

# Can I Trust You?

By RLD Editorial Team

for use as  
**STEP 1** 

**Lesson 5  
Focus:**

Trust God even when  
life hurts.

**Lesson 5  
Bible Basis:**

Job 1:1-3, 18-22;  
42:10-13

**Lesson 5  
Memory Verse:**

In you, LORD my God, I put my trust. I trust in  
you. —Psalm 25:1-2a

**Students will look at optical illusions as they question who and what they can or should trust.**

**Materials:**

- Internet access
- Optional: Whiteboard (or screenshared document)

As your students come to class, invite them to share how they know whether or not they can trust someone. You can keep a list of these trustworthy qualities on a whiteboard (or screenshared document).

➤ **Do you think we can trust what we see with our eyes? Why or why not?** (Accept all reasonable answers.)

**While what we see with our eyes can provide us with some indications of whether or not something's trustworthy, we do have to verify that what we're seeing is correct.**

Show your students several of the optical illusions in the article, allowing students to share their answers before displaying the answers on screens.

Optical Illusions

<https://www.optics4kids.org/optical-illusions>

➤ **After looking at these illusions, do you now agree that we sometimes can't trust our eyes to give us the full picture?** (Accept all reasonable answers.)

➤ **What are some other things that are hard to trust?** (Accept all reasonable answers. Students may comment on things they read or see on the Internet; they may mention that people you trust sometimes let you down. If no one mentions God, press them specifically about whether or not they have a difficult time trusting Him.)

**Sometimes when things happen that hurt us, it's hard to trust God.**

➤ **Have you ever had anything happen to you that made it difficult to trust Him? Will you tell us about it?** (Answers will vary; be sure to be prepared to share your own experience.)

**Today we're going to talk about someone who had more than one thing happen that hurt him—in fact, everything around him fell apart. Let's see what his thoughts were about God's trustworthiness.**

(Continue on to Steps 2 and 3 in your teacher's guide; your Step 4 appears below.)

middle school



Lesson 5 / June 30, 2024

# Can I Trust You?

for use as  
**STEP 4** 

## Lesson 5

### Focus:

Trust God even when life hurts.

## Lesson 5

### Bible Basis:

Job 1:1-3, 18-22;  
42:10-13

## Lesson 5

### Memory Verse:

In you, LORD my God, I put my trust. I trust in you. —Psalm 25:1-2a

### Materials:

- Internet access
- Paper (1 piece per student)
- Pens/pencils (1 per student)
- Whiteboard and marker (or screenshared document)

If your class is meeting online, invite students to bring supplies with them to class.

➤ **What were some of the things that God allowed to happen to Job?** (The Sabeans killed all his farmhands and stole all his animals in one section; fire burned up his sheep and his shepherds in another area; the Chaldeans stole his camels and killed his servants elsewhere; a wind knocked down the house killing all his children; he broke out in sores all over his body; he was taunted by his wife and friends.)

➤ **What was Job's response to God after suffering all these tragedies?** (Answers will vary.)

Distribute supplies (or invite students to have them ready at home). Ask students to find a spot in the room where they can think and write quietly. When they have found their favorite spots, ask them to dialogue with God in writing using the following prompts (write these on the whiteboard or screenshared document so your students can refer to them frequently as they write):

- What things do you find most difficult to trust God with?
- What makes you hesitant about trusting God with these things?
- Has God allowed anything in your life that makes it difficult to trust Him in other areas? What?
- What would you like to say to God about these situations? He wants to hear anything you have to say.

As your students work, you might want to play this music video in the background [6:37].

“I Will Trust” – ELEVATION WORSHIP

<https://www.youtube.com/watch?v=5JPT4u6hyb4>

When your students have had time to at least copy all of the prompts on their paper, ask them to use some of their time with God this week to keep the dialogue going about the feelings and situations they've expressed. They might even consider writing a letter to God about it.

**God wants us to trust Him even when life hurts! But He doesn't intend for us to go through difficult things on our own. He wants us to tell Him about all of our feelings so that we can work through them together.**

Close in prayer.

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