

## HEROES PART 5: TRUST IN THE LORD

Bad news! The rescue workers can't find Liz and Morrie anywhere! Who will rescue them?

### Let's Get Started

**Episode Theme:** Trusting in God's best plan.

1. [Proverbs 3:5](#) says that you should “trust in the Lord with all your heart ...” What does it mean to trust? How can we do that with our heart?

2. Abraham was probably surprised and horrified when God told him to kill his son, Isaac. After all, God promised that Abraham would have a lot of descendants, and Isaac was his only son. But Abraham trusted God, so he prepared to sacrifice Isaac ([Genesis 22:1-14](#)). Abraham built an altar and placed wood around it for a fire, then tied up Isaac and put him on the altar. But God was just testing Abraham's faith—and Abraham passed! At the last minute, God told Abraham not to sacrifice Isaac and provided a ram instead. God was giving Abraham a picture of a future time when God's own son, Jesus Christ, would be sacrificed. Because Abraham trusted God, God called Abraham his friend ([James 2:23](#)). Think about what it means to trust God as you listen to today's story.

### Memory Verse

“Trust in the Lord with all your heart and lean not on your own understanding”

#### Proverbs 3:5

### After You Listen

In this episode, Liz and Morrie were lost in the tunnels underneath Caiman City. They were scared, but Liz remembered that God is always with him. He kept his head and made smart choices until they were rescued.

“Trust” is another word for “faith,” or “believing.” God told us a lot in the Bible about himself and about us. He made many promises. He also told us that though we deserve to die for our sins, we can be saved if we believe that Jesus Christ died for us.

Trusting is believing something so much that you are willing to act on it. For example, I can tell you that a lake is deep enough to dive into. You may believe I'm telling you the truth. But do you believe enough to dive in without testing it? When God tells us something, we know he's telling the truth. But do we believe him enough to do what he says? We need to trust him that much if we're going to feel his peace and joy when things are hard ([Romans 15:13](#)).

Remember, trusting God means believing what he says and then doing what he says.

Want to dig deeper into what it means to trust God? Check out [Psalm 37:4-6](#); [Isaiah 41:10](#); [2 Thessalonians 1:3-5](#).

### Challenge

Do you have your cape from the last episodes? If not, make one out of fabric or paper. Now it's time to add another symbol! Today Liz learned that true heroes trust God and make good choices based on his commands. Design a symbol that shows that you make good choices. Be creative! Try out a few designs before you choose one. You can draw it onto a paper cape, or if you have a fabric cape, you can use fabric markers or cut out your design on paper and pin it to your cape. Leave some room, though, because there is one more episode to come!

## Take the Episode Quiz

**Question 1:** Who was the most worried and scared about Liz and Morrie?

**Answer:** Chamy.

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**Question 2:** How did Liz's dad stay calm while he was waiting?

**Answer:** Like he told Chamy, he trusted in God and relied on God to work things out.

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**Question 3:** What scared Liz and Morrie as they made their way through the tunnel?

**Answer:** A leaky pipe connection.

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**Question 4:** Who interviewed Liz after they were rescued?

**Answer:** Rita Jennings.

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**Question 5:** Why did Liz reject the idea that he was a hero?

**Answer:** Because instead of rescuing anyone, he needed to be rescued.

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