

# Readiness Activity

## Trust Fall

OB1      Various Classes - My God - His  
Plan to Save me

### Resources Needed:

2 strong leaders and a blindfold

### Activity

Ask for a volunteer who trusts the two leaders.

Explain that the volunteer will be blindfolded and the leaders will push him/her from one to the other.

The volunteer must keep their hands at their sides, hold their body stiff and not move their feet.

Each leader says, "I won't let you fall."

Give everyone who volunteers an opportunity and commend those who don't move their feet or try to save themselves.

### Debriefing Questions:

Why did you trust the leaders?

How did you feel when you started to fall?

Did you picture the leaders in your mind?

Were they smiling?

We can trust Jesus because we know that He loves us and wants the best for us.