

**HEY GROWNUPS!
YOU GOT THIS!**

Use this guide to review what your kids learned, plan **time** together as a family, and capture **moments** throughout the week.

February 8, 2026

This Week

Hannah Prayed
1 Samuel 1

Life Point: People can trust God will hear them.
Big Truth: God is good.

**MEMORIZE****MVOTM // MEMORY VERSE OF THE MONTH**

Trust in the Lord with all your heart,
and do not rely on your own understanding.
Proverbs 3:5

BIG PICTURE Q&A

Why can we trust God?

*We can trust God because He does
what He says He'll do.*

**TIME****READ**

Daily Bible Reading through **The Bible Recap**

PRAY

Take turns praying together:

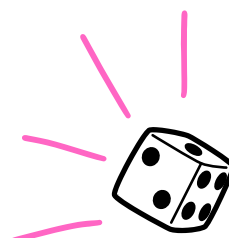
- **Thanksgiving:** *God, I thank You for...*
- **Adoration:** *God, You are...* (see attributes)
- **Confession:** *God, forgive me for...and help me forgive...*
- **Others:** *God, I ask for...*
- **Self:** *God, please help me...*

SING

Find songs on our Mayfield Road Kids **Spotify**.

**MOMENTS****SEE THE BIG PICTURE**

Write out the word "Prayer" down the left side of a piece of paper, one letter on each line (like an acrostic). Encourage family members to use the letter on each line to spell out a word that relates to prayer, such as how, when, or the results of prayer. Thank God for always hearing our prayers.



Find more activities in
The Dinner Roll