

## Week of July 13th

**Bible Point:** God gives us what we need, so...trust God!

**Bible Story:** God provides manna and quail. (Exodus 16)

**Key Verse:** “For your Father knows exactly what you need even before you ask him!” (Matthew 6:8)

**Circle up for Family Tribe Time.**

**Bring out a Way-to-Glow Pen and Paper Heart.**

Get a Way-to-Glow Pen and two sheets of Paper Hearts.

**Say:** *Today’s key verse from the Bible book of Matthew says, “For your Father knows exactly what you need even before you ask him!” That means God loves you so much that he knows everything about you. God knows what’s inside your heart.*

**Say:** *Think of something you need. It might be something your body needs in order to live—like food or water or a warm place to sleep on a cold night. But it might also be something like a good friend...God’s peace...or hope. Those might be things you haven’t even told someone about. But God knows.*

Hold up the Way-to-Glow Pen. Take turns using this pen to write or draw what you need on one of these paper hearts. Don’t tell anyone what you’ve written or drawn— unless you need a little help. Allow a few minutes to pass the pen around the Family Tribe and have each person write on one of the paper hearts. When everyone has finished, ask them to set the paper hearts in the middle of the circle. Mix the Paper Hearts.



**Say:** *These hearts all look the same...but they’re not to God. Sometimes our hearts are hurting because we need God’s peace or a friend or kindness. Sometimes our bodies are hurting because we need healing. Whatever you need, God knows. And God gives us what we need, so...trust God!*

Demonstrate how to press the button on the top of the Way-to-Glow Pen over the hearts to see the words revealed. Let others take turns shining the light on the pen cap so they can see the words, too. Have one person read aloud the words or images.

**Say:** *I don't know who wrote each need, but God does. God's Word promises that "Your Father knows exactly what you need even before you ask him!"*

Now discuss these questions (allow about a minute for each question): How does it feel to realize that God knows your heart? (Good; weird; a little scary.) How does that help you trust God? (He knows everything about me; he loves me enough to care about me.)

**Say:** *God gives us what we need, so...trust God! That doesn't mean things will always be easy or that we'll always have what we want. But you can trust that God loves you and will provide exactly what you need. Let's give these needs to God right now.*