



Use this guide to help your family learn how God can help us live with confidence.



First, watch this week's video!



Confidence: learning to see yourself the way God sees you

Memory Verse

"Being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus."
Philippians 1:6, NIV

Bible Story

Shadrach, Meshach, and Abednego
Daniel 3

Bottom Line

Trust that God is always with you.

Activity

The Floor Is Lava

What You Need:

Pillows and blankets

What You Do:

Choose a room in your home to cross without touching the floor. Spread a few blankets and pillows out to create a path. You can use the furniture as part of the path as well.

If your child has never played The Floor Is Lava before, explain the rules. Say, "We're going to move across the room without stepping on the floor. Let's pretend that the floor is lava—if we touch it, we have to start over where we began. Because lava is hot, right? It would burn our toes and feet! So we have to stay on the furniture, pillows, and blankets. Ready?"

Move from one side of the room to the other, using the path of furniture, pillows, and blankets you've set up. If you have time, go back the other direction, or let your child make a path for you to follow.

Talk About the Bible Story

Shadrach, Meshach, and Abednego faced something very hot and very scary. What was it? (*Being thrown in a fiery furnace*)

If you had been Shadrach, Meshach, and Abednego, what would you have been thinking before going into the fiery furnace?

How did Shadrach, Meshach, and Abednego feel? (*They had confidence that God would protect them.*)

What happened once they were thrown inside? (*They weren't burned. The king saw that there were four men in the fire. Shadrach, Meshach, and Abednego were released, unharmed.*)

Can you think of some times when you need to trust God, or when you've needed to trust God in the past?

Parent: Talk about a time in your life when it was been difficult to have confidence in God. Were you able to fight those feelings and trust Him anyway?

Prayer

Use this prayer as a guide, either after talking about the Bible story or sometime before bed tonight:

"Dear God, thank You for always being with us. It's so good to know that we can trust You no matter what! Please give us confidence so that we can face our challenges head-on. Help us be to confident not just in ourselves, but in YOU. We love You, and we ask these things in Jesus' name. Amen."

