Wiggle Worms

GOD'S WORD

"Be still, and know that I am God."

Psalm 46:10 (WEB)



THE STORY

It's Sunday morning, and LJ wiggles so much in the pew that he misses the whole Bible story. Mom reminds him there's a time to be still (Psalm 46:10), and Dad tells how his shoe once flew into the church aisle, until his mom taught him a trick: hands in your lap, eyes on the speaker, ears wide open. Big sister Jakayla helps LJ get his wiggles out first, and the next Sunday he hears every word.

Grandma tells how young Samuel lay still beside the glowing lamp and said, "Speak, for your servant hears" (1 Samuel 3:1–10).

TALK ABOUT IT TOGETHER

1. Why did LJ miss the Bible story at church? Do you ever feel like a wiggle worm?
2. Dad learned a trick: hands in your lap, eyes on the speaker, ears wide open. Can you try it right now?
3. Samuel lay still and listened when God called. When could you be still and listen this week?

PRAY TOGETHER

God, thank You for my wiggles and all my energy. Help me know when it's time to be still. Open my ears to hear You, like young Samuel did. Amen.

TRY THIS WEEK

Before church or family devotions, get the wiggles out together with ten jumping jacks, then take one deep breath. Play still-as-a-statue at home and practice LJ's trick: hands in your lap, eyes on the speaker, ears wide open. Say Psalm 46:10 together at dinner.

DRAW IT

Draw yourself doing jumping jacks, then draw yourself sitting still and listening, like LJ.

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