



GET TOGETHER

Gather around the table and have some fun!

- If you could make one meal* for everyone at the table, what would it be and why?
- *This is a great way to get ideas for future meals and for future opportunities to cook together. Preparing a meal together gives families a time to connect, laugh, share, and work together. It is also an opportunity for kids to learn practical cooking skills that can last a lifetime.

GET TALKING

Read today's **Big Idea** and about the life of Sarah, 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 God is faithful, which means He always keeps His promises. We can trust God and His Word, even when we don't understand how everything will work out.

Read Sarah's story aloud or in Genesis 18:1-15.

SARAH

More than anything else, Sarah and her husband, Abraham, wanted a child. Interestingly, the meaning of Abraham's name is "Father of many." But they didn't have any children, and by this time both Abraham and Sarah were very old and children seemed unthinkable.

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SARAH

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One hot day Abraham was sitting outside his tent and the Lord appeared to him.

Abraham saw three unfamiliar men standing nearby and he knew they were sent by God. So he ran over to them, bowed low to honor them, and invited them to come rest at his home. They accepted his invitation and went with Abraham to his home.

Abraham hurried to Sarah and asked her to make bread for their guests with the very best flour they had. He also had a yummy meal made and he served it to them. The men asked Abraham where his wife, Sarah, was. He told them that she was inside the tent. One of the visitors told Abraham that when they came back to visit in a year, Sarah will have a son!

Sarah was listening to the conversation from inside the tent and when she heard that she would have a son, she laughed silently to herself. She thought about her old age, Abraham's old age, and the idea of a son—impossible!

Then the Lord said to Abraham, "Why did Sarah laugh and say, 'Will I really have a child, now that I am old?' Is anything too hard for the Lord? I will return to you at the appointed time next year, and Sarah will have a son." Genesis 18:13-14

God kept His promise to Sarah and Abraham. Everything happened just as God said it would. She became pregnant, gave birth to a son in her old age, and he was named Isaac.



Use these questions to talk about the truth that God keeps His promises.

- Why do you think Sarah laughed at the promise she was given?
- What did God say in response to Sarah's doubt?
- Share a time when God kept his promise to you, although it seemed that the circumstances were impossible.

BIBLE VERSE FOR THIS WEEK

*Trust in the Lord with all your heart and lean not on your own understanding;
in all your ways submit to him, and he will make your paths straight.*

PROVERBS 3:5-6

Here is an idea for having fun as you read the Bible verse out loud.

- Grab a box of crayons and paper. Illustrate the verse as it is read aloud.

GET GOING

- Divide the group into two teams and gather the items you need to make a peanut butter* and jelly sandwich.
*Use a peanut butter alternative for those who are allergic.
- Each team will work together and write out directions that clearly explain how to make a peanut butter and jelly sandwich to someone who has never made one before.
- After each team has completed the directions, decide which team will read their directions first.
- Select one team member to read the directions aloud and step by step.
- The other team will pick one person to make the sandwich according to the directions given.
- Follow the directions step by step.
- Now it's the other team's turn.
- The team with the best PB&J wins.
- Split the sandwich between the teams and enjoy!

