



# Gospel Light®

HOME DISCUSSION GUIDE  
for Elementary

FALL C  
Lesson 1

## Pray & Trust

*"When I am afraid, I put my trust in you."*

Psalm 56:3

As I go through my day, I often pray aloud. This reminds me to keep God involved in my life—and maybe just as important, it gives my kids a chance to “listen in” on my relationship with God. When I have a lot to do I may pray, “God, give me wisdom to know what to do today and strength to do it all.” When I need to make a decision I may pray, “Holy Spirit, show me what You want me to do here. I trust You to guide me.” Remember, our kids learn through relationship with us—more is “caught” than is taught!

### Try This:

As a regular part of our evening talk-and-pray time with our kids, we all reflect on the day. We ask each other questions like, “Tell me about something that made you smile today” or “What was the best part of your day?” or “What was the most interesting thing that happened today?” As often as I can, I share with my kids how God helped me that day. This gets them started thinking of ways God has helped them, too—and all of our hearts are turned to God in gratitude. It’s a great way to end a day! When we talk about situations in which we’re waiting for His help, we talk about other times He has helped us. **God has helped us before. We can trust Him to help us again.**