

# Trouble in Mind

**Bible Story:** Trouble in Mind (Paul Shipwrecked) • Acts 27:1—28:10

**Bottom Line:** Knowing Jesus changes the way you see your problems.

**Memory Verse:** *God's grace has saved you because of your faith in Christ. Your salvation doesn't come from anything you do. It is God's gift.* Ephesians 2:8 (NIRV)

**Life App:** Faith—Trusting in what you can't see because of what you can see

**Basic Truth:** I can trust God no matter what.

## Small Group

### Seeing Things Differently

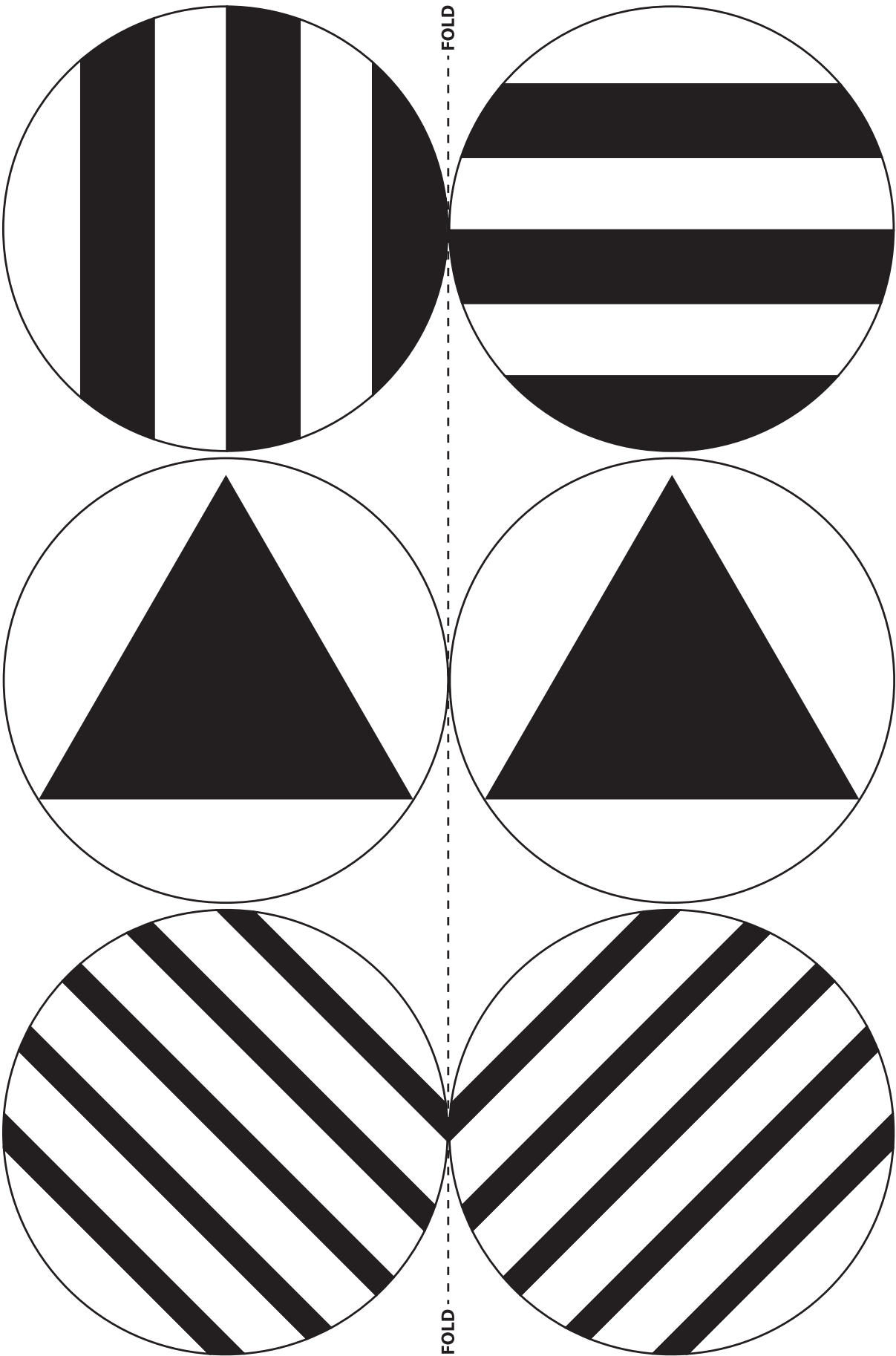
**What You Need:** “Decotrope” cut-outs (Activity Page), wooden skewers, glue sticks, markers, tape

#### What You Do:

- Give each kid a skewer and one decotrope circle.
- Set out markers and let kids color the white areas of the circles using bright colors.
- Fold along the center dotted line.
- Tape skewer along inside at centerline.
- Glue the insides of the circles together.
- When glue is dry, help kids spin the skewer between their palms to create interesting visual effects.
- **[Make It Personal]** *(As kids work, briefly tell a kid-appropriate story about a time when God helped you or someone you know see a problem differently. How did a not-so-great situation turn out okay?)*

#### What You Say:

“When you spin a decotrope, you see the design differently. The circles don't look the same anymore, do they? Take your decotrope with you as you leave and show it to someone today. Spin it and say, **[Bottom Line]** ‘**Knowing Jesus changes the way you see your problems.**’ When you're sad, mad, or scared, talk to God about it. Tell Him how you feel then ask Him to help you do what's right even if you don't feel like it at the time. Having faith means believing God is with you and watching you all the time even though you can't see Him. When problems don't go away, trust that God has a good plan and He will help you see things differently.”



**What to Do:**

Print on heavy paper or cardstock and cut apart. Leave matching circles connected at the fold lines. Each kid needs one circle set.

**Decotropes**

July 2020, Week 3, Small Group K-1  
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## READ ROMANS 8:28

## DAY 1

Have you ever had a bad day, but when you look back on it, you see that actually something really good came out of it? Maybe your baseball team didn't make the playoffs, but that meant you could do swim team, which you love. Maybe you didn't get the same lunchtime as your friends, but you made a new friend as a result.

What is something that right now seems really hard or bad? Write about it here.

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How can you see this in a different light? Ask God to help you find a way to see your problem differently.

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Know that seeing things through the lens of faith helps you see your problems differently.

## READ JOHN 16:33

Imagine you're in a crowd, and something is happening, but because you're a kid, you can't see what it is. You start to get worried because you can't see what's going on, much less be prepared to face it. But you look up, and you see a parent or other trusted adult, and you see that they're not worried. They can see much more than you can from their vantage point, and if they're not worried, you probably shouldn't be either!

**The great news is that we follow a God who made the world and who knows everything that is happening in it, and that ever will happen in it.** When we're facing problems and aren't sure what to do, remember that He can see everything, and He has a plan for the world—and YOUR world—that will win out over everything else.

Ask God to help you turn to Him when it's hard to face your fears.

## READ PROVERBS 3:5-6

DAY 3

AYBZA PU AOL SVYK DPAO HSS FVBY OLHYA.

When you're facing problems, it's tempting to try to solve them on your own. The bad news is, you don't have all the knowledge and understanding to face your problems. The good news is, you serve a God who does! When you're not sure what to do, ask Him for guidance. He will lead you in the way you should go.

Go back up to the first sentence, and now use this key to decode the message. (Hint: A = T)

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z  
T U V W X Y Z A B C D E F G H I J K L M N O P Q R S

It's a lot easier to solve problems when you have access to the knowledge you need, isn't it?

Thank God for giving you what you need to face your problems.

## READ 1 PETER 5:7

DAY 4

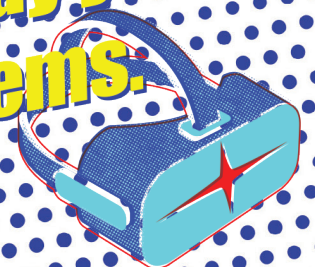
Get a blank sheet of paper and write down or draw a picture of something that has been worrying you.

Then, turn the sheet of paper over and write out the words found in 1 Peter 5:7. Hang the sheet of paper somewhere with the verse facing out so you can read it.

**Knowing Jesus means you can trust Him with your problems.** Instead of growing anxious, losing sleep, or getting upset, you can share your problems with Him and rest, knowing that He cares about you. When you're tempted to turn back over to worry, read the words of 1 Peter 5:7 out loud and remember that you can turn your worries over to Him and trust Him with your problems.

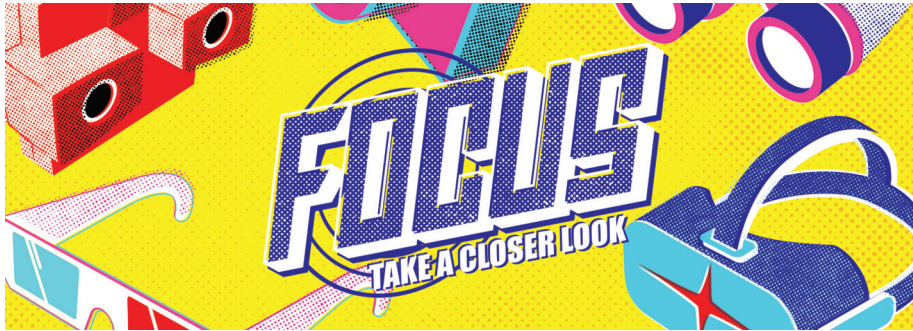
Thank God for caring about you and your problems.

**Knowing JESUS  
changes the way you  
see your problems.**



JULY 2020

ELEMENTARY



### WEEK THREE

PAUL SHIPWRECKED • ACTS 27-28



#### SAY THIS:

KNOWING JESUS  
CHANGES THE WAY YOU  
SEE YOUR PROBLEMS.



#### REMEMBER THIS:

"God's grace has saved you  
because of your faith in Christ.  
Your salvation doesn't come from  
anything you do. It is God's gift."

EPHESIANS 2:8, NIV



#### DO THIS:



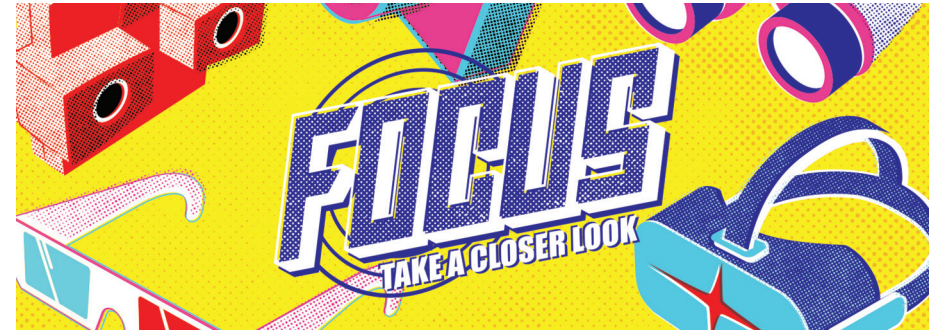
Share about a situation in your  
life that's difficult right now. When  
Paul faced tough times, he chose  
to see them as opportunities. He  
knew that Jesus can use even the  
hardest moments for good. It's  
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things you face, but you can ask  
God to change your perspective.  
Pray for each other, that God will  
work in and through your difficult  
times this week.

#### FAITH:

TRUSTING IN WHAT YOU CAN'T SEE  
BECAUSE OF WHAT YOU CAN SEE

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## BE OKAY WITH SAYING "I DON'T KNOW"

By Dan Scott

As parents, we all know how much kids love to ask questions, many of which start with the word, "Why." These questions may start out simple: "Why is the sky blue?" or "Why can't I have another piece of cake?"

But when it comes to developing a child's faith, soon enough, these questions will progress to something more challenging. Questions like "Why do bad things happen?" or "Why does it feel like God doesn't care?"

We can't avoid questions. They are part of the human experience. Like it or not, that means questions will also be part of a growing personal faith. We can't ignore them or sweep them under a rug, hoping they'll disappear. At the same time, we can't string pithy phrases together and assume we're helping someone answer their deepest faith questions.

After all . . .  
Not all questions have simple answers.  
Not all questions HAVE answers.

No single human knows all there is to know about God and how God works.

While there is much we can discover about God, often the best answer for some questions is, "I don't know." This can be difficult parents, because we have this idea that leading kids means having all the answers to be able to help them with their questions or doubts.

When a hard question comes up, what if we were honest and said, "I don't know"? I read recently about the power of that phrase. Throughout history, saying "I don't know" and admitting ignorance has been the catalyst for discovery. Because people asked questions, humans learned, explored, and made progress that propelled history and faith forward—a process that continues still.

What if we could turn our shared ignorance into shared discovery? What if we said, "I don't know, but let's try and find out together." Or "People have all sorts of opinions about this, let's see which seem most wise to follow."

Taking the time to help our kids explore their faith is one of the most important things we can do for them. And while in the process of discovery, we may not find the answers we wanted or we may find that a question can't be answered yet, but we may also discover bigger ideas about God that help us trust Him even more.

So when your kids start asking tough questions about faith, be ready with answers, but also be okay with saying, "I don't know."

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