

Chair

Faith is trusting God.

Prep

Put a chair at the front of your room facing the class.

Mark your Bible to Hebrews 11:1.

Demonstration

Ask a volunteer to come up and sit down facing the class.

After they take their seat, act surprised questioning the student, "You aren't going to make sure that chair is sturdy before you sit in it?" "You sat down so quickly. What if the chair wasn't strong enough to hold you?"

"Why did you trust that chair without knowing anything about it?"

Object Lesson

"If we walk into a new place, we don't usually think before we sit right down in a chair. We don't check to see if the chair is stable or strong enough to hold us; we just trust that it can do it.

Faith works the same way. Faith means believing or trusting something without proof.

Just like we have faith that chairs will hold us, God has called us to have faith in Him and in his word, the Bible.

Hebrews 11:1 says, *"Now faith is confidence in what we hope for and assurance about what we do not see."*

Wrap Up

"Trusting God can be hard because we can't see him, and often we can't understand what He's doing in our lives. But He has told us to have total faith in Him."