# TABLE OF CONTENTS

**Week 1 Theme: Conquering Fear**

<table>
<thead>
<tr>
<th>Day 1: God Is Good!</th>
<th>01</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day 2: God Is Good Even in Hard Times</td>
<td>03</td>
</tr>
<tr>
<td>Day 3: Thank God for His Goodness</td>
<td>06</td>
</tr>
<tr>
<td>Day 4: God Is in Control</td>
<td>09</td>
</tr>
<tr>
<td>Day 5: God Is in Control Even in the Hard Times</td>
<td>11</td>
</tr>
</tbody>
</table>

**Week 2 Theme: Building Faith**

| Day 6: God Keeps His Promises | 14 |
| Day 7: God Kept His Promise to Noah & He Keeps His Promises to Me | 16 |
| Day 8: God Kept His Promise to Sarah & He Keeps His Promises to Me | 19 |
| Day 9: God Keeps His Promises & He Knows What I Need | 22 |
| Day 10: God Keeps His Promises and with God's Help, We Can Too | 25 |

**Week 3 Theme: Loving Your Neighbor**

| Day 11: God Is Love | 28 |
| Day 12: Loving Others Means You Want What Is Best for Them | 30 |
| Day 13: Sharing God's Love with Others | 33 |
| Day 14: When We Love Others, We Show that We Love God | 36 |
| Day 15: Jesus, the Ultimate Expression of God's Love | 39 |
Week 1 Theme: Conquering Fear
Day 1: God Is GOOD!

GET TOGETHER
Gather around the table and have some fun.
• What is your favorite thing to do with your family?
• Say one kind thing about each person around you right now.

GET TALKING
Read today’s Big Idea, then use the questions to get everyone talking.
Work on memorizing the Bible Verse together.

*Note to Parents: Encourage everyone to share because everyone’s story is important, but depending on the age and personality of your family members, you may not get much of a response. Give your family time to let the question “soak in” and the space to respond when they are ready. You can guide the conversation and be the first one to share.

BIG IDEA When I am afraid, I will remember that God is good and He is always with me. Because God is good, He wants what is best for us. God is generous, kind, and caring. God is good all the time, even when life is difficult.

Use these questions to talk about how you’ve seen God’s goodness in your life.
• How has God been good to you in the past?
• How has God been good to you or your family during a difficult time?
• How have you seen God’s goodness to you today?

BIBLE VERSE FOR THIS WEEK

So do not fear, for I am with you; do not be dismayed, for I am your God.
I will strengthen you and help you; I will uphold you with my righteous right hand.

ISAIAH 41:10

(Continued on page 2)
Here are some ideas for having fun as you read the Bible verse out loud.

- Each person says one word from the verse aloud until the entire verse is shared.
- Turn it into a game: say it quickly, quietly, or in your favorite cartoon voice.

GET GOING

Watch “The Lost Dog” video at livingontheedge.org/mealtime-conversations and talk through these questions.

- What did you like best about this story of the lost dog?
- Have you ever wondered why God allows bad things to happen? When?
- When you believe that God is good, you trust in Him. What does it look like for you to trust God today?
GET TOGETHER

Have fun discussing these “Would You Rather” questions.

*Would You Rather...*

- Live without music or movies?
- Go sky diving or deep sea diving?
- Be covered in fur or scales?
- Only be able to whisper or scream for the rest of your life?
- Lose both eyebrows or just one?
- Eat just breakfast or just dinner for the rest of your life?
- Have an elephant trunk or giraffe neck?

GET TALKING

Read today’s Big Idea and about the life of Joseph, then use the questions to get everyone talking. Work on memorizing the Bible Verse together.

*Note to Parents: Encourage everyone to share because everyone’s story is important, but depending on the age and personality of your family members, you may not get much of a response. Give your family time to let the question “soak in” and the space to respond when they are ready. You can guide the conversation and be the first one to share.*

**Big Idea**

When I am afraid, I will remember that God is good and He is always with me. Because God is good, I can trust Him for good things, even in the hard times.

Read the story of Joseph aloud on page 4. (Genesis 37, 50)

(Continued on page 4)
Week 1 Theme: Conquering Fear
Day 2: God Is Good Even in Hard Times

JOSEPH

Joseph was one of twelve brothers living with his family in Canaan. His father, Jacob, loved him the most and to show it, he gave Joseph an extraordinary coat to wear. This made his brothers very jealous and they hated him.

One day Joseph had a dream and he told his brothers all about it. He told them that they were all out in the field gathering up grain when suddenly his sheaf of grain rose high and all of theirs bowed down to his. His brothers were furious. They responded with anger and said, “Do you think you will actually rule over us?”

When Joseph’s brothers were out in the field, they saw him walking and they said to each other, “Here comes the dreamer! Let’s kill him, throw him into a well, and say that a ferocious animal attacked him. Then we will see if his dream really comes true.” Joseph’s brothers decided not to kill him. Instead, they took his coat and sold Joseph into slavery for 20 shekels of silver.

But God was with Joseph through it all. Many years later, Joseph’s brothers came to Egypt to buy food. They didn’t recognize Joseph now that he was second in command in all of Egypt. They bowed down to him, just like in Joseph’s dream. When Joseph told them who he was, they were so scared! But he said, “Don’t be afraid. Am I in the place of God? You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives.” (Genesis 50:19-20) God used Joseph to save not only his family, but also the people of Egypt.

Use these questions to talk about Joseph and God’s goodness.

• How would you feel if you were Joseph?
• Where do you see God’s goodness in Joseph’s life?
• What did Joseph say to his brothers, even after they treated him so badly? Does this change the way you see God’s goodness in your life? Why or why not?

(Continued on page 5)
BIBLE VERSE FOR THIS WEEK

So do not fear, for I am with you; do not be dismayed, for I am your God.
I will strengthen you and help you; I will uphold you with my righteous right hand.
ISAIAH 41:10

Here are some ideas for having fun as you read the Bible verse out loud.

• Write out the verse by writing each word on its own index card. Be sure to include the reference. You will need 35 index cards.
• Or you may choose to write it out on paper, then cut the paper up so each word is separate.
• Pile up the words and mix them up. Distribute the words and then work on putting the verse together beginning with the first word. When the verse is complete, say it out loud together.

GET GOING

Here is an easy, fun, no-prep scavenger hunt for the whole family.

• Play individually or play in teams.
• Set a time limit (30-60 minutes).
• Set ground rules (if there are certain items or places that are off limits).
• Grab a pillowcase or large bag to collect all the items.
• To play, collect one item that begins with each letter of the alphabet (it must fit in the bag). Each item can only be used once (i.e.: a spoon cannot count as “s” for spoon and “u” for utensil).
• The player or team with the most items collected at the end wins.
Week 1 Theme: Conquering Fear
Day 3: Thank God for His Goodness

GET TOGETHER
Have fun reading about and sharing which flea abilities you wish you had.

- Fleas can jump over 150 times their own size (approximately 30cm high). That’s like you jumping the length of a football field!
- When a flea jumps, it accelerates 50 times faster than a space shuttle.
- A flea can jump 30,000 times without stopping.
- Fleas can pull 160,000 times their own weight, which is the same as you pulling 2,679 double-decker buses!

GET TALKING
Read today’s Big Idea and about the life of Corrie ten Boom, then use the questions to get everyone talking. Work on memorizing the Bible Verse together.

*Note to Parents: Encourage everyone to share because everyone’s story is important, but depending on the age and personality of your family members, you may not get much of a response. Give your family time to let the question “soak in” and the space to respond when they are ready. You can guide the conversation and be the first one to share.

**BIG IDEA** When I am afraid, I will remember that God is good and He is always with me. Because God is good, He wants what is best for me and I can be thankful for the good things He has given me.

Read the story of Corrie ten Boom aloud on page 7.
(Excerpt from Corrie’s book The Hiding Place)

(Continued on page 7)
Week 1 Theme: **Conquering Fear**  
Day 3: **Thank God for His Goodness**

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**CORRIE TEN BOOM**

Corrie ten Boom was a watchmaker in the Netherlands. During World War II, the Nazis invaded and began to arrest Jewish people. In her book, *The Hiding Place*, Corrie tells the story of how she and her family, who were Christians, created a hiding place in their home, saving the lives of hundreds of Jewish people.

But Corrie and her sister, Betsie, were sent to a concentration camp, where conditions were unbearable. Their barracks were crowded, cold, and infested with fleas.

“Fleas!” I cried. Betsie, the place is swarming with them! How can we live in such a place?”

“Corrie!” she said excitedly. “He’s given us an answer! Before we asked, as He always does! In the Bible this morning. Where was it? Read that part again.”

I glanced down the long dim aisle to make sure no guard was in sight, then drew the Bible from its pouch. “It was 1 Thessalonians”, I said. “Here it is: ‘Comfort the frightened, help the weak, be patient with everyone. See that none of you repays evil for evil, but always seek to do good to one another and to all. Rejoice always, pray constantly, give thanks in all circumstances, for this is the will of God in Christ Jesus’.”

“That’s it, Corrie! That’s His answer. ‘Give thanks in all circumstances!’ That is what we can do. We can start right now to thank God for every single thing about this new barracks!”

I stared at her, then around me at the dark, foul-aired room. “Such as?” I said.

Betsie and Corrie took turns sharing what they were thankful for—being together, for their Bible, and for the crowded barracks that provided heat and gave more people the opportunity to hear the Bible—and even the fleas!

Later, Corrie and Betsie learned the reason why the guards never came into their barracks and they were able to freely study the Bible and pray. It was the fleas!

(Continued on page 8)
Use these questions to talk about Corrie ten Boom and God’s goodness.

• How would you feel if you were Corrie?
• Where do you see God’s goodness in Corrie’s life?
• What is the hardest thing for you to be thankful for today?

**BIBLE VERSE FOR THIS WEEK**

_So do not fear, for I am with you; do not be dismayed, for I am your God._
_I will strengthen you and help you; I will uphold you with my righteous right hand._

**ISAIAH 41:10**

Here is an idea for having fun as you read the Bible verse out loud.

• Make up motions to help you remember the verse. Use your motions and say the verse together.

**GET GOING**

Make a list (or draw a picture) of 5 things you are thankful for. Use whatever you have on hand at home (Post-its, index cards, paper, fabric, pencils, crayons, markers, pens, etc.). When everyone is finished, share the lists and put them up where you can see them as a reminder of God’s goodness.
Week 1 Theme: Conquering Fear
Day 4: God Is in Control

GET TOGETHER
Gather around the table and have some fun!

• What do you think about when you look up at the stars at night?
• If you could have any superpower, what would it be and why?

GET TALKING
Read today’s Big Idea, then use the questions to get everyone talking.
Work on memorizing the Bible Verse together.

*Note to Parents: Encourage everyone to share because everyone’s story is important, but depending on the age and personality of your family members, you may not get much of a response. Give your family time to let the question “soak in” and the space to respond when they are ready. You can guide the conversation and be the first one to share.

BIG IDEA When I am afraid, I will remember that God is with me and He is in control. God rules over His entire creation. He is all-powerful, knows everything, and God is sovereign (in complete control).

• Use these questions to talk about God’s sovereignty.
  • What does it mean to worry or be anxious?
  • What is one thing you worry about?
  • Read Colossians 1:16-17 NIV.
    
    For in him all things were created: things in heaven and on earth, visible and invisible, whether thrones or powers or rulers or authorities; all things have been created through him and for him. He is before all things, and in him all things hold together.

  • When you look at the world around you, what evidence do you see that God is in control?

(Continued on page 10)
Week 1 Theme: **Conquering Fear**  
Day 4: **God Is in Control**

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**BIBLE VERSE FOR THIS WEEK**

> So do not fear, for I am with you; do not be dismayed, for I am your God. 
> I will strengthen you and help you; I will uphold you with my righteous right hand.  
**ISAIAH 41:10**

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Here is an idea for having fun as you read the Bible verse out loud.

- Pick a stuffed animal or soft object to use as you say the verse.
- The first person holds the stuffed animal, says the first word of the verse and then tosses the stuffed animal to another person of their choice.
- That person catches the stuffed animal, says the next word in the verse and then tosses the stuffed animal to a different person.
- Continue until the entire verse is said.

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**GET GOING**

Watch the “Micro Macro” video at livingontheedge.org/mealtime-conversations and talk through these questions.

- What did you like best about the video?
- How is God’s control and leadership different from human control and leadership?
- God knows everything about your life. He knows the good things that bring you joy and delight, as well as the bad things that cause fear and worry. How does knowing the truth that God is in control help you with the bad things?
Week 1 Theme: Conquering Fear  
Day 5: God Is in Control Even in The Hard Times

GET TOGETHER  
Gather around the table and have some fun!

High and Low
- Take turns sharing something good (high) and something tough (low) from your day.

GET TALKING  
Read today’s Big Idea and about the life of Daniel, then use the questions to get everyone talking. Work on memorizing the Bible Verse together.

*Note to Parents: Encourage everyone to share because everyone’s story is important, but depending on the age and personality of your family members, you may not get much of a response. Give your family time to let the question “soak in” and the space to respond when they are ready. You can guide the conversation and be the first one to share.

BIG IDEA  When I am afraid, I will remember that God is with me and He is in control. God rules over His entire creation. He is all-powerful, knows everything, and is in complete control.

Read aloud about Daniel’s life from below or Daniel chapter 6.

DANIEL

Daniel was a young man when he was taken captive by Nebuchadnezzar, king of Babylon. He spent the rest of his life as a government official to the kings of Babylon.

When Darius was king, he appointed 120 men to help govern his kingdom and Daniel was one of them. Daniel’s exceptional abilities made him stand out above the rest so King Darius planned to put him in charge over everyone. The other officials were jealous and they tried to find

(Continued on page 12)
something that they could use against Daniel. But Daniel was faithful, responsible, and trustworthy so they couldn’t find anything. They decided the only way they could disqualify Daniel from this special job would be his faith in God.

So the officials told King Darius that because he was such a great king, there should be a new law. The law would be that everyone would only pray to King Darius for thirty days. The punishment for disobeying the law—death in the lion’s den. King Darius thought it sounded good and signed the law.

When Daniel learned that the law had been signed, he went home, knelt down in his room and prayed, just like he always did. The officials went to Daniel’s room and found him praying and asking for God’s help. They hurried to King Darius, told him what they saw and reminded the king of the new law. When King Darius heard this, he was very upset and tried to think of a way to save Daniel. Unfortunately, there was nothing he could do. Daniel was arrested and thrown into the lion’s den.

The king went home, refused to eat and couldn’t sleep as he thought about Daniel. The next morning, he raced to the lion’s den to find out if Daniel was still alive. He called Daniel, hoping that Daniel would answer. Daniel did answer. He was ALIVE! Daniel told the king that God sent angels to close the mouths of the lions. The king was so happy and he ordered Daniel to be brought out of the lion’s den and sent this message throughout his kingdom:

“May you prosper greatly! “I issue a decree that in every part of my kingdom people must fear and reverence the God of Daniel. For he is the living God and he endures forever; his kingdom will not be destroyed, his dominion will never end. He rescues and he saves; he performs signs and wonders in the heavens and on the earth. He has rescued Daniel from the power of the lions.” (Daniel 6:26-27)
Use these questions to talk about the truth that God is in control.

- What is one thing that stood out to you about Daniel?
- How do you see God in control over Daniel’s life?
- Since God is both good and sovereign, why does God allow bad things to happen? (Parents: This is a HUGE question, but an important one to explore as a family. For more information on this topic check out the book, *The Real God* by Chip Ingram.)

**BIBLE VERSE FOR THIS WEEK**

*So do not fear, for I am with you; do not be dismayed, for I am your God.*
*I will strengthen you and help you; I will uphold you with my righteous right hand.*

**ISAIAH 41:10**

Here is an idea for having fun as you read the Bible verse out loud.

- Bible Verse Art: Take turns writing one word of the verse on a piece of paper in a different color or in a different way until you have finished the entire verse. Say the verse together.

**GET GOING**

Think of an encouraging message you can share with others, reminding them that God is in control.

- Write it in sidewalk chalk on your driveway.
- Make a poster and display it in your window.
- Write it in a note to someone in your house.
- Text it to a friend.
Week 2 Theme: Building Faith
Day 6: God Keeps His Promises

**GET TOGETHER**

Gather around the table and have some fun!

- What three things are the most important to you?
- If you could go to Starbucks with anyone from the Bible, who would it be and why?

**GET TALKING**

Read today’s **Big Idea**, then use the questions to get everyone talking.

Work on memorizing the **Bible Verse** together.

*Note to Parents:* Encourage everyone to share because everyone’s story is important, but depending on the age and personality of your family members, you may not get much of a response. Give your family time to let the question “soak in” and the space to respond when they are ready. You can guide the conversation and be the first one to share.

**BIG IDEA**

God is faithful, which means He always keeps His promises. We can trust God and His Word. David tells us in Psalm 145:13, “The Lord is trustworthy in all he promises and faithful in all he does.”

Use these questions to talk about God’s faithfulness in your life.

- How did it make you feel when someone broke a promise to you?
- What is one way a person can build trust with a friend?
- How has God shown His faithfulness to you or your family?

**BIBLE VERSE FOR THIS WEEK**

*Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.*

PROVERBS 3:5-6

(Continued on page 15)
Here is an idea for having fun as you read the Bible verse out loud.

- **Bible Verse Hunt:** Write each word of the Bible verse on a separate piece of paper. Then hide the words around the table or around the room. Everyone at the table hunts for the words, then works together to put the verse in order and say it aloud.

**GET GOING**

Watch the video at livingontheedge.org/mealtime-conversations about “Exploding Promises” and talk through these questions.

- Would you trust anything Jack Thomas had to say? Why or why not?
- What promises does the “world” make? Can you trust those promises? Why or why not?
- Below are four practical ways we can trust God this week. Which one might you be able to do this week?
  - Put past mistakes behind you by saying you are sorry to God.
  - Bring your problems, worries, and pain to God.
  - Put your hope for the future in God, rather than the world.
  - Tell someone how God has been faithful to you.
Week 2 Theme: **Building Faith**

**Day 7: God Kept His Promise to Noah & He Keeps His Promises to Me**

**GET TOGETHER**

Gather around the table and have some fun!

**What’s Your Favorite?**

- Grab a piece of paper and something to write with for each person at the table. Ask each person to write down their favorite ice cream flavor, movie, color, sport, animal, hobby, and breakfast food. When everyone is done, place your papers face down on the table. Take turns picking someone at the table and guessing their favorites.

**GET TALKING**

Read today’s **Big Idea** and about the life of Noah, then use the questions to get everyone talking. Work on memorizing the **Bible Verse** together.

*Note to Parents: Encourage everyone to share because everyone’s story is important, but depending on the age and personality of your family members, you may not get much of a response. Give your family time to let the question “soak in” and the space to respond when they are ready. You can guide the conversation and be the first one to share.*

**BIG IDEA**

God is faithful, which means He always keeps His promises. We can trust God and His Word.

Read Noah’s story aloud or in Genesis chapters 6-9.

**NOAH**

Noah was a man who chose to do what was right, even when no one else did. He followed after God and had a close friendship with Him. The rest of the world however, was full of violence, hatred, and corruption. It broke God’s heart. So God told Noah that He was going to cover the earth with water, destroying all the people on the earth except Noah and his family.
Week 2 Theme: Building Faith
Day 7: God Kept His Promise to Noah & He Keeps His Promises to Me

NOAH

God instructed Noah to build a BIG boat (ark) to keep his family and the pairs of animals He would send safe inside. Noah was to construct the boat out of cypress wood and waterproof it with tar, inside and out. He needed to build three decks, one lower, one middle, and one upper, and include animal stalls throughout. There was only one door on the boat, and an 18-inch window opening all the way around the roofline. The boat was to be 450 feet long, 75 feet wide, and 45 feet high (That's about one and a half football fields long!)

God also told Noah to make sure to take enough food for his family and all the animals. And Noah did everything that God had commanded him to do.

When everything was ready, God told Noah it was time to lead his family and the animals into the boat. Two by two, pairs of every kind of animal came to the boat. And Noah did everything that God commanded. When everyone was inside, God closed the door of the boat.

For forty days it rained and the floodwaters grew deeper and deeper. Noah, his family, and all the animals remained safe on the boat until the time was right for them to leave. When they were finally able to step onto dry land, Noah praised and thanked God! God said to Noah,

“Whenever I bring clouds over the earth and the rainbow appears in the clouds, I will remember my covenant between me and you and all living creatures of every kind. Never again will the waters become a flood to destroy all life.” (Genesis 9:15)
Week 2 Theme: **Building Faith**  
Day 7: **God Kept His Promise to Noah & He Keeps His Promises to Me**

Use these questions to talk about the truth that God keeps His promises.

- What is one thing that stood out to you about Noah’s story?
- Why do you think Noah didn’t give up on building the BIG boat (ark)?
- Did God keep His promise to Noah and to all people since? What did God give as evidence of His promise?

**BIBLE VERSE FOR THIS WEEK**

*Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.*

**PROVERBS 3:5-6**

Here is an idea for having fun as you read the Bible verse out loud.

- Write out the entire verse on a whiteboard or chalkboard.
- Say the verse together out loud.
- Erase one word from the verse.
- Say the verse again and see if everyone can remember it, even with the missing word.
- Play a few rounds or keep going until all the words are erased.

**GET GOING**

- Give everyone five minutes to go get a favorite item and bring it back.
- When everyone returns, share why it is so special.
- Now for the challenge:
  - Give your treasured item to another person to care for over the next 24 hours.
  - Take a few minutes to think of ways you can build trust by protecting, watching over and valuing the item.
  - At the end of 24 hours, give the favorite item back.
**Week 2 Theme:** **Building Faith**

**Day 8: God Kept His Promise to Sarah & He Keeps His Promises to Me**

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**GET TOGETHER**

Gather around the table and have some fun!

- If you could make one meal* for everyone at the table, what would it be and why?

*This is a great way to get ideas for future meals and for future opportunities to cook together. Preparing a meal together gives families a time to connect, laugh, share, and work together. It is also an opportunity for kids to learn practical cooking skills that can last a lifetime.

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**GET TALKING**

Read today’s **Big Idea** and about the life of Sarah, then use the questions to get everyone talking. Work on memorizing the **Bible Verse** together.

**Note to Parents:** Encourage everyone to share because everyone’s story is important, but depending on the age and personality of your family members, you may not get much of a response. Give your family time to let the question “soak in” and the space to respond when they are ready. You can guide the conversation and be the first one to share.

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**BIG IDEA** God is faithful, which means He always keeps His promises. We can trust God and His Word, even when we don’t understand how everything will work out.

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Read Sarah’s story aloud or in Genesis 18:1-15.

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**SARAH**

More than anything else, Sarah and her husband, Abraham, wanted a child. Interestingly, the meaning of Abraham’s name is “Father of many.” But they didn’t have any children, and by this time both Abraham and Sarah were very old and children seemed unthinkable.

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*(Continued on page 20)*
Week 2 Theme: **Building Faith**

Day 8: **God Kept His Promise to Sarah & He Keeps His Promises to Me**

**SARAH**

(Continued from page 20)

One hot day Abraham was sitting outside his tent and the Lord appeared to him.

Abraham saw three unfamiliar men standing nearby and he knew they were sent by God. So he ran over to them, bowed low to honor them, and invited them to come rest at his home. They accepted his invitation and went with Abraham to his home.

Abraham hurried to Sarah and asked her to make bread for their guests with the very best flour they had. He also had a yummy meal made and he served it to them. The men asked Abraham where his wife, Sarah, was. He told them that she was inside the tent. One of the visitors told Abraham that when they came back to visit in a year, Sarah will have a son!

Sarah was listening to the conversation from inside the tent and when she heard that she would have a son, she laughed silently to herself. She thought about her old age, Abraham’s old age, and the idea of a son—impossible!

*Then the Lord said to Abraham, “Why did Sarah laugh and say, ‘Will I really have a child, now that I am old?’ Is anything too hard for the Lord? I will return to you at the appointed time next year, and Sarah will have a son.’” Genesis 18:13-14*

God kept His promise to Sarah and Abraham. Everything happened just as God said it would. She became pregnant, gave birth to a son in her old age, and he was named Isaac.

(Continued on page 21)
Use these questions to talk about the truth that God keeps His promises.

- Why do you think Sarah laughed at the promise she was given?
- What did God say in response to Sarah’s doubt?
- Share a time when God kept his promise to you, although it seemed that the circumstances were impossible.

BIBLE VERSE FOR THIS WEEK

Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.

PROVERBS 3:5-6

Here is an idea for having fun as you read the Bible verse out loud.

- Grab a box of crayons and paper. Illustrate the verse as it is read aloud.

GET GOING

- Divide the group into two teams and gather the items you need to make a peanut butter* and jelly sandwich.
  *Use a peanut butter alternative for those who are allergic.
- Each team will work together and write out directions that clearly explain how to make a peanut butter and jelly sandwich to someone who has never made one before.
- After each team has completed the directions, decide which team will read their directions first.
- Select one team member to read the directions aloud and step by step.
- The other team will pick one person to make the sandwich according to the directions given.
- Follow the directions step by step.
- Now it’s the other team’s turn.
- The team with the best PB&J wins.
- Split the sandwich between the teams and enjoy!
Week 2 Theme: **Building Faith**
**Day 9: God Keeps His Promises & He Knows What I Need**

**GET TOGETHER**

Gather around the table and have some fun!

Would you rather...

- Be able to shrink down to the size of an ant, or be able to grow to the size of a giraffe whenever you wanted?
- Be able to change color and camouflage yourself, or be invisible?
- Go back in time, or go forward to the future?
- Live on a sailboat, or in a cabin in the woods?
- Have the ability to talk to animals, or control the weather?

**GET TALKING**

Read today’s **Big Idea** and about the life of George Müller, then use the questions to get everyone talking. Work on memorizing the **Bible Verse** together.

*Note to Parents:* Encourage everyone to share because everyone’s story is important, but depending on the age and personality of your family members, you may not get much of a response. Give your family time to let the question “soak in” and the space to respond when they are ready. You can guide the conversation and be the first one to share.

**BIG IDEA** God is faithful, which means He always keeps His promises. We can trust God and His Word. Because God is faithful, sovereign, and good, we can trust Him with our needs.

Read George Müller’s story aloud on page 2. You can learn more about him from *George Müller: The Guardian of Bristol’s Orphans* by Janet and Geoff Bence.

(Continued on page 23)
George Müller was a Christian missionary and coordinator of orphanages in Bristol, England. Throughout his life, he shared the love of God by caring for over 120,000 orphan children. George believed that God wanted him to trust Him for everything the orphanages needed. So George never asked for money; instead, he would pray and trust God to provide. In his journal, George wrote down miracle after miracle of how God met their needs. This is one of his stories...

One morning, all the plates and cups and bowls on the table were empty. Three hundred hungry children waited patiently in rows behind their chairs. There was no food for the children to eat and no money to go buy food. George knew the children must be on time for school, so he led the children in prayer. He thanked God for what He would give them to eat.

There was a knock at the door. The baker stood there and told George that he couldn’t sleep the night before because he had a feeling that the children needed bread for breakfast. The baker said that God wanted him to bake bread and bring it over to them for breakfast. So he got up at 2 in the morning, made bread and brought it over.

George thanked the baker and just as he left, there was a second knock at the door. It was the milkman. He announced that his milk cart broke right in front of the orphanage and he would like to give the children all his cans of fresh milk so he could fix his wagon.

All of the children made it to school on time with full bellies.

“Faith does not operate in the realm of the possible. There is no glory for God in that which is humanly possible. Faith begins where man’s power ends.”

— George Müller

(Continued on page 24)
Week 2 Theme: **Building Faith**  
Day 9: **God Keeps His Promises & He Knows What I Need**

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**Use these questions to talk about the truth that God keeps His promises.**

- What stood out to you about this story from the life of George Müller?
- When has God answered your prayer and provided something you needed?
- Does God always provide for your needs how you think He will? Why or why not?
- Pray together. God loves you and He knows what you need! Thank God for keeping His promises! Thank Him specifically for the ways He has provided. Share with each other personal needs and the needs of your friends, community, and world.

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**BIBLE VERSE FOR THIS WEEK**

*Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.*  
**PROVERBS 3:5-6**

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**Here are a few ideas for having fun as you read the Bible verse out loud**

- Write or type out the verse onto a sheet of paper. Cut out the individual words and tape each word to a domino. Put the words in order and stand each domino up. Say the verse together and then knock the dominoes over.

- Write or type out the verse onto a sheet of paper. Cut out the individual words and tape each word to a building block or Lego. Build a structure as you put the words of the verse in order. Say the verse together.

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**GET GOING**

- Create an indoor obstacle course in your home using whatever cushions, chairs, and other items you like. Have everyone choose a partner. One person will be the leader; the other will be blindfolded. Have the leader build trust by carefully guiding the blindfolded partner through the course. Then switch roles!
Week 2 Theme: **Building Faith**  
Day 10: **God Keeps His Promises and With God’s Help, We Can Too**

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**GET TOGETHER**
Gather around the table and have some fun!

High and Low
- Take turns sharing something good (high) and something tough (low) from your day.

**GET TALKING**
Read today’s **Big Idea** and the story of the paralyzed man, then use the questions to get everyone talking. Work on memorizing the **Bible Verse** together.

*Note to Parents:* Encourage everyone to share because everyone’s story is important, but depending on the age and personality of your family members, you may not get much of a response. Give your family time to let the question “soak in” and the space to respond when they are ready. You can guide the conversation and be the first one to share.

**BIG IDEA**
God is faithful, which means He always keeps His promises. We can trust God and His Word. When we keep our promises, we treat others the way God treats us.

Read the paralyzed man’s story aloud or from Luke 5:17-26.

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**JESUS FORGIVES & HEALS THE PARALYZED MAN**

One day Jesus was teaching from inside someone’s home and people from all over crowded in to listen. Some men brought a paralyzed man on a mat and tried to get him into the house to see Jesus, but there were too many people. But they were not going to give up. There had to be another way to get their friend to Jesus! They knew that Jesus had the power to heal their paralyzed friend.
JESUS FORGIVES & HEALS THE PARALYZED MAN

(Continued from page 25)

They had an idea! They climbed up on the roof, moved some of the tiles, and lowered their friend on his mat right in front of Jesus.

*When Jesus saw their faith, he said, “Friend, your sins are forgiven.”* (Luke 5:20)

When the Pharisees and teachers heard what Jesus said, they were upset. Only God can forgive sins, they thought to themselves. Who does this Jesus think He is? Jesus knew what the Pharisees and teachers were thinking and asked them why they were having such thoughts. Then Jesus asked them if it would be easier to forgive the paralyzed man’s sin or to heal him?

To show them that He had authority to forgive sin, Jesus told the paralyzed man to get up, take his mat, and go home. Immediately the man stood up in front of everyone, gathered his mat and went home praising God. Everyone who saw what Jesus did were amazed, in awe, and praised God!

Use these questions to talk about building trust and keeping our promises.

- Why did the men take their paralyzed friend to see Jesus?
- Do you think the paralyzed man trusted his friends? Why or why not?
- Luke 5:20 says that Jesus saw their faith. What do you think that means?
- How can your faith in God be seen by those around you?
- Be the kind of friend you would like to have. Build trust with your friends by being faithful to your commitments. When we do this, we treat others the way God treats us. We can’t do it on our own. Ask God for His help. What is one way you can keep your promises and build trust with your family and friends?
- Pray together. Praise God for His faithfulness and ask Him for His help in keeping your promises.

(Continued on page 27)
Week 2 Theme: Building Faith
Day 10: God Keeps His Promises and With God’s Help, We Can Too

BIBLE VERSE FOR THIS WEEK

Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.

PROVERBS 3:5-6

Here are a few ideas for having fun as you read the Bible verse out loud.

• Pair up into partners or divide into groups.
• Each pair or group prepares and sings the verse in a genre of their choice (pop, country, rap, opera, musical theater, spoken word, etc).
• Have fun and record the performances.

GET GOING

Go find a lawn, a sidewalk or a long hallway and run a three-legged race. This fun game requires teamwork, trust, and communication.

• Use a bandanna, tube sock, or other piece of fabric to tie the legs together at the ankle.*
• Have the two partners stand shoulder to shoulder and gently tie their inside legs together.*
  * Make sure the wrap is tied tightly enough to keep the partners close together, but not so tight to restrict movement or hurt their ankles.
• Choose a starting line and a finish line. Then see how quickly the partners can go from start to finish.
• You can even try variations: pass a ball back and forth, walk backwards, balance a balloon between the two partners, etc.
GET TOGETHER
Gather around the table and have some fun!
- What three things are the most important to you?
- What three words would you choose to describe yourself? Why?
- What was the best gift you have ever received? Why?

GET TALKING
Read today’s Big Idea, then use the questions to get everyone talking. Work on memorizing the Bible Verse together.

*Note to Parents: Encourage everyone to share because everyone’s story is important, but depending on the age and personality of your family members, you may not get much of a response. Give your family time to let the question “soak in” and the space to respond when they are ready. You can guide the conversation and be the first one to share.

BIG IDEA God’s love for us is perfect. We can’t gain more of God’s love. He loves us fully; it’s not possible for Him to love us more. We can’t lose God’s love. He loves us unconditionally—no strings attached.

Use these questions to talk about how you’ve seen God’s love in your life.
- What is one word you would use to describe God’s love?
- How has God shown you His love in the past?
- How have you experienced God’s love for you today?

BIBLE VERSE FOR THIS WEEK

But you, Lord, are a compassionate and gracious God, slow to anger, abounding in love and faithfulness.
PSALM 86:15

(Continued on page 29)
Here is an idea for having fun as you read the Bible verse out loud.

• Print the words of the verse on pavement with sidewalk chalk or on big pieces of paper. Then play hopscotch on them, reciting each word as you hop on it.

GET GOING

Watch the video at livingontheedge.org/mealtime-conversations called “Lost and Found” and talk through these questions.

• What did you like best about this story?
• How do you think this story relates to God’s love?

Read Romans 8:38-39

“For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.”

• Have there been times you felt separated from God’s love? When? According to Romans 8:38-39, is there ANYTHING that separates you from the love of God?

• God’s love for you is constant and it is not based on anything you do—good or bad. Does this truth impact the way you trust God? Why or why not?
GET TOGETHER

Gather around the table and have some fun!

• Come up with a list of positive character traits to look for in a good friend.
• Write each of the traits onto slips of paper.
• Place all the character traits into a bowl or bag.
• Take turns picking one character trait out of the bag, reading it and sharing who at the table demonstrates that trait and why.
• Keep going until everyone is picked for a positive character trait.

GET TALKING

Read today’s Big Idea and about the life of Ruth, then use the questions to get everyone talking. Work on memorizing the Bible Verse together.

*Note to Parents: Encourage everyone to share because everyone’s story is important, but depending on the age and personality of your family members, you may not get much of a response. Give your family time to let the question “soak in” and the space to respond when they are ready. You can guide the conversation and be the first one to share.

BIG IDEA

God’s love for us is perfect and because God loves us, He wants what is best for us.

Read Ruth’s story aloud or in Ruth chapters 1-4.

RUTH’S STORY

In a place called Moab, there lived a family from Judah. Elimelek, his wife Naomi, and their two sons moved to Moab from Bethlehem because of a famine. There in Moab, they were able to work, eat, and live well. After some time, Elimelek died. Naomi was so sad, but thankful she had her two sons. Both of her sons married women from Moab. Their names were Orpah and Ruth. (Continued on page 31)
RUTH’S STORY

About ten years later, both of Naomi’s sons died. Naomi, Orpah, and Ruth were heartbroken. Naomi decided that she would move back home to Bethlehem. In those days, it was the custom for her sons’ wives to stay with their mother-in-law. But Naomi loved the and she didn’t want them to remain widows forever. So she told Orpah and Ruth about her plans to move to Bethlehem, and she encouraged them to return their families. They all hugged each other and cried together. Orpah decided that, yes, she would go back to her family. She said goodbye and left. But Ruth refused. She said to Naomi,

Don’t urge me to leave you or to turn back from you. Where you go I will go, and where you stay I will stay. Your people will be my people and your God my God. Where you die I will die, and there I will be buried. May the Lord deal with me, be it ever so severely, if even death separates you and me. Ruth 1:16-17

Ruth loved Naomi and she wanted what was best for Naomi, even if it meant that life would be hard. For Ruth, choosing to stay with Naomi meant an unknown future in a new land as an outsider. It also meant that she may remain a widow for the rest of her life, and widows didn’t have it easy in those days. It was a life full of hard work, poverty, and hunger.

When Naomi and Ruth arrived in Bethlehem together, Ruth decided to go out into the fields and hunt for grain so they would have bread to eat. She found a nearby field and walked behind the harvesters to gather up whatever was left behind. The owner of the field, Boaz, noticed Ruth and asked who she was. His workers told him it was Ruth, the Moabite who came to Bethlehem with Naomi, and they described how hard she worked in the fields.

Boaz invited Ruth to gather grain in his fields and to drink from his workers’ water jars when she was thirsty. He also told her that she would be safe in his fields. Ruth was amazed at his kindness, especially since she wasn’t even from Bethlehem. Boaz explained that he knew Ruth’s care and love for Naomi. Boaz was so moved by her loyalty and commitment that he even ordered his workers to drop extra grain for Ruth. In time, Boaz married Ruth and they had a son, Obed. In fact, Ruth became the great-grandmother of King David.

Ruth’s love of Naomi meant that she wanted what was best for her, even if it cost her personally.

(Continued on page 32)
Use these questions to talk about Ruth’s story.

• What is one thing that stood out to you about Ruth’s story?
• Why do you think Ruth chose to stay with Naomi?
• By keeping her promise to care for Naomi, what did Ruth give up?
• How do you see God’s love reflected in the love Ruth had for Naomi?

**BIBLE VERSE FOR THIS WEEK**

But you, Lord, are a compassionate and gracious God, 
slow to anger, abounding in love and faithfulness.

**PSALM 86:15**

Here are a few ideas for having fun as you read the Bible verse out loud.

• Pour rice, oatmeal, or another grain onto a clean counter. Use your clean finger to write out the verse on the counter and through the grain. Say the verse aloud together.

• Pour rice, oatmeal, or another grain onto a clean plate and write out one word of the verse at a time onto the plate with your clean finger. Say the verse aloud together.

**GET GOING**

Write everyone’s name onto a piece of paper. Place the names into a bowl and take turns drawing a name that is not your own. Look at the name on your paper, but don’t show it to anyone else. Sometime within the next 24 hours...

• Write a note or draw a picture to that person telling them what you love and appreciate about them.

• Think of one or two ways* you can show your love to that person and do it! (*Keep in mind what that person likes, what’s important to them, and what makes them feel loved.)
GET TOGETHER

Gather around the table and have some fun!

- If you could go anywhere in the world, where would you go? Why?
- What job would be the most fun? Why?
- If you had a million dollars, what would you do with it?

GET TALKING

Read today’s Big Idea and about the life of Charles Mulli, then use the questions to get everyone talking. Work on memorizing the Bible Verse together.

*Note to Parents: Encourage everyone to share because everyone’s story is important, but depending on the age and personality of your family members, you may not get much of a response. Give your family time to let the question “soak in” and the space to respond when they are ready. You can guide the conversation and be the first one to share.

**BIG IDEA**  God loves us and He wants us to share His love with others.

Read aloud the story of Charles Mulli below.
(Excerpt from Charles Mulli, We Are Family, by Janet and Geoff Benge.)

CHARLES MULLI

Charles Mulli was six years old when he woke up in his family’s hut in Kenya and discovered they had abandoned him. Every day became a struggle to survive. One night Charles accepted Jesus as his Savior and his world was forever changed.


(Continued on page 34)
“Can you tell me why you’re here so late at night?” Charles pressed, praying under his breath. He knew from experience that now was the moment that a child trusted and opened up or pulled away.

Rael looked him in the eye. Charles Mulli smiled at her. She opened her mouth. “I . . . my mother lives near here, but I can’t go home…. I ran away. Every night my mother would get drunk on chang’aa and beat me and my brothers and sisters. In the end I thought it would be safer on the streets, but it’s not. Instead of my mother beating me now, men abuse me,” Rael said matter-of-factly.

Charles told her that he understood because his father beat him and he looked for something better too. It was Jesus’ love that had changed his life and gave him hope. He told her that Jesus was the Son of God and loved her very much. He invited her and the other girls to become part of his family.

At dinner the next night, Charles spotted Rael. By now she had on clean clothes, after taking the first shower of her life. Clinging to her were two of Charles’s smaller children. “Look, Daddy,” Rael laughed. “I have found my younger brother and sister. You already adopted them!”

There have been many difficult times for the Charles Mulli family, but with God’s help, children are still being rescued—more than 23,000 so far!

Use these questions to talk about Charles Mulli and God’s love.

• How would you feel if you were in Charles Mulli’s shoes?
• Where do you see God’s love at work in Charles’s life?
• How do you see God’s love reflected in Charles?
• How can you share God’s love with someone today?
Week 3 Theme: Loving Your Neighbor
Day 13: Sharing God’s Love with Others

BIBLE VERSE FOR THIS WEEK

But you, Lord, are a compassionate and gracious God,
slow to anger, abounding in love and faithfulness.
Psalm 86:15

Here is an idea for having fun as you read the Bible verse out loud.

- Make up motions to help you remember the verse. Use your motions and say the verse together.

GET GOING

Play Mancala together! This game has many variations and is a favorite of kids in Kenya. In Kenya, kids use whatever they have on hand to play and you can too. Go grab an empty egg carton along with stones, Legos, cereal, beans, marbles, etc. to use as markers.

- The object of the game is to capture more stones (markers) than your opponent.
- Four markers (marbles, beans, etc) are placed in each of the twelve holes.
- Each player has a store (called a mancala) to the right of the board (or egg carton).
- The game begins with one player picking up all the markers in any one of the holes on their side of the board.
- Moving counter-clockwise, the player deposits one marker in each hole until the markers run out.
- If you run into your own store, deposit one marker in it. If you run into your opponent’s store, skip it and go on.
- If the last marker you deposit is in your store, you get another turn.
- If the last marker you drop is in an empty hole on your side, you capture that marker and any markers in the hole directly opposite.
- Always place all the captured markers in your store.
- The game ends when all six holes on one side of the board are empty.
- The player who still has markers on their side of board captures all the markers.

*You can find additional directions and watch how it’s played online.
GET TOGETHER

Gather around the table and have some fun!

• Set a timer for 5 minutes. Every person at the table sketches a favorite family memory. Have everyone share their drawing as the others guess what it is. Talk about your favorite memories.

GET TALKING

Read today’s Big Idea and about the parable of the Good Samaritan, then use the questions to get everyone talking. Work on memorizing the Bible Verse together.

*Note to Parents: Encourage everyone to share because everyone’s story is important, but depending on the age and personality of your family members, you may not get much of a response. Give your family time to let the question “soak in” and the space to respond when they are ready. You can guide the conversation and be the first one to share.

BIG IDEA     God loves us and when we love others well, we show that we love God.

Read the parable* of the Good Samaritan aloud or from Luke 10:25-37.
*A parable is a simple story that Jesus told to help people understand a spiritual lesson.

THE GOOD SAMARITAN

One day Jesus told a story to help us better understand the greatest commandment, to “love the Lord your God with all your heart, with all your soul, and with all your mind,” and what it means to “love your neighbor as yourself.”

There was a man going down from Jerusalem to Jericho when he was attacked by robbers. They took his clothes and beat him so badly that he was near death. It so happened that a priest was walking by, but when he saw the hurt man, the priest moved to the other side of the road and kept (Continued on page 37)
THE GOOD SAMARITAN

(Continued from page 36)

walking. Then a Levite came up to the wounded man, looked at him, and also crossed to the opposite side of the road.

Next, a Samaritan came by. When he saw the injured man he felt compassion. He bandaged up his wounds and put the man on his own donkey to take him to an inn where the man could stay until he was better. The Samaritan paid the innkeeper to look after the man and care for him. He even told the innkeeper that he would pay extra if it cost more to care for the man.

Those in first-century Judea who heard this story must have been shocked by what Jesus was saying. The Samaritans were despised by the Jews and yet Jesus makes the Samaritan the example of what it means to show love. The religious men, (the priest and Levite) should have been the ones to demonstrate the love of God and help the man, but they didn’t. They were too concerned with their own rules to help.

Jesus’ story helps us see that love doesn’t ask, “How much do I have to do?” It asks, “What can I do?” The Samaritan’s actions demonstrate what love really means because he had nothing to gain from helping the hurt man, even when it cost him his time and his money. Love gives 100%.

Use these questions to talk about the parable of the Good Samaritan and what it means to love others according to Jesus.

- What stood out to you about the story of the Good Samaritan?
- How does the Good Samaritan reflect God’s love?
- What does “love gives 100%” mean?

(Continued on page 38)
Here are a few ideas for having fun as you read the Bible verse out loud.

- Write the verse on a piece of paper. Cut the paper into various-sized puzzle pieces. Reassemble the puzzle to show the verse. Say the verse aloud. This can be a group project or an individual project.

GET GOING

What are the needs of your family, friends, neighborhood, or community?
Brainstorm ways to brighten someone’s day and help meet their needs.
Work together to decide what needs you will meet and do it!

Pray together. Thank God for His love and for the specific ways He has shown His love to you. Pray for the people who came to mind and for their needs.
Week 3 Theme: Loving Your Neighbor
Day 15: Jesus, the Ultimate Expression of God’s Love

GET TOGETHER
Gather around the table and have some fun!
• Everyone shares their favorite song and why it is their favorite.
• If possible, play everyone’s favorite song. If not, try singing it together!

GET TALKING
Read today’s Big Idea and about the life of Jesus, then use the questions to get everyone talking. Work on memorizing the Bible Verse together.

*Note to Parents: Encourage everyone to share because everyone’s story is important, but depending on the age and personality of your family members, you may not get much of a response. Give your family time to let the question “soak in” and the space to respond when they are ready. You can guide the conversation and be the first one to share.

**BIG IDEA**
Jesus is the ultimate expression of God’s love: God sent His Son to live a perfect life, die for our sins, and defeat death through the resurrection—all so that we may be found and have a relationship with Him.

Read Jesus’s story aloud or in John 13:1-17.

JESUS’S STORY
John, one of Jesus’s disciples, writes about an amazing moment during the last Passover that Jesus celebrated with the disciples.

People in Jesus’s day wore sandals. Everyone’s feet would get very dirty. Washing feet was an unpleasant job assigned to slaves who typically attended to anyone who came into a house.

Jesus knew the time was coming for Him to die on the cross so he wanted to show the disciples His love for them. Jesus removed His outer tunic, then took a towel and wrapped it around His waist. He poured water into a basin and began to wash each of the disciples’ feet. Peter was shocked and asked (Continued on page 40)
Jesus to stop. But Jesus told Peter that although Peter didn’t totally understand everything in this moment, if he wanted to be His disciple, Peter had to let Jesus wash his feet. When He finished, Jesus told His disciples what He had done was an example of how they, as His followers, were to treat others.

Although Jesus was God’s Son, He humbly took the job of a slave and washed all the disciples’ feet, even Judas’s. Jesus’s symbolic act shows us what true humility and selfless love looks like. Jesus’s love didn’t stop there. It went much further than that. Jesus loved us so much that He would die for us.

Jesus allowed Himself to be beaten, mocked, whipped, and hung on a cross. God placed all the sin of the world onto Jesus, and with Jesus’s death, He paid for the sins of the world. Jesus was buried, and three days later He rose from the dead! His resurrection was evidence that He defeated sin, and everyone who believes in Jesus could have a forever friendship with God. There is nothing we can do to earn eternal life, Jesus did it all.

For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. For God did not send his Son into the world to condemn the world, but to save the world through him.

JOHN 3:16-17

But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.

ROMANS 5:8

Use these questions to talk about Jesus’s love.

- How is Jesus the ultimate expression of God’s love?
- In your opinion, how is God’s love different from human love?
- What is one way you can love others the way Jesus has loved you?
- What does it look like for you to be loving to people who don’t believe in Jesus?

(Continued on page 41)
Week 3 Theme: Loving Your Neighbor
Day 15: Jesus, the Ultimate Expression of God’s Love

**BIBLE VERSE FOR THIS WEEK**

But you, Lord, are a compassionate and gracious God, slow to anger, abounding in love and faithfulness.

*Psalm 86:15*

Here is an idea for having fun as you read the Bible verse out loud.

• Make up motions to help you remember the verse. Use your motions and say the verse together.

**GET GOING**

• **Discussion Option**

This is a great opportunity to share with each other when you accepted Jesus as your Savior and how God’s love has changed you. If it is not something you have done and you would like to, that’s great! There are no magic salvation words, but below is a prayer you can use as you talk to God:

**ADMIT**

God, I know that I am a sinner and I need You. Please forgive me for my sin.

**BELIEVE**

I believe You love me so much that You sent Your Son, Jesus. I believe that Jesus lived a perfect life, died on the cross and rose from the dead for me so I could have a relationship with You.

**COMMIT**

God, I choose You and commit to follow after You. —Amen!

If you would like more information on how you can grow as a new believer, go to [https://livingontheedge.org/new-believers/](https://livingontheedge.org/new-believers/)

• **Game Option**

God loves us so much that He sent His Son, Jesus, to seek and save the lost. Have fun playing a game of hide-and-go-seek together!