



DEEPER BIBLE Strong With God

[15 min]

Supplies

- Bible

Talk About God's Strength

Say: **Today we heard that God helped Gideon win against his enemies. Gideon had only a small army. He wasn't strong enough to win alone. But Gideon trusted that God would help him. He knew God is strong, so he could be strong with God. We know God is strong, too.**

Share about a way *you've* seen God's strength in your life, such as looking at the amazing stars he created, seeing him heal a family member who was sick, or knowing he provided a job when you needed one.

Ask: • **What are some of the biggest or strongest things God made or done?** Kids may share an example of something God created, the way he makes us feel better when we're afraid, or something God did in the Bible.

Say: **There are so many things God can do that we can't, such as** [name some things kids mentioned]. Invite kids to act out some of the things God can do.

Play a Game

Say: **Sometimes we forget that God can help *us* be strong because *he* is strong. Let's play a game to help us remember that God is strong and we are strong with him.**

- Form leader-led groups, and have each group sit in a circle.
- Lead kids to make a rhythm by alternating between clapping and patting their legs. As they do, have leaders lead kids in the following rhyme:

We are strong with God.
There's nothing he can't do.
He can...
He makes us strong, too!

- Each time a group gets to the line "He can...", the leader will have a child stand up and share his or her picture with the group, describing what they drew.
- Continue until each child has had a chance to share.

Say: **God can do anything. He can always help us when we feel weak and need help. Listen to what the Bible says!** Read aloud Psalm 138:3.

Say: **God gives us the strength we need. We are strong with God.**
Lead kids to pray and thank God that he helps them be strong.



OBJECT LESSON Surprising Strength

[10 min]

Supplies

- 8½ x11-inch paper
- large, heavy books (1 for each adult or teen leader, plus 1 for you)
- tape

Experiment With the Strength of Paper

Say: **Today we're learning we're strong with God. Sometimes it may seem like we're just regular people who aren't big enough or brave enough. God's power in us can help us do big things. Let's see what that looks like.**

- Form small leader-led groups. Have groups sit in circles on the floor.
- Give each group a few pieces of paper and a large, heavy book.
- Challenge groups to use the paper to lift and hold the book off the floor—building a structure with the paper so that only the paper is supporting the weight of the book without collapsing or crumpling.
- Encourage leaders to help kids think of and test ways to solve the challenge.
- If any leaders know the answer to this challenge (rolling the paper into tightly wound tubes for the book to rest on) have them keep it to themselves to allow kids to brainstorm and think of ways to solve the challenge.
- After a few minutes of experimenting, call attention back to you and invite groups to share strategies they've tried and what's working or not.

Say: **It looks like paper might not be strong enough for this challenge, but there's an easy way to make it stronger so it can hold up these heavy books.**

See the Surprising Strength of Paper

- On a table or surface where everyone can see, show a solution to the challenge. Roll three pieces of paper along the length of the paper into tight tubes that are roughly an inch in diameter.
- Make sure the open ends of the paper tubes are flat and level.
- Use one piece of tape to secure the outside edge of each paper so the tubes won't unroll.
- Place the tubes standing vertically in a triangle pattern, each paper tube separated by about 6 inches.
- Then hold a heavy book over the paper tubes and allow kids to call out whether or not they think the papers will hold the book.
- Place the book on the tubes, and give a surprised smile as the paper steadily supports the book.



- Give each group three fresh pieces of paper and some tape, and allow groups to replicate what you just showed them with their own heavy book.
- If time allows, invite all the groups to bring their books to add to your book already resting on the paper tubes. Even if the paper tubes end up collapsing, they'll be able to hold quite a few books and will amaze preschoolers!

Talk About It

Ask: • **Why is it surprising that paper *can* hold up these heavy books?**

Say: **At first it seemed like paper just wasn't strong enough. But with some help, we saw that the paper was stronger than we thought! God is the strongest, so when we think we just can't do something, we can pray to ask God for his help. You probably ask grown-ups or friends for help when you need it, but you can ask God, too! We are strong with God and his help—stronger than we think we are.**