

Press Play: Get in the Mix

PARENT GUIDE
Elementary

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?

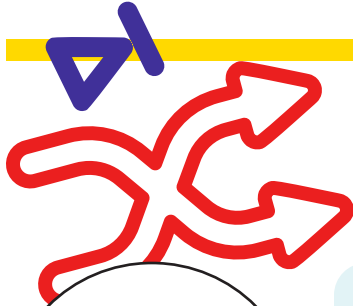
Prayer

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."

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Bible Story

Peter Walks
on Water
Matthew 14:22-33

Bottom Line

Stay focused
on Jesus.

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Activity

Walk the Line

What You Need:

Painter's or masking tape, a timer

What You Do:

Tell your child that just like Peter, they're going on a very important walk. And just like Peter, they're going to need to focus on what matters most!

Say, "You're going to walk on this straight line (the tape). If you step off the tape, you have to go back to the start. I'm going to time you to see how quickly you can do it!"

When they're finished, see how quickly they can do it with one eye closed. (They can just put one hand over an eye if they can't keep it closed.) Then, with both eyes closed. If there's time, you can take a turn walking the line, too.

Talk About the Bible Story

When you walked down the line, how was that a little bit like Peter walking on water? (*You both needed to focus. You focused on the line of tape, but Peter focused on Jesus. When we focus on Jesus, we can be confident!*)

What amazes you most about this story?

Peter didn't seem to be afraid at first when he stepped out of the boat and onto the water. What made him lose his confidence and begin to sink? (*He stopped looking at Jesus.*)

When you're trying to follow Jesus, what are some things that pull you away or distract you from following Him? (*Fear, worry, being too busy, technology, etc.*)

What are some ways you can stay focused on Jesus? (*Going to church/small group, talking about Him, talking to Him, reading His words in the Bible, listening to worship music*)

Parent: Talk about a time in your life when you lost your focus on Jesus. What happened? How did you get your focus back on Him?

Prayer

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

"God, thank You for sending Jesus, Your one and only Son. Help us to do what Peter did when he stepped out of the boat. Help us to trust Jesus and stay focused on Him! We love You, God. We pray these things in Jesus' name. Amen."



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Bible Story

Armor of God
Ephesians 6:10-17

Bottom Line

Use what God
has given you to
stand strong.

Activity

Armor Matching

What You Need:

Six note cards, something to write with

What You Do:

Write* the following phrases on the note cards (one phrase per card):

- Belt of truth
- Armor of godliness
- Shoes of peace
- Shield of faith
- Helmet of salvation
- Sword of the Holy Spirit (God's word)

(*If your child is still learning to read, you could draw or print/glue a picture onto each card to represent each piece of armor.)

Shuffle the cards and give them to your child. Tell your child that you're going to read a description (listed below), and they're going to look through their set of cards to try to find the one that matches the description. Read all six descriptions and see if your child can match all of them.

- This keeps our whole set of armor together! If we wear it, we can remember what's true. (*belt of truth*)
- This protects a soldier's lungs and heart. It keeps our hearts safe and helps control our actions, even when we have big emotions! (*armor of godliness*)
- These help us carry the good news of Jesus everywhere we go. (*shoes of peace*)
- Our minds need help to stand strong, too! This piece of armor reminds us that Jesus loves and forgives us. (*helmet of salvation*)
- This shows us how God wants us to live, as we can read in the Bible. (*sword of the Holy Spirit/ God's word*)
- We hold this in front of ourselves to remind us that God is always with us and will always help us. (*shield of faith*)

Talk About the Bible Story

When Paul wrote about the armor of God, did he mean that we would be wearing actual armor?

Why do you think Paul wrote about armor then? (*To show the different ways that our relationship with God can help us*)

How can our relationship with God give us confidence? (*It protects us, prepares us, and reminds us that God is always with us.*)

As you get dressed this week, how can you remind yourself to "put on God's armor"?

Parent: Give an example of a time when you needed God's protection.

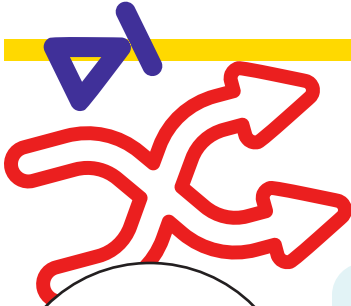
Prayer

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

"Dear God, thank You for the strength and confidence we have from our relationship with You. It really is like Paul wrote; it's like we're wearing armor! Please help us to use what you've given us to make wise choices and live the way You want us to. Please help us stand strong and remember what's true. We love You, and we pray these things in Jesus' name. Amen."

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Bible Story

Nothing Can
Separate Us
from God
Romans 8:38-39

Bottom Line

God loves you no
matter what.

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Activity

Wash Away

What You Need:

Washable marker, soap, water, Bible

What You Do:

Read Romans 8:38-39 out loud.

Say, "NOTHING can make God stop loving us. But sometimes, when we mess up, it can make us feel like God won't love us anymore.

"I want you to take this marker and write on the back of your hand. Write down something you feel like could separate you from God's love. Maybe it's something you did a long time ago. Or something you did today! Just a couple of words to represent that thing."

Give your child a few moments to think and write. Help them with spelling, if they need it. Or give them privacy if they seem like they don't want you to see what they wrote. Once they're finished, say, "Now I want you to wash your hand with soap and water. Scrub, scrub, scrub until you can't see what you wrote anymore."

As your child washes their hands, make sure they get all the marker off. Then say, "Just like you can't see what you wrote anymore, when God looks at you, He doesn't see any of your mess-ups. He sees the awesome kid He made and loves. NOTHING can separate you from His love!"

Talk About the Bible Story

Paul wrote these verses as part of a letter to the Romans. How do you think the Romans felt when they first read Paul's words? Why?

What makes you sure that God will always love you?
(Knowing that He sent Jesus for you, reading verses like these in the Bible)

When you feel separated from God, what could help you feel close to Him? (Praying, reading the Bible, talking about Him, listening to worship music, walking in nature, creating art, etc.)

Parent: Share about a time when you felt far away from God's love. What did you do? How did you overcome how you felt and believe that God loves you no matter what?



Prayer

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

"God, thank You for loving us no matter what. You love each of us so much that You sent Jesus to rescue us! We are thankful that absolutely nothing can separate us from Your love. Help us grow in our relationship with You every day. Help us see ourselves the way You see us, so we can have the confidence to live our lives the way You want us to. We love You, and we pray these things in Jesus' name. Amen."