

KEEP CALM and Trust

Icebreaker:

Use some simple trust games.

There are some ideas here <https://www.wrike.com/blog/team-building-games/>

And here <http://www.simply-fun-games.com/indoor-teambuilding-games.html>



Unlocking Real Life Stories of Urban people

Look on the internet for definitions of Trust, or use these or other trust related pictures to generate a discussion

You might want to show this picture and share this story <http://thestations.org.uk/the-stations/trust/>



and/or show this video clip from Indian Jones and The Last Crusade <https://www.youtube.com/watch?v=xFntFdEGgws>

- How easy or difficult do you find it to trust in yourself?
- Can you think of a time when you put your trust in someone else?
- Can you think of a time when you put your trust in a stranger?
- Can you think of a time when someone else has put their trust in you?
- Are there things that make you afraid to trust?
- Are there things that make you afraid to be trusted?



Revealing Good News of the Down to Earth Christ

..... Trust

Proverbs 3:5-6

Trust in the LORD with all your heart. Never rely on what you think you know. Remember the LORD in everything you do, and he will show you the right way.

Luke 12: 22-29

²² Then Jesus said to the disciples, "And so I tell you not to worry about the food you need to stay alive or about the clothes you need for your body. ²³ Life is much more important than food, and the body much more important than clothes. ²⁴ Look at the crows: they don't plant seeds or gather a harvest; they don't have storage rooms or barns; God feeds them! You are worth so much more than birds! ²⁵ Can any of you live a bit longer by worrying about it? ²⁶ If you can't manage even such a small thing, why worry about the other things? ²⁷ Look how the wild flowers grow: they don't work or make clothes for themselves. But I tell you that not even King Solomon with all his wealth had clothes as beautiful as one of these flowers. ²⁸ It is God who clothes the wild grass—grass that is here today and gone tomorrow, burned up in the oven. Won't he be all the more sure to clothe you? What little faith you have!

²⁹ "So don't be all upset, always concerned about what you will eat and drink. ³⁰ (For the pagans of this world are always concerned about all these things.) Your Father knows that you need these things. ³¹ Instead, be concerned with his Kingdom, and he will provide you with these things.



Psalm 130:5-6

I wait eagerly for the LORD's help, and in his word I trust.
I wait for the Lord more eagerly than sentries wait for the dawn



Trust



Psalm 62: 8

Trust in God at all times,
my people. Tell him all
your troubles, for he is
our refuge.

Isaiah 40:31

But those who trust in the LORD for help will find
their strength renewed.
They will rise on wings like eagles; they will run
and not get weary;
they will walk and not grow weak.

Psalm 31:14

But my **trust** is in you,
O LORD; you are my **God**.



Listen to <https://www.youtube.com/watch?v=-eIQQayhpak>

Have coloured pens or pencils and paper available for anyone who wants to doodle or make pictures while they listen to the music and words.

Questions for discussion.

- **What might it mean to Trust in God?**
- **What are the Risks?**
- **What are the possibilities?**
- **How do you think it might be different to Trusting in people?**



Releasing life changing skills and confidence

Creative reflections

Build Trust Towers with lego bricks (or some other child's construction toy).

Make three towers; one to show how much you trust yourself; one to show how much you trust other people and one to show how much you trust God. If you like you can change the colour of the bricks and add a further level to each tower to show how much you would *like* to be able to trust each of these things.

Continuing reflective cycles

Something to take home

Cards to take away - Keep Calm and Trust (p26). On the back people can paste one of the shorter Bible extracts from page 24, or they can draw or write something to help them remember what they have been thinking about.

Questions to think about

- Is there anyone you would like to have more trust in?
- What would help that trust to grow?
- What can you do about it?





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