

# PARENT GUIDE

## PROPEL KIDS

1ST-5TH GRADE – SEPTEMBER 17

### MEMORY VERSE

Trust in the Lord with all your heart. Do not depend on your own understanding – (Proverbs 3:5)

### KEY QUESTION & BOTTOM LINE

WHAT DO YOU NEED TO TRUST GOD WITH RIGHT NOW?

WHEN THE PRESSURE IS ON, YOU CAN TRUST THAT GOD IS WITH YOU!

### LIFE APP

TRUST: Putting your confidence in someone you can depend upon.

### TEACHING VIDEO LINK

You and your little ones can also watch Propels' online worship experience. This activity page goes along with the service. It is available on our website [www.clintoncommunitychurch.org](http://www.clintoncommunitychurch.org) and on our youtube page.

### ACTIVITY: HIGH PRESSURE

WHAT YOU NEED: TIMER, PAPER, AND PENCIL

#### WHAT YOU DO:

- Explain that they will be doing several activities where the pressure will be on.
- They'll need to do a certain number of things in a set amount of time.
- Things to do:
  - Do 10 sit-ups in 25 seconds.
  - Write down 8 words that start with B in one minute.
  - Do 20 jumping jacks in 30 seconds.
  - Draw everyone who stays in your house in one minute. Make sure to write their names.
  - Repeat the memory verse 5 times in a row.
  - Say the alphabet as fast as you can.
  - Write the word trust 10 times.
  - Do 15 squats in 10 seconds.

#### WHAT YOU SAY:

Whew! The pressure really was on, but you all handled it well!



### ACTIVITY: DISCUSSION QUESTIONS

WHAT YOU NEED: NO SUPPLIES NEEDED

#### WHAT YOU DO:

Ask:

- What are some feelings you may have when you face a tough situation or have to do something very difficult?
- What is something you can do to stay calm when you start to feel like the pressure is on and things are out of control?
- What do you need to trust God with right now?

### ACTIVITY: PERSONAL PRAYER

WHAT YOU NEED: PAPER, PENCILS

#### WHAT YOU DO:

- Challenge your child to create an acrostic prayer using the word "TRUST."

For example,

T – Trusting You LORD is

R – Really the wise choice. You GOD alone

U – Understand everything. I am so thankful You are with me every

S – Step of the way. You are with me every moment of my life.

T – Thank You for being totally trustworthy!

#### WHAT YOU SAY:

Close in prayer by inviting and encouraging your child to pray aloud. Remind them that their prayers can be as simple or as involved as they want them to be. Tell them that they use the acrostic that they made as a prayer.