

Happy Sunday!

This week we are going to talk about frogs! What are frogs? They are amphibians, generally small, they hop far and can swim, they can be all kinds of colors, and they make “ribbit” noises!

We are going to think about them in a different way today though- we are going to use them as a reminder!

F.R.O.G = **F**ully **r**ely **o**n **G**od

What does it mean to rely on someone? It means that we trust them, depend on them, and know they are there for us for whatever we may need. That could be physical help, listening to us when we are sad, or even spending time together!

When we rely on God that means that we trust Him to take care of us. We let Him handle all the things in our lives that are too much for us to handle on our own. This can mean letting Him help us to feel better when we are scared or sad, or even when we don't know what to do!

It is easier than it may seem to fully rely on God. All we must do is pray to Him and ask Him to help us or guide us in whatever we may need. Even when we just pray to him to say thank you, we are relying on him!

Here are two bible verses that talk about relying on God:

Proverbs 3:5-6 New International Version (NIV)

⁵ Trust in the LORD with all your heart
and lean not on your own understanding;
⁶ in all your ways submit to him,
and he will make your paths straight.^[a]

Psalms 59:9-10.

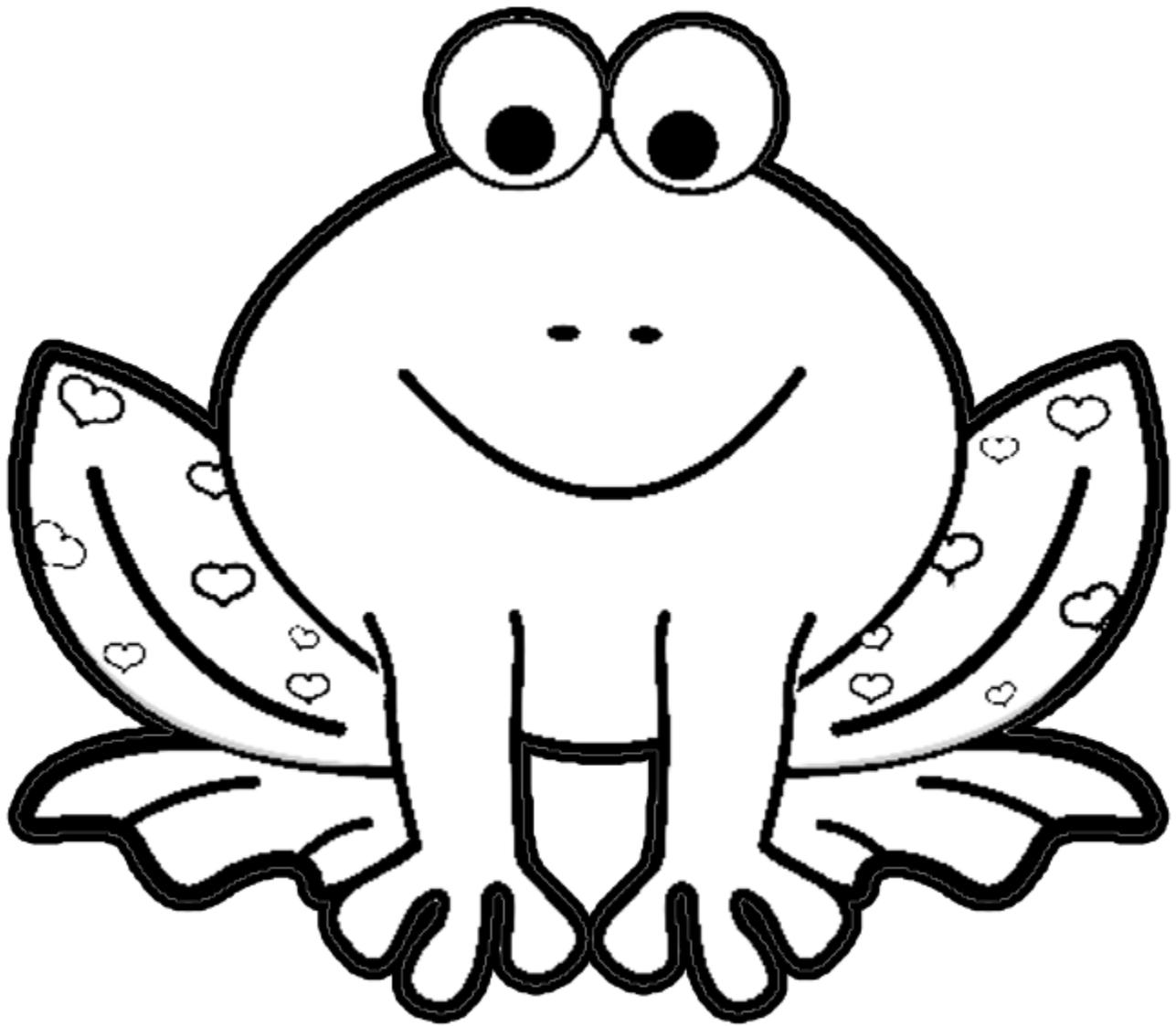
“You, God, are my fortress, my God on whom I can rely. ”

So the next time that you face something difficult, say you are scared or unsure what to do, remember F.R.O.G. You can stop, pray, and rely on God because he is always there for you!

There is a page after this that you can print out and color if you are able too. I would like to see them after you have them done!

I miss you all and I can't wait to see you again!!

Megan



F.R.O.G