



Weaving faith into everyday life through the value of...**TRUST**

Wonder: Get Curious About TRUST

Trust is being sure you can count on someone or something. For example, you trust someone to keep a promise and you trust that a seatbelt will hold you in place. Who do you trust? Why? Who trusts you? What do you trust about God?

Connecting Faith with TRUST:

Can you imagine sitting in a small, wooden boat when suddenly the wind begins to howl, and the waves grow tall and choppy, and the sky breaks open with loud thunder and jagged lightning and pelting rain? You'd hardly feel like taking a cozy nap, right? But Jesus did just that! To find out what happened, read **Mark 4:35-41**.

Why was Jesus able to sleep through the storm? What did he trust about God?

The Bible tells us that God is always with us (Mt. 28:20b), God always loves us (Rom. 8:38-39), and God always keeps promises (Ps. 145:13). Like Jesus, we can always trust God.

Faith practice: Jesus calmed the storm with the words: "Be still." When you are feeling anxious or afraid, trust God. Tell God what you are feeling. Then, breathe deeply and imagine Jesus calming you with the same words he used to calm the storm: "Be still." You might even whisper those words to yourself.



TRUST Acrostics

Print the word 'TRUST' vertically. Attach to each letter names of people you trust or other words that remind you of trust. How many acrostics can you make?

TARA
TRUST
PROMISES

Sockball Prayers

Gratitude grows trust because it reminds us that God always provides. Sockball prayers are a fun way to thank God as a family. Roll a pair of socks into a ball to toss back and forth to each other. Each time the "ball" is caught, the catcher names a person, place or thing for which they are thankful before tossing it back. End with a "Yay, God!" shout of praise together.





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Between the Seams

*“Above all, trust in the slow work of God.” —Pierre Teilhard de Chardin**

As a caregiver, it can be exhausting to be giving of yourself constantly. You’re the person who cooks and the person who eats last. You are the person who changes the diapers and who doesn’t get a second of privacy to use the bathroom. You have to remain patient while a child has a temper tantrum, even though you, too, would like to scream and cry on the floor. But, for the love of your child, you do it.

How much more does God love us? Because God is trustworthy, we can bring our concerns to God. Just as your child tells you about their bad dreams and brings you their hurts, you can bring your worries and concerns to God in prayer, and God will care for you like a parent, sitting with you in your troubles, letting you know that you are not alone.

Reflection: What is one challenge that your child(ren) had last year (or month, or week, depending on your situation) that has become less challenging. How have you had to “trust the slow work of God” in your situation? How has God walked with you?

“Be Still” Prayer

This form of prayer from **Psalm 46:10** is helpful for those days when you need some calm, for those times when you need a reminder that God is with you, and for all the days in between. Begin by taking a few deep breaths. End by simply resting in the presence of God.

Be still and know that I am God. *(repeat)*

Be still and know that I am.

Be still and know that.

Be still and know.

Be still.

Be.

*This quote is from Teilhard de Chardin’s poem “Patient Trust”. Look for it online. It’s beautiful!

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