



God Promises to Restore Israel After the Exile

Jeremiah 29:4-14



Bible Point: God guides us.



Key Verse: “For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future” (Jeremiah 29:11).

Use the following activities to further the application of this week’s lesson in the lives of your family members.

Discussion Starters

Preschoolers

- What does God know about you?
- Why should we obey God?

Elementary Students

- God promises that any person who seeks him will find him. Are you seeking God with your whole heart? Why or why not?
- How will a person who knows that God has special plans for him or her live differently than someone who doesn’t believe in God?

Youth

- What are ways God can reveal the plans he has for you?
- What would you say to someone who says: “The Bible claims that God has a plan for each of our lives. Does that mean that bad things are part of his plan?”

Talk Topics

- Talk about a time when you or someone you know saw God unfold a special plan in his or her life (for example, by meeting someone, providing employment, or healing someone).
- Discuss why what’s mentioned in Jeremiah 29:11-13 is so important for people to understand today.
- Why do many people seem unwilling to try to discover God’s plans for their lives?

Through the Week

During devotional times, use the following passages to read and discover additional biblical insights about what God does for us.

Monday—Psalm 145:18-19

Tuesday—Psalm 18:6

Wednesday—Philippians 4:6

Thursday—Ephesians 6:18

Friday—Romans 8:26-27

Saturday—Psalm 66:16

Daily Challenges®

Choose one or more of these activities to do this week:

- What insights did you have as you reflected on the questions from the “God’s Plans for Me” handout? What’s a specific change you can make based on that? Make it happen!
- Set aside some time to reflect on where God has clearly been a part of your life, and how he’s guided it. As you reflect, see if you notice a pattern of what God has been doing and where he might be taking you from here. Close your time in prayer, seeking God’s future guidance.
- Is someone you know facing a big decision? Be a sounding board for that person. Spend more time listening than speaking, and help that person to listen for God’s guidance in his or her situation.
- As a family, decide to go on a special outing—perhaps to the zoo, the desert, the mountains, or a museum in the city. Rather than doing much of the preparation work yourself, assign family members specific tasks, such as packing sandwiches, cleaning out the car, planning the route, and making sure everyone is wearing appropriate clothing. After you return from the outing, discuss why it was so important to plan your trip, and use that discussion to transition into the wonderful plans that God is making for his people. For example, we may not always see what God is doing, but we can know for sure that he is making plans for us to spend eternity in heaven with him if we have invited Jesus into our lives.