



TODAY'S TOPIC:

F.R.O.G.

You are welcome to use this lesson to inspire spiritual conversation in your family or youth classroom. It is written for elementary age but could be adjusted as needed.

THINKING JOB: Ask a "thinking job question" to get everyone thinking about something pertinent to the lesson. This could be asked moments or hours before your conversation.

What does the word "rely" mean?

Lesson

Materials	Things to Prepare	Today's Goal
<ul style="list-style-type: none"> Frog craft or coloring materials Dollar bill 	<ul style="list-style-type: none"> Prep supplies 	Know that God supports you no matter what and you can always depend on God.

SUGGESTION: Do craft during or after the lesson.

QUIZ: Describe the person and see if they can guess the person or job.

- This person helps us learn at school. (teacher)
- This person puts out fires. (fire fighter)
- This person gives us a checkup and can help us when we are sick. (doctor)
- This person helps keep our community safe. (police officer)
- This person works at the place where we keep our money. (banker)

ASK: What do all these people have in common? They are all people we rely on.

ASK: What does "rely" mean? It means something or someone you can depend on, that you trust to do the right thing no matter what, that will always support you, that you can and should believe. That includes the banker, the teacher, the police officers, the fire fighters, the doctors. Who else might it include? Your parents or family, your friends? Spirit or God?

ASK: Ask someone to spell the word "frog". You can use the letters F.R.O.G. to

stand for Fully Rely On God.

- ✓ Fully – completely, all the way, with all your heart
- ✓ Rely – trust, depend on, need
- ✓ On – Not below, behind, or under.
- ✓ God – Spirit, that amazing thing that is everywhere, all the time, and in every one of us.

ASK: Is it okay to rely on things and people? YES! We rely on all kinds of things to keep us safe, clean, and healthy. We rely on the trash company to take away our trash. We rely on the pharmacy to have the medicine we need. We rely on cars and airplanes to get us where we are going. We rely on our friends and family to do what they say they will do.

EXPLAIN: When we fully rely on God, that means we let God take care of stuff that is too big for us to handle on our own. We rely on God to help us feel better when we are scared, sad, worried, or don't know what to do. We rely on God when we believe that bad things can be turned around for good.

ASK: Is this a new idea? No! Even on our money, it says "in God we trust".

AFFIRMATION – God is ALWAYS here for me. repeat 4X

Note: Printable affirmations and coloring sheets for this lesson are available at <https://www.milehichurch.org/youth-family/> .