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Kids HQ Lesson #1

Faith – Trusting in what you can't see because of what you can see.

Key Verses: **Psalm 23:1, Hebrews 11:1**

Teaching Kids About Faith is as Easy as Baking Cookies

Step 1: Choose a cookie recipe. Make sure you have all of the ingredients, bowls, measuring cups/spoons that you need.

Step 2: Introduce Hebrews 11:1: *Now faith is the substance of things hoped for, the evidence of things not seen.* Talk to you children about the big words, *substance* and *evidence*. What are they? What do they mean?

Step 3: Talk about what substance is as you help the children mix the cookie dough. Explain that substance is what something is made of...like the ingredients in the cookie dough. The substance is all the stuff that gets mixed together into the dough.

Step 4: Place the cookies on a cookie sheet and put them in the oven while talking about the word *evidence*. Evidence is the proof of something. The proof that there are cookies forming from the dough you and your children have put in the oven is the wonderful smell that fills your kitchen. You can't see the dough becoming a cookie, but you can smell the evidence.

Step 5: Pull cookies out of the oven and allow them to cool. Use this time to have the children help you clean up. Tell your children that with every batch of cookies you bake, you become more

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confident in the result. That represents how your faith grows.

Step 6: Ask the blessing together–Ask God to help each one of you to grow in faith everyday.

Additional Family Activity:

Place several random and common household items in a brown paper bag. Have your children sit in a circle on the floor. The children should put blindfolds on and take turns pulling items out of the bag and guessing what they are by feel only. They might know that an apple is an apple, yet they cannot prove it without sight. They simply have faith that they know what they are touching. Likewise, they will know a cotton ball when they feel it because they have had experience with cotton balls in the past and have faith that they are experiencing the same thing. Explain to the children that our faith in God is much like faith in understanding the items in the bag. While we cannot clearly see God, our experiences with God help us to have faith and identify God's working in our lives.