

SESSION 3: TRUST

Welcome and Review Last Week's Homework & LIFE Starters: 20 minutes
Session #3 Teaching: Building Trust: 10 minutes

Every family faces some kind of crisis or stressful circumstances at some point. Things like working through grief, accommodating a child's health needs, working through trauma... those are all hard enough on our own, let alone doing it while parenting and teaching our kids to do it in a healthy way.

How we deal with difficult family circumstances as parents can have a huge impact on our kids. There is no way we will do everything "right", so thankfully our Father fills in the gaps with His grace, but there are certain things we can do to help our children feel safe with us, know they can trust us, and know they can trust the Lord no matter the circumstances they face.

"When I am afraid I will trust in Him." These verses give perfect examples of how God made us, and our kids. When things are out of our control, when we are in some kind of danger, knowing that we can trust our Father who loves us and has our best interest in mind brings peace. And for our kids, the same is true. Trust is the foundation of a reciprocal relationship. And, science has shown that children who don't have a foundation of trust built with their parents in the formative early years have actual neurological differences than those who do. God made our bodies- He knows what we need.

If you are parenting a child who has experienced trauma or neglect at the hands of people they should have been able to trust; abandonment; loss of a close adult relationship; separation... these children have some catching up to do in regards to trust. Not only do they have to re-build a neurological foundation for trust and having their physical and emotional needs met, they also need to learn to trust a God that they can't see. Until this foundation of trust is built, lessons about obedience, respect, responsibility won't be able to take root. The soil must first be fertilized.

Small Group Discussion: 15 minutes

- What kinds of things teach a child that they can trust their parent(s)?
- How can we model trust in our Heavenly Father to our children?
- Do you struggle with trusting God with your children and their futures?
- Can you think of any scriptural examples where a parent did or didn't trust God with their children?

Small Group Wrap-Up: 10 minutes

What did you cover in your small group time? What were the biggest take-aways and action items?

Discuss This Week's Homework on next page: 5 minutes

- Do your LIFE Starter Journalling and make time to continue the discussion from your small group breakout time.

Resource: The Connected Child and Created for Connection

SESSION #3

WK. 3 DEVO 1

Read 1 John 4:7-21

Journal about ministering around God's love.

L=Listen in your journal by writing the date and the Scripture you're studying. After you've read the passage a few times, focus on a verse or two that stands out to you and then write out those verses in your journal.

I = Investigate the context around today's Scripture reading. To whom was this written? Why? How does this passage fit with what comes before and after it? What is the Holy Spirit communicating through this text? Feel free to use Bible study tools for commentary: [Bible Study Tools](#), or [Easy English Bible](#).

F=Focus to the text to make it applicable for your own life. What is God saying to you personally through this passage? How can you apply what you've read?

E = Engage God. This can either be a short prayer or an action that you can take that day after reading the text. Is there a command to follow in the text? How are you different because of what you've learned?

SESSION #3

WK. 3 DEVO 2

Read Ephesians 6:4-9

Allow your kids to trust you and NOT exasperate them in your parenting style.

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SESSION #3

WK. 3 DEVO 3

Read Titus 2

Set the example for following God and doing good for your kids.

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SESSION #3

WK. 3 DEVO 4

Read Deuteronomy 6:6-9

Journal about taking the time to “coach” your children well.

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