of us to do. These are just a few examples. But all of us have a chance to listen to and trust God. We can trust God just like Jesus did!

No matter what the challenges, let's do our best and let God handle everything else. Remember, we can always trust God just like Jesus trusted God!

MEMORY VERSE OF THE MONTH: Hebrews 12:2 (NIV)

Let us fix our eyes on Jesus, the pioneer and perfecter of faith.