

Youth Activity/Devotion

4-1-2020

Start with a game: *Belly Laugh*

Have one person lie on his or her back. Then have another person lie with his or her head on the other person's belly. Have the remaining people lie down with their heads resting on another person's belly, with everyone being attached.

Choose one person to start the game by shouting, "Ha!" The next person will shout, "Ha, ha!" and each person continues to add a "ha" as they work around the group. Sooner or later the group will burst into laughter, with heads bouncing off bellies with joy.

Share Psalm 28:7, "The LORD is my strength and my shield; my heart trusts in him, and he helps me. My heart leaps for joy, and with my song I praise him."

Remind your children that God provides us the strength we need to get through each day. Talk about the importance of trusting God when things aren't going our way. Discuss with your children how we need, at times, to find the lesson God has for us when His plans turn out different than ours.

But paramount to all this, is that we place our trust fully in God. And if we trust Him, we can accept that what is going on in our lives is intended for our growth.