



GET INTO  
THE BIBLE



15 MINUTES



IN THE  
CUPBOARD

# TRUST



## ➔ GETTING INTO THE ACTIVITY

Explore what it means to trust someone. Who can we trust? Can we trust God?

**Object Lesson:** Fill a glass of water two thirds full. Place a playing card on top of the glass, making sure the rim is covered, and press down. Keep the pressure on the card and turn over the glass. Does anyone trust you enough to hold the glass over their head and take your hand off the card? Choose a leader to sit underneath the glass (just in case it goes wrong!) and gently remove your hand from the card. The card should stay in place. Give the children the equipment and let them try out the activity for themselves. Do this over bowls, just in case!

**Discussion:** This activity requires trust. As a group discuss: What is trust? Who do you trust and why? Have you ever trusted God? When might you need to trust God?

We can always trust God to be with us and to protect us. Sometimes trusting God can be a bit scary (like when you have a glass of water over your head), but if we fully believe in God then he will never let us down.

‘When I am afraid, I put my trust in you.’ Psalm 56:3

## ☑️ WHAT YOU’LL NEED

- Glass of Water (two thirds full)
- Playing Card

## ! KEEPING EVERYONE SAFE

Maintain social distancing where required.