

REFLECTION IDEAS – TRUST

Exodus chapter 3

We demonstrate trust every day – trust in the way the world works, the activities that we take part in and in the relationships we have. We show trust in friends, teachers and the people who care and look after us. Trusting others is not always easy, and we also need to show the right qualities to be trustworthy ourselves. Christians have trust in God. Not that bad things will never happen to them, but that God can give strength and help, if we ask him, when we find life difficult.

The Bible story for this video comes from the Old Testament and tells the story of Moses who did not feel equipped for the task that God wanted him to do, however God was with Moses and he found that if he trusted In God then God would help him. Christians believe that God can be trusted and we can have faith that he will not let us down.

Reflection questions

What qualities do you think makes someone trustworthy?

Who are the people you trust to help you?

Are you someone who other people can trust?

Link

A short version of the bible story can be found here: <https://youtu.be/j7e8OE17YK4>

Please check if this is suitable for your group.

Inspire Prayer Space Activity – Trust

Equipment

- Length of ribbon for each pupil
- Climbing ropes and clips, or pictures of these, as an example of a 'lifeline'

Description

In mountain climbing, a 'lifeline' is a rope attached to anchor points so if someone slips or falls, they will be caught. There are times in life when we struggle and find things difficult. When this happens, we can turn to others for support and strength. They can throw us a 'lifeline'.

Instructions

Ask the pupils to take a ribbon. As you hold it, think of someone who helped you when you were struggling. How did they help you? How did you feel? Tie the ribbon onto the rope - the lifeline. If you want to, you can say a prayer thanking God for that person and their help.



inspire
prayer spaces

Adapted from a Prayer Spaces in Schools resource

See below for activity sheet

God Spoke to Moses – Anagrams Puzzle

Exodus chapter 3

Solve the anagrams (scrambled words, in capitals) to make words from the story of God speaking to Moses by the burning bush. Take the letters in the highlighted boxes and unscramble them to find out what God promised Moses. Moses was nervous about doing what God asked, but he trusted God to help him.

Moses was looking after his sheep in mountains when he saw a HUBS that was on fire.

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Moses saw the bush was on fire but the leaves and branches were not GURNBIN up.

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Moses was curious and moved closer to the bush. Then he heard ODG speaking to him.

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The people of Israel were slaves in PEGYT. God told Moses that he must go to Pharaoh and ask him to set the people of Israel free.

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Moses was scared to do this and asked, 'HYW me?'

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God said that Moses was the person He had chosen to SURCEE His people from Egypt. Moses trusted God because He made a promise.

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What did God promise Moses?

I will certainly _ _ _ _ _

Trustworthy Words

Someone we can trust is called 'trustworthy'. The video talked about what makes a person trustworthy. Here are some more ideas, beginning with the letters of TRUST.

- Truthful
- Reliable
- Understanding
- Sure
- Thoughtful

Can you think of some more?



Burning Bush Craft

Print out the picture below and make a burning bush collage using red, yellow and orange tissue



Moses saw a bush that was on fire, but the leaves and branches were not burning up.
Exodus chapter 3 verse 2

