

Use this guide to help your family learn how God can help us live with confidence.

First, watch this week's video!

Confidence: learning to see yourself the way God sees you

### Memory Verse

"I remain confident of this: I will see the goodness of the Lord in the land of the living."  
Psalm 27:13, NIV

### Bible Story

Elijah and the Prophets of Baal  
1 Kings 18:16-46

### Key Question

What seems impossible to you?

## Activity

### Impossible Challenge

#### What You Need:

A device with access to the internet

#### What You Do:

Say, "I'm going to list out some impossible challenges. First, you'll try. Then, I'll try. Let's keep score and see who can do the most impossible things!"

#### Impossible Challenges:

- Wiggle your ears
- Raise your left eyebrow
- Raise your right eyebrow
- Curl your tongue
- Hop on one foot for 30 seconds
- Say the alphabet backward
- Touch your tongue to your nose
- Touch your tongue to your elbow
- Cross your eyes
- Cross just one eye
- Do a cartwheel

When you're finished, say, "Who could do the most impossible things? (Tally up your scores.) Which of those impossible things was the most impossible for you?" (Share yours, too!)

## Talk About the Bible Story

What happened in our story today that seemed impossible? (God sent fire down from heaven to prove that He is the one true God.)

Can you think of a time when you thought something was impossible and it wasn't? (Example: Your friends were having a conflict, and you thought it was impossible that they would ever be friends again, but now they are.)

What are some examples of times God did things that seemed impossible—either from the Bible, or from your own life?

Are you dealing with anything now that feels impossible?

*Parent: Share about a time when you faced an impossible situation. Maybe you and a friend had a broken relationship, and reconciliation seemed impossible. Or maybe something related to the pandemic caused an impossible situation. Were you able to stay confident in God's power, no matter the outcome? What truths or Scripture did you lean into during that time?*

## Prayer

Use this prayer as a guide, either after talking about the Bible story or sometime before bed tonight:

Lead your child in a responsive prayer. Allow them to respond silently if they want. (If they're not responding out loud, add an answer or two of your own.)

Say, "I'm going to say a prayer with you. When I pause, I want you to fill in the blank, either out loud or silently.

God, You are ... (Pause for your child to answer aloud or silently.)

God, I know You love me because ... (Pause for your child to answer aloud or silently.)

God, You provide every good thing. Thank You for ... (Pause for your child to answer aloud or silently.)

God, You are able to do the impossible! Right now, God, it seems impossible that ... (Pause for your child to answer aloud or silently.)

But, God, I trust that You are in control. God, like Elijah, I want my confidence to come from You. Help me to show confidence and trust You no matter what! In Jesus' name, amen."