

IN THE KNOW
Wk 3 of 4: Can I Really Trust God?
October 19 & 20, 2019

LEADER PREP

GOAL OF SMALL GROUP

For students to know that they can trust God no matter what happens in their life.

SCRIPTURE

Hebrews 12:1-2 ESV
(ESV paper Bibles may not be available, but if students have the Bible app you could read ESV from there)

THINK ABOUT THIS

1. Sometimes we can separate qualities of God from qualities of Jesus, but really what we believe about God is true about Jesus as well. It's a crazy concept, but God and Jesus are one.

2. The main goal today is for students to know that they can trust God. Whether or not your students feel they can trust God may be one of the biggest influences on their trajectory for their faith journey in life. Trusting God means we draw close to Him in hard times; not trusting Him drives a wedge in our relationship with Him. Having faith in God is trusting God, but what if God hasn't answered a prayer of ours the way we wanted – how can we truly trust Him again? Trust is a big deal; relationships are made or broken by trust. Faith is a big deal. **Faith is believing God is good and He loves us, even if circumstances in our lives don't go the way we want.**

This guide is a suggestion, not a formula. Adjust the questions and activities as needed, and don't feel like you need to do or ask everything. Let your students and the Holy Spirit guide the conversation, too.



CONVERSATION GUIDE

MAIN POINT

Jesus is God: the Founder and Perfecter of our faith.

GET THEM TALKING

On a scale from 1-10, how easy is it for you to trust people? (1 being hard to trust and 10 being easy to trust).

TRUST FALL

Let's put that trust to the test with a TRUST FALL! Pair your students up and have them do trust falls with each other. Have the faller cross their arms over their chest. Have the catcher stand 1 giant step behind the faller (close enough to catch). Instruct the faller to count to three and then fall, without bending their knees, and have the catcher catch them. Then, have the students switch positions and do it again. Afterwards, ask them how it went. What was scary about doing the trust fall?

DISCUSSION QUESTIONS

1. What are some reasons that keep people from trusting God?
2. On a scale from 1-10, how easy is it for you to trust God? Why did you pick that number?

READ HEBREWS 12:1-2 and answer the following questions:

3. In your own words, what do you think these Bible verses saying?
4. Having faith in God is trusting God. What are some ways God has shown He is worthy of our trust?
5. If God doesn't answer a prayer request the way we want, can we still trust Him? Why or why not?
6. How can we trust God as the Perfecter of our faith?
7. In your own words, what does it mean to "run with endurance the race that is set before us, looking to Jesus?"

NEXT STEP

Life will throw us some curveballs that are like trust falls with God. Being able to trust God is a BIG deal. Every day pray and ask for God to help increase your trust in Him.

PRAYER GUIDE

God, trust can be a hard thing sometimes. Help us to trust You. Help us to have faith that You are who You say You are and You will be there for us like You promise. Thank You for being a God we can always put our trust and faith in.

SCRIPTURE

MS students are concrete thinkers, so opening your Bible to read the Scripture with them is a preferred visual cue.

HEBREWS 12:1-2 (ESV)

“Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, ²looking to Jesus, the Founder and Perfecter of our faith, who for the joy that was set before Him endured the cross, despising the shame, and is seated at the right hand of the throne of God.”