



DEEPER BIBLE

What Can I Do With God's Strength?

[15 min]

Supplies

- Bibles*
- "God's Strength" handout (1 copy) (download [here](#))

Easy Prep

- Cut apart the slips on the handout.

Play Charades

Say: Today we're learning that we are strong with God. But what does that really mean? What can we do with God's strength? Let's dig in to that.

We're going to play a game of Charades to find out some things the Bible says we can do with God's strength.

Have eight willing volunteers come to the front of the room to be Actors. Actors will take turns drawing a slip from the handout and acting out what it says until someone in the audience guesses. If no one guesses in about 30 seconds, the child can tell the answer. Continue playing until all the slips have been drawn.

Ask: • **Raise your hand if you need to crush an army.**

• **Raise your hand if you've ever flown on wings like an eagle.**

Say: It seems like some of the things the Bible says we can do don't really relate to our lives. Or do they? Let's read the Bible verses these actions came from and see what we can figure out.

Dig Deeper

Have kids read Psalm 18:29.

Say: **David wrote these words after he'd just won a battle. His enemies were giants, descendants of a giant named Goliath he'd killed years ago. David felt weak during the battle, but he and his army won. (See 2 Samuel 21.)**

So this verse is specific to David's situation. But it could also apply when we feel weak or overwhelmed.

Have small groups discuss these questions, and then ask for highlights.

Ask: • **What makes you feel weak or overwhelmed?**

• **What would "crushing an army" or "scaling a wall" translate to in your situation?**

Say: **We are strong with God. When we feel weak or like we're up against something giant, God can give us strength! Let's check out another one.**

Read Psalm 121:1-2.

Say: **These verses are part of a song written as a prayer for people who were going on a journey that involved climbing a mountain. But there were a lot of scary dangers in the mountains! These verses show that with God's help, travelers could face scary dangers.**

Have small groups discuss these questions, and then ask for highlights.

Ask: • **What's something you're afraid of?**

• **How could God's strength help you?**

Say: **Let's check out the verse that talks about flying. I'm pretty sure it doesn't mean to jump off your roof!**

Read Isaiah 40:31.

Have small groups discuss this question, and then ask for highlights.

Ask: • **When have you felt tired or like you wanted to quit?**

Say: These verses are saying that because we are strong with God, we can have the strength to keep going when we feel like we want to quit.

Read 2 Timothy 4:17.

Say: This verse is more straightforward—because we're strong with God, we can tell people about Jesus!

Ask: • Who can you tell about Jesus? Have everyone call out their answers at once.

Say: The last verse was the hardest one to act out. Let's read it.

Read Philippians 4:13.

Say: A guy named Paul wrote this verse from prison. He'd been telling a lot of people about Jesus, and he got in trouble for it! Paul was beaten and put in jail, and he didn't have a very good quality of life there.

Have small groups discuss this question, and then ask for highlights.

Ask: • With that in mind, what do you think Paul meant by "everything"?

Say: Thanks for those ideas! I think Paul was saying he could keep doing anything God called him to do because he was strong with God. I don't think Paul meant he could just do whatever he wanted; but he knew that when we are strong with God, God will give us what we need to do what he wants us to do.

So you may never need to crush an army, and you might not soar on wings like eagles...but because you are strong with God, you can keep going when you're weak or tired, you can face your fears, you can tell about Jesus, and you can do whatever God asks!

God's Strength

crush an army

climb a mountain

run and not grow weary

preach the Good News

scale a wall

soar high on wings like eagles

walk and not faint

everything!



OBJECT LESSON Strong Support

[10 min]

Supplies

- sturdy chairs, not on wheels* (1 for every 2 kids)
- large, heavy books or other heavy objects on hand in the room (3 for every 2 kids)
- paper towels (optional)

Tip

- If you're concerned about kids leaving footprints on walls, you can offer paper towels for kids to place between their shoes and the walls where they'll be placing their feet.

Test Unsupported Strength

Say: **Today we're discovering that we are strong with God. We have strength and abilities of our own, too, but even the strongest people in the world struggle and face things they can't do on their own. Let's dig in to this more with a fun test of strength!**

- Form pairs, and have each pair move a chair a couple feet away from a wall.
- Have partners take turns sitting in the chair and lifting extended legs until they're perpendicular to the rest of the body. The legs and torso should be held at a roughly 90-degree angle.
- The child not sitting in the chair can count out seconds that his or her partner is able to hold the 90-degree position.
- After partners each see how long they can hold their legs up, give each pair large, heavy books or other heavy objects you've selected from the room.
- Kids can repeat the challenge, this time with the weight of the items added to the legs.

Ask: • **What did you find out about your strength through this test?**

Test Supported Strength

Say: **Let's see what difference placing your feet on a wall makes for your strength.**

- Have kids turn their chairs to face the nearest wall. Each partner can adjust the distance the chair is from the wall so that he or she can extend legs as in the first round of the experiment and place his or her feet flat on the wall.
- Kids should be able to feel some pressure and tension up against the back of the chair when their feet are on the wall—this tension will supply more strength for repeating the activity.
- When the first partner in each pair is ready, have kids repeat the strength test and slowly add weight to legs. They will be able to hold the 90-degree position much longer this time.
- When everyone has had a chance to repeat the strength test with the support of the wall, have kids sit with their small groups.

Talk About It

Ask: • **What was different about your strength when your feet were connected to the wall?**

• **Why do you think the wall made you stronger?**

Say: **Placing your feet on the wall connected you to a stable, strong support. It created a tension or force between the bottoms of your feet and the back of the chair that ran along the muscles and bones in your legs. That extra force along your legs gave you strength and ability to resist the force pulling down on your legs so you could hold them up longer and with more weight.**

A similar support happens when we're connected to God.

Have small groups discuss this question.

Ask: • **Why do you think having God's support—or help—makes us stronger than we are on our own?**

Say: **There are many times in life we need strength that's bigger than ours. When we need that kind of support, we can make sure we're connecting to God—talking with God in prayer—because we are strong with God. Our strength when we're connected with God gives us a force that's stronger than the things trying to weigh us down.**