

Lesson 3 - Crush WEAKNESS God's Way

Lesson Overview

THE BUZZ

When I am weak,
God is strong!

THE TAKEAWAY

Call on God for strength!

BIBLE STORY

Gideon Feels Weak
(Judges 6)

POWER VERSE

"For I can do everything through
Christ, who gives me strength."
Philippians 4:13

Every child experiences moments where they feel weak. Whether it's struggling with schoolwork, feeling left out by friends, facing fears, or trying something new that seems too hard, kids regularly encounter situations where they don't feel strong enough or capable enough. In those moments, it is easy for them to believe the lie that they simply don't have what it takes.

This lesson helps children understand that feeling weak is not something to be ashamed of. Even great heroes of the Bible felt weak at times. Through the story of Gideon, the children will stop believing "I can't," and begin to understand, "I can - with God's help." When kids learn to call on God in their weak moments, they begin to experience His power in a real and personal way.

Throughout this lesson, kids will discover that God is strongest when we feel weakest. The Buzz reinforces this powerful truth: When I Am Weak, God Is Strong!

It's time to *Crush Weakness God's Way!*

Lesson Elements & Supplies

WHAT ARE WE LEARNING ABOUT?

Intro Video

- 4 X 4 - Lesson 3 - Intro Video (EL).mov

The Buzz

- 4 X 4 - Lesson 3 - The Buzz - Teaching (EL).mov
- 4 X 4 - Lesson 3 - The Buzz - Trigger (EL).mov

Game Time

- 4 X 4 - Game Time (EL).mov
- "Who Has The Strength?" - Graphic
- 12 Heavy Books

WHAT DOES THE BIBLE SAY?

Bible Story

- 4 X 4 - Lesson 3 - Bible Story Video (EL).mov
- or
- Lesson 3 Graphics

The Breakdown

- Lesson 3 Graphics
- Toy Monster Truck
- Air Compressor

Power Verse

- Power Verse Graphic

WHAT DO I DO ABOUT IT?

The Takeaway

- Lesson 3 Graphics
- Cell Phone
- Prayer Music

Lightning Round

- Lightning Round Bumper (EL).mov
- Lesson 3 Graphics
- Lightning Round Music

What Are We Learning About?

Lesson Intro

Hey everybody! It is so great to see you! We are continuing our series called "4X4." We are learning four lessons from Philippians chapter 4. I've got a question for you. Have you ever tried to do something that just felt really hard? Maybe it was a school assignment that didn't make sense, or a sport or activity where you just couldn't seem to get it right. Maybe you were trying to lift something heavy and you just felt like, "I can't do this!" Have you ever felt that way before? *(allow response)*

Of course! All of us have moments like that. Sometimes we feel weak, not strong. We feel like we don't have what it takes. We might even think, "I'm just not good enough," or "I'll never be able to do this."

Well, in our 4X4 lesson, today, we're going to learn what to do in those moments when we feel weak. We're gonna learn how to "Crush Weakness God's Way!" Right now, I want you to watch this video.



INTRO VIDEO

Play: "4 X 4 - Lesson 3 - Intro Video (EL)"

Wow! Spike thought he had to be strong enough by himself to make everything work. But then he remembered something important: real strength comes from God. And that's exactly what we're learning today! Right now, let's find out "What's The Buzz?"



THE BUZZ TEACHING

Play: "4 X 4 - Lesson 3 - The Buzz - Teaching (EL)"

That's "The Buzz!" So, now that you know it, you are going to have to be ready to say it a bunch of times. I want you to be able to have it memorized so you can tell everyone what you learned, today.



THE BUZZ TRIGGER

Play: "4 X 4 - Lesson 3 - The Buzz - Trigger (EL)"

Well done! That could happen at any point in the service. So, always be on your toes and ready to stand and shout it out!

Game Time

WHO HAS THE STRENGTH?

SUPPLIES NEEDED

- 12 heavy books

PREPARATION

Choose three boys and three girls to play the game.

HOW TO PLAY

Have the players stretch their arms straight out, with their hands at shoulder level. The goal is to see who can keep their arms up, even with their shoulders, the longest. Tell them that every ten seconds, you will make it harder by adding another book to their hands. Everyone starts with one book in their hands. After the first ten seconds, place a second book in the hands of each player. Wait another ten seconds, and then add another book. When a player drops their arms, they are out! It is now up to the rest of their teammates to keep their arms up and be the last person standing.

HOW TO WIN

The last player to drop their arms wins for their team!!

What Does The Bible Say?



Bible Story

Today, we are talking about how to crush weakness God's way. We have learned "The Buzz" and now it is time to ask: "What Does The Bible Say?" I think now would be a good time to find out.

→ Show Lesson 3 - Bible Story Video (EL).mov **OR** teach it live using the script below and the provided Bible Story graphics (listed below).

GIDEON FEELS WEAK

Hey, friends! It's time for another amazing Bible Story. Today's Bible Story is found in the Old Testament in Judges chapter 6. It's about a man named Gideon. Gideon was an Israelite, one of God's chosen people. But at this time in Israel's history, things were not going well. The Midianites were attacking the Israelites and stealing their crops and animals. Every time the Israelites planted food, the Midianites would swoop in and take it. The people were afraid.

(Show Lesson 3 – 1) Gideon was hiding at the bottom of a winepress threshing wheat. Normally, wheat was threshed out in the open on a threshing floor where the wind could blow away the chaff, but Gideon was hiding so the Midianites wouldn't see him. He was afraid that if they noticed him, they would steal his food, too.

Have you ever felt like hiding because you were scared? Gideon probably felt small, powerless, and weak. Then something incredible happened. (Show Lesson 3 – 2) The angel of the Lord appeared to Gideon and said... "Mighty hero, the Lord is with you." Mighty hero? Gideon didn't feel like a mighty hero. He was hiding in a winepress! But God saw Gideon differently than Gideon saw himself.

The angel told Gideon that God was going to use him to rescue Israel from the Midianites. Gideon couldn't believe it. He answered, "My family is the **weakest** in our tribe, and I am the least in my family." (Show Lesson 3 – 3) Gideon didn't feel brave. He didn't feel strong. He felt like the weakest person in the weakest family. Maybe you've felt that way before too. Maybe you've thought, "I'm not strong enough," or "I'm not good enough," or "God can't use me."

But the angel of the Lord answered Gideon with something powerful. (Show Lesson 3 – 4) He said, "The Lord says, 'I will be with you.'" Wow! Gideon didn't have to be strong by himself. He didn't have to rescue Israel on his own. God would be with him. Gideon might have been weak, but God is strong.

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Bible Story (Continued)

And the same is true for you. When God calls you to do something, you don't have to depend on your own strength. You can trust that God is with us. Just like Gideon, you may feel weak, but God is strong!



The Breakdown

Materials Needed:

Lesson 3 - Breakdown Graphics; Toy Monster Truck; Large Air Compressor

Preparation:

None necessary

In our Bible Story, when God called Gideon to do something big, he didn't feel strong at all. He felt weak and not good enough. But God didn't see Gideon the way Gideon saw himself. God knew that if Gideon would trust Him, He would give Gideon the strength he needed.

Let's break it down and see what the Bible teaches us about how to *Crush Weakness God's Way!* The first thing we learn from Philippians 4 is...

Weak moments happen to everyone (*show Point - 1*)

Feeling weak is something everyone experiences. Nobody feels strong *all* the time. Even the Apostle Paul talked about this in Philippians 4:12. (*show Philippians 4:12 graphic*) Paul said, "I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little." In other words, Paul knew what it felt like to have good days and really really hard days. He knew exactly what it was like to feel weak.

Let me show you what that looks like. (*Bring out a toy monster truck*) Now we all know monster trucks are powerful and can crush almost anything. Big tires, powerful engine, tons of strength. Now imagine what would happen if a monster truck is ready to go crush some obstacles, but (*show "flat tire" graphic*) tire is flat. When a monster truck has a flat tire, it doesn't matter how much torque the engine has...it's not going anywhere.

Sometimes we feel like that. We feel so weak that we just can't go anywhere or do anything big for God. Everyone has those moments. But, when you feel weak, remember...

Weakness teaches us to depend on God (*show Point - 2*)

When we feel weak, it's actually an opportunity to depend on God. Remember our series Power Verse? Philippians 4:13 says, (*show Power Verse graphic*) "For I can do everything through Christ, who gives me strength." Paul didn't say, "I can do everything because I am strong." He said, "I can do everything through Christ." That means

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The Breakdown (Continued)

our strength doesn't come from ourselves - it comes from God. Now, think about the monster truck with the flat tire from earlier. If it has a flat, no matter how hard it tries, it can't fix itself. The tire can't just decide to fill up with air on its own. It needs help from something outside of itself.

(Bring out an air compressor/pump) That's where this comes in. It's an air compressor/pump. After you patch that hole, just connect this to the flat tire, and before you know it, that tire is full and ready to roll!

That's what God does for us. When we feel weak, we don't have to stay stuck. We don't have to try to fix everything on our own. We can go to God, and He fills us with the strength we need. Just like this pump fills the tire with air, God fills our lives with His power.

Gideon learned that he didn't have to be strong on his own. God was going to be his strength.

When we put these two truths together, we see something powerful. Weak moments happen to everyone, but those moments can lead us to depend on God. And when we depend on God, His strength helps us do what we could never do on our own.



Power Verse

→ Show the Power Verse graphic to remind the kids of the verse in any of the creative ways we suggest in the "Service Elements" section of this manual. Encourage the children to memorize the verse for the series.

What Do I Do About It?

!! The Takeaway

Materials Needed:

Lesson 3 - Takeaway Graphics; a cell phone; one of the Prayer Music tracks

Have the Prayer Music playing the entire time you are sharing this section, leading into the prayer

We have learned some powerful truths today about how to Crush Weakness God's Way! So what do you do when you feel weak? What do you do when you're facing something that feels too big, too hard, or just impossible for us to handle on your own?

The Bible gives us a clear answer. Philippians 4:13 reminds us, *(show Power Verse graphic)* "For I can do everything through Christ, who gives me strength." That means we don't have to depend on ourselves. We can depend on Him.

Think about a cell phone for a moment. *(Hold up a phone)* If your phone battery runs out, it doesn't matter how nice it is or how many apps it has, it won't work. You can tap the screen all day long, but nothing is going to happen. The phone needs power. But when you plug it in to a charger, everything changes. The phone comes back to life because it is connected to a power source.

That's exactly what it's like for us. When we try to do everything on our own, we run out of strength. So, what do you do about it?...

Call on God for strength! *(show image)*

When we call on God, it's like plugging into His power. He gives us the strength we need to keep going. So, when you feel weak or when something feels too hard...when you think, "I can't do this" - stop and call on God. Ask Him to help you. Trust Him to give you strength. Because when you are weak, God is strong. Let's call on Him right now and ask Him to give us strength every day.

Optional Prayer:

"Dear God, thank You for loving us and caring about every part of our lives. Sometimes we feel weak and like we don't have what it takes. But thank You that we don't have to depend on our own strength. Thank You that You are strong, and You are always with us. Help us remember to call on You when we feel weak. Give us strength to face the hard things in our lives. Remind us that "we can do everything through Christ, who gives us strength. In Jesus' name we pray, Amen."



Lightning Round

Materials Needed:

*Lightning Round Bumper.mov; Lightning Round - Background Music.mp3;
Lesson 3 - Lightning Round Graphics*

Preparation:

Play the "Lightning Round" Bumper Video; Begin with the title slide; there is a slide for each question and answer

1. What's The Buzz, today?
Answer: *When I am weak, God is strong!*
2. Who was the man in our Bible Story?
Answer: *Gideon*
3. Where was Gideon hiding?
Answer: *In a winepress*
4. Who appeared to Gideon?
Answer: *An angel of the Lord*
5. What did the angel call Gideon?
Answer: *Mighty Hero*
6. According to The Breakdown, "Weak moments happen to _____!"
Answer: *Everyone*
7. According to The Breakdown, "Weakness teaches us to _____ on God!"
Answer: *Depend*
8. True or False: When you feel weak, there's nothing you can do about it.
Answer: *False*
9. Today's Takeaway is, " _____ on God for strength!"
Answer: *Call*
10. Where is our Power Verse found?
Answer: *Philippians 4:13*