

WORD of the week

Print out the **TRUST** memory verse PDF.

Create your own motions for the verse and memorize it together!

Have each person share one reason why he/she trusts each specific family member. Remind everyone that Jesus can always be trusted. He is the only one who will never let us down. Pray and thank him for that promise!

Do a Trust Walk Together. Blindfold one family member. Now choose someone to lead that person from one room into another using simple commands. Help the blindfolded person trust you by speaking calmly and clearly!

TRUST

Read Isaiah 26:4 (ESV)

“Trust in the Lord forever, for the Lord God is an everlasting rock.”

Discuss together--Why do you think God is compared to a rock in this verse?

Here's a trust building exercise.

Ask each person to share one thing they wish they could do better. (Mom and Dad go first)

Remind everyone that your family is a place of safety and trust. That each person has each other's back.

Here's another family trust exercise!

Take a hula hoop and place it over the shoulder of a family member. Now have everyone join hands in a circle. Try to move the hula hoop all the way around the circle.