



## ▶ 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?

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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

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.

## GET GOING

Watch the “Micro Macro” video at [livingontheedge.org/mealtime-conversations](http://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?

