

First, watch  
this week's  
video!

**Confidence:**  
learning to  
see yourself  
the way God  
sees you

### Memory Verse

"Being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus."  
Philippians 1:6, NIV

### Bible Story

Nothing Can Separate Us from God  
Romans 8:38-39

### Bottom Line

God loves you no matter what.

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

## Activity

### Wash Away

#### What You Need:

Washable marker, soap, water, Bible

#### What You Do:

Read Romans 8:38-39 out loud.

Say, "NOTHING can make God stop loving us. But sometimes, when we mess up, it can make us feel like God won't love us anymore.

"I want you to take this marker and write on the back of your hand. Write down something you feel like could separate you from God's love. Maybe it's something you did a long time ago. Or something you did today! Just a couple of words to represent that thing."

Give your child a few moments to think and write. Help them with spelling, if they need it. Or give them privacy if they seem like they don't want you to see what they wrote. Once they're finished, say, "Now I want you to wash your hand with soap and water. Scrub, scrub, scrub until you can't see what you wrote anymore."

As your child washes their hands, make sure they get all the marker off. Then say, "Just like you can't see what you wrote anymore, when God looks at you, He doesn't see any of your mess-ups. He sees the awesome kid He made and loves. NOTHING can separate you from His love!"

## Talk About the Bible Story

Paul wrote these verses as part of a letter to the Romans. How do you think the Romans felt when they first read Paul's words? Why?

What makes you sure that God will always love you? (*Knowing that He sent Jesus for you, reading verses like these in the Bible*)

When you feel separated from God, what could help you feel close to Him? (*Praying, reading the Bible, talking about Him, listening to worship music, walking in nature, creating art, etc.*)

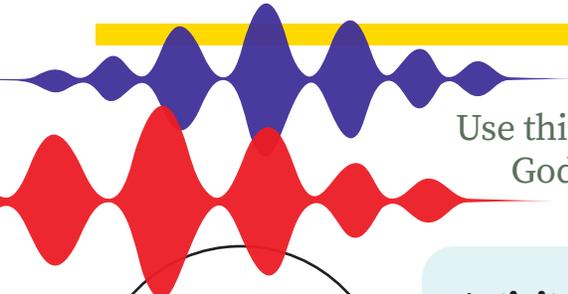
*Parent: Share about a time when you felt far away from God's love. What did you do? How did you overcome how you felt and believe that God loves you no matter what?*



## Prayer

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

"God, thank You for loving us no matter what. You love each of us so much that You sent Jesus to rescue us! We are thankful that absolutely nothing can separate us from Your love. Help us grow in our relationship with You every day. Help us see ourselves the way You see us, so we can have the confidence to live our lives the way You want us to. We love You, and we pray these things in Jesus' name. Amen."



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**Memory Verse**

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**Bible Story**

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**Key Question**

What are some things that are true about God?

## Activity

### Emoji-tions

#### What You Need:

Phone, tablet, or other device with an emoji keyboard; and a Bible (or Bible app)

#### What You Do:

Give your child a device that has an emoji keyboard, and have them open the notes app (or another app they can type in).

Say, "Look through the emojis, and type at least 10 of them that represent the emotions you've felt over the last week."

Give your child time to type 10 (or more) emojis. Then choose three or four of them and ask your child to describe when they've felt those emotions.

Say, "You know what? We may feel a lot of different emotions on any given day. But no matter how we might feel, we can have confidence in knowing that God loves us. He loves us, He's for us, and He's with us. It's like Paul wrote in his letter to the Romans."

Read Romans 8:38-39 out loud.

Say, "Now, I want you to type three emojis that represent what it looks like to feel confident in God and His love."

Let your child type a few emojis that represent how God's love makes them feel.

## Talk About the Bible Story

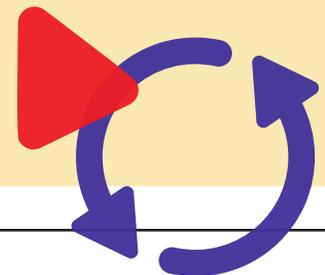
How has God shown you that He will never leave you?

How does the promise of God's constant love give us confidence?

If nothing can separate us from God's love, why do we sometimes feel alone and far from Him?

When you feel separated from God, what helps you most? (*Praying, reading the Bible, talking about Him, listening to worship music, walking in nature, creating art, etc.*)

*Parent: Share about a time when you felt far away from God's love. What did you do? How did you overcome how you felt and believe that God loves you no matter what?*



## Prayer

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