

Take some time this week and go over the lesson with your family.



## **Watt's Up:**

"I Know God Is Faithful To Me!"



## **Power Verse:**

*"...Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world." - John 16:33*

This week we started a series called "Roller Coaster Life." Open this week's devotion by asking your children the following questions:

- Have you ever ridden a roller coaster before?
- Did you like riding the roller coaster? Why or Why Not?
- What is the scariest part of a roller coaster?

Take a few moments and discuss these questions. Guide your children into realizing that one of the scariest and hardest parts of a roller coaster are the ups and downs.

- Have you ever had "ups and downs" in life? What does that mean?
- What things have you had to face that may have been difficult or sad, or maybe hard to deal with?

Allow your kids to share with you some of the difficult things they are facing or have faced. This is a good time to be open to sharing with your kids some of your struggles now and when you were kid. Help your kids understand that life is full of "ups and downs". After discussing these things, spend time talking about ways God helps us when we face hard things in life.

Jesus said in John 16:33, *"...here on earth you will have many trials and sorrows, BUT take heart because I have overcome the world."* God didn't promise life would be easy, but He did promise He would be there to help us.

Spend time praying as a family for the needs and difficulties each member of the family is facing. *(Also, maybe take time to share some needs of those closest to you.)*

## **Activity:**

Take time this week on various days to pray with each member of your family for the needs and difficulties they are facing. This is a good time to have one on one time with your kids spending time praying and talking together.