

**Kidz World's  
Church at Home  
'LEVEL UP' – The Garden of Gethsemane**

**FUN TIME: “Trust Circle”**

**What You Will Do:** Everyone can play this activity! In order to absolutely CRUSH this challenge, everyone has to trust each other. The object is to have everyone stand in a very tight circle with everyone facing the same direction. Next, everyone will place their hands on the shoulders of the person in front of them. On the count of three, they'll all sit down on each other's laps. (See [this video](#) to see how it's done!). If there are only 2 or 3 members in your family. Do the 'trust fall' activity instead.

**BIBLE TIME:**

Did you think at any point you would fall over? What were some other questions of doubt that came to mind? Trust can be a very hard thing to do, especially when you're not sure what's going to happen next like with our 'trust circle'. It can also be tough to trust others if they are asking us to do something we don't fully understand. Today, we are going to see what Jesus did when He had to fully trust the Father. Jesus knew it was going to be the hardest thing ever to do. But **Jesus trusted God**. That is how He was able to do everything we've been talking about these past few weeks. Let's take a look at our Bible story.

**READ: Matthew 26:36-46**

*Familiarize yourself with the Bible passage and summarize it for your younger children. Read it with older children. For toddlers and preschoolers, simply share the answers to these questions with them as you summarize the Bible story. Keep it short and sweet for them 😊.*

1. Who was Jesus with in the Garden of Gethsemane?
2. What was Jesus praying for?
3. How did Jesus show trust in God?
4. How did God give Jesus the strength to finish His plan?

**REAL TIME:** Today, is the last day of our series, 'Level Up'. Remember, we want to 'level up' and grow in our faith in God. This means trusting His love for us and His faithfulness to us no matter what we face.

In today's Bible story, **Jesus trusted God**. He faced the hardest thing ever. Jesus was pushed to the limit of how much He could handle. It was during this time that Jesus became more and more determined to carry out God's plan, even though it was going to cost Him everything.

**Read Psalm 28:7a (NIRV).** Jesus prayed, asking if there was another way. But Jesus also prayed each time for God's will to be done. Jesus knew our salvation, our very lives depended on His obedience. Jesus knew God would give Him strength and be His shield. Jesus trusted God and knew God would help Him face this difficult challenge.

This is true for you today. You can trust God to always help you and be with you. Even when you are facing a really hard challenge, like being kind to someone who annoys you or is mean to you or overcoming a really hard family problem, you don't have to be scared because God is right there to give you strength and be your shield. When you trust God just like Jesus did, God will show you how to overcome the challenging things. Let's pray.

**PRAYER TIME:** “Dear Heavenly Father, thank You for being my shield. Help me to trust You like Jesus did and give me the strength to do hard things. In Jesus' Name, amen!”

*"The Lord is my strength and my shield; my heart trusts in Him,  
and He helps me...." ~ Psalm 28:7 (NIV)*