

Lesson 7 / July 19, 2026

Our Perfect Dad

By RLD Editorial Team

 for use as
STEP 1

Lesson 7**Focus:**

God is the perfect Father.

Lesson 7**Bible Basis:**

Acts 17:24–29; Matthew 7:9–12; Galatians 3:26

Lesson 7**Memory Verse:**

“If you, then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give good gifts to those who ask him!” —Matthew 7:11

Students will consider the characteristics of a great parent as they explore the perfection of our heavenly Father.

Materials:
☐ Internet access

➤ **Have you ever thought to yourself, “when I’m a parent I will definitely do *this*” or “when I’m a parent I will *never* do *that*?” Give some examples.** (Students may want to avoid blow-ups and repeat open conversation; they might want to avoid certain punishments and repeat certain fun activities or celebrations. Accept all reasonable answers while making sure that comments about parents are respectful.)

➤ **How would you describe what it means to be a parent?** (In one sense, being a parent is simply having a child. Good parents might be described as those who care for their child, set appropriate boundaries, make sacrifices, are selfless, trustworthy, a teacher, and a cheerleader. Accept all reasonable answers.)

Let’s take a look at an unexpected dad.

Play the following video [5:13; start at 2:45 stop at 3:55]:

Meet the single dad who adopted 3 young siblings

<https://www.youtube.com/watch?v=V3usmzepRi8>

➤ **Following the death of his father, Tucker, Jason decided to become a foster parent and eventually adopted his three sons. What makes him a good dad to his children?** (This dad fostered children and adopted his three sons to love them and make a difference in their lives. He had experienced kindness from other people and wanted to share that with young people.)

In similar ways, God may interact with us as a good Father. In prayers and in Scripture we speak of God as our Father, or we speak of ourselves as God’s children. For some, these analogies are helpful; for others—who may not have a positive experience with an earthly dad—they are hard. Let’s dig deeper and see what the Bible really says.

(Continue on to Steps 2 and 3 in your teacher’s guide; your Step 4 appears below.)

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Our Perfect Dad

for use as
STEP 4 **Lesson 7
Focus:**

God is the perfect
Father.

**Lesson 7
Bible Basis:**

Acts 17:24–29; Matthew
7:9–12; Galatians 3:26

**Lesson 7
Memory Verse:**

“If you, then, though you are evil, know how
to give good gifts to your children, how much
more will your Father in heaven give good
gifts to those who ask him!” —Matthew 7:11

Materials:

- ☐ None
- ☐ Index cards
- ☐ Pens/pencils

If your class is meeting online, invite students to bring supplies with them to class.

Our relationships with our human parents can have a huge impact on how we see the world and who we become. Our relationship with God has a similar impact. It is normal as a teenager to get frustrated with our parents and feel misunderstood or that our independence is being limited. If your relationship with God is in a similarly tough place right now, consider this week putting yourself in the shoes of a small child, who joyfully trusts in and depends on your dad, like the kids in the video we watched today.

This week, transform everyday moments, like when you look in a mirror and brush your teeth or fix your hair, into holy ones, asking God our Father for His lead and His care in your life.

➤ **What is one way you need God’s lead or guidance in your life this week?** (For example, students might have big decisions to make, or need boldness, winsomeness, or wisdom in their interactions with people, or may need help prioritizing, or dealing with a kicking a bad habit. Accept all reasonable answers.)

➤ **What is one way you need God’s care and support in your life this week?** (For example, students might be dealing with mental or physical illness, loneliness, self-doubt, or frustration after a big setback or series of disappointing events. Accept all reasonable answers.)

As God’s children we not only receive guidance and care from God, but we can reflect God’s character too. Maybe you resemble God in God’s joy, or creativity, or patience, or mercy.

➤ **Tell about a situation this week where you may have an opportunity to reflect God's character in a particular way.** (For example, students might reflect creativity by offering a fun alternative to a disappointing change in plans. They might reflect patience as they babysit little ones or take a family road trip. They might reflect these and other characteristics in many other ways. Accept all reasonable answers.)

Every morning when standing in front of the mirror doing one of those mundane tasks we talked about earlier, think of one way you need God's direction in your life that day and ask that God would lead you in that way; think of one way you need God's care that day and ask God to provide you with support in that way; finally, think of one way you might reflect God's character as you go about your day and pray that those you interact with would see God's image in you.

Distribute supplies (or invite students to have them ready at home). Have them write a simple prompt to put on their mirror this week that will encourage them to have those conversations (example, the card might say, "Hey, Dad..." to remind them to start a conversation with Him).

Close in prayer.

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