



Gospel Light®

HOME DISCUSSION GUIDE
for ages 2-5 years

SUMMER A
Lesson 6

Trust and Rest

I trust in the Lord.

Psalm 31:6

When we go for a walk or to the park, I point out to my preschooler the things God created and ways that His cares for creation. **God sends water and sun for the plants to grow. The plants give out oxygen that we need to breathe. God takes care of us.** When we are eating a snack, we can talk about where the food came from. **God made the apple trees to grow the apples. He made the cows to give milk for the cheese. We can trust God to take care of us.** When we trust God, it gives us rest in our souls. When we remember that He is in control, we know that all is well!

Try This:

Before we head out the driveway for a summer trip or day outing, we pause once everyone is buckled up. We pray, **Thank You, God for this day. We trust You. Thank You for watching over us and being with us as we go out today.** Short, appropriate prayers help kids know that we can (and need to!) include God in every moment of our lives!