

LESSON 3: CRUSH WEAKNESS GOD'S WAY

MAIN IDEA: With Jesus, you can find strength in the midst of your weakness.



POWER VERSE

"For I can do everything through Christ who gives me strength."

- Philippians 4:13



THE BUZZ

When I am weak,
God is strong!

LESSON INFO

Bible Story: Gideon Feels Weak (Judges 6)

Hands-On Learning: The kids will learn how to handle weakness God's way!

Crafts:

- Bible Story Coloring Page
- STRONG Tracing Craft
- God Is Strong Coloring Page

Lightning Round: Review the lesson with a quiz game.

MATERIALS NEEDED

- A piece of paper
- Tape
- Crayons or markers
- Bible Story Pictures (*printed or prepared on screen*)
- Coloring Pages (*print peice*)
- STRONG Tracing Craft (*print piece*)



LESSON INTRO

TEACHER INSTRUCTIONS: This script is meant to be read aloud to the kids to start off the lesson. Before class begins, prepare the Intro Video to be played during this segment.

Hey everybody! Welcome to church! Today, we're continuing our series 4×4. In this series, we're looking at four important lessons from Philippians 4.

Have you ever been scared to do something? Maybe you didn't feel like you were brave enough for it? Today, we're going to learn that when we feel weak, God helps give us strength!

Before we hear our Bible story, we are going to check in with Scooter and Snow and see what they are up to today. Let's watch!



INTRO VIDEO

Play: "4×4 - Lesson 3 - Intro Video (PS)"

Wasn't that great? Now, I want us to stand up and practice The Buzz together. Everyone stand up! Let's say it in a silly voice. Ready? What's the Buzz?

(Repeat The Buzz together, in a silly voice)

That was silly! Now let's use our normal voices and say it one more time. What's the Buzz?

(Repeat The Buzz together, in your normal voices)

Great job, everyone. You can sit down. Today, we're going to hear a true story from the Bible about a man named Gideon. Gideon felt so weak that he was hiding! Let's listen carefully as we hear our Bible story.



BIBLE STORY VIDEO

Play: "4×4 - Lesson 3 - Bible Story Video (PS)"

→ *Either play the "4×4 - Lesson 3 - Bible Story Video (PS)" or continue to the live teaching script and tell the story aloud to the kids.*



BIBLE STORY

Gideon Feels Weak (*Judges 6*)

TEACHER INSTRUCTIONS: The Bible Story can be taught either through the Bible Story Video or through a live teaching. Below is the live teaching script. Before class begins, print the Bible Story Pictures. Have the children gathered around so they can see the pictures.

Today's Bible Story is about a man named Gideon. Gideon was an Israelite, one of God's chosen people. Things were not going well for the people of Israel. The Midianites were attacking the Israelites and stealing their crops and animals. Oh no! Every time the Israelites planted food, the Midianites would take it. The people were afraid! Show me your scared face. (Pause for response)

- 1 Gideon was hiding at the bottom of a winepress threshing wheat. Threshing wheat means getting the good seeds out so people can make food, like bread! Normally, people would do this out in the open, but Gideon was hiding so the Midianites wouldn't see him. He was afraid that if they noticed him, they would steal his food.

- 2 Have you ever felt like hiding because you were scared? Me too! Gideon probably felt small, powerless, and weak. Then something incredible happened. An angel appeared to Gideon! The angel of the Lord said, "Mighty hero, the Lord is with you." Mighty hero? Gideon didn't feel like a mighty hero. He was hiding! But God saw Gideon differently from how Gideon saw himself.

- 3 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."

- 4 Gideon didn't feel brave. He didn't feel strong. He felt like the weakest person in the weakest family. But the angel of the Lord told Gideon something powerful: "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. And the same is true for you. When God asks you to do something, He will give you strength!

→ End by praying with the kids and reminding them that even when we feel weak, God is with us, giving us strength!

- 1 Show Bible Story Picture 1

- 2 Show Bible Story Picture 2

- 3 Show Bible Story Picture 3

- 4 Show Bible Story Picture 4



THE BUZZ

Before moving on to the next segment, have the kids all stand together and repeat The Buzz:

**When I am weak,
God is strong!**



HANDS-ON LEARNING

A piece of paper, tape

TEACHER INSTRUCTIONS: Before class begins, gather all classroom materials. Have the children gathered around so they can see any illustration materials.

Gideon wasn't very strong or brave. He felt very weak. He probably wished he was super strong, or super fast, or super brave! If you could have a superpower, what would it be?
(Pause for response)

Those are awesome superpowers! Gideon may have wished to be strong, but he felt weak. Have you ever felt that way? (Pause for response) That's okay! Me too. The Bible tells us that by ourselves we are weak. (Pose like you are limp and weak) What does it mean to be weak?
(Pause for response)

When you are weak, you are not very strong. Sometimes you might feel small, or scared, or like you can't do something. Look at this piece of paper. (Show a piece of paper) This piece of paper is weak. It can't do much by itself! I think I will challenge this paper to stick to the wall. Ok paper, stick to the wall. (Place the piece of paper on the wall and let it fall)

Did the paper stick to the wall? Did it stay up on its own? (Pause for response) No way! That's silly! Paper can't stick by itself. It needs something to help it. Let's try again, but this time I'm going to give it some help.

(Add tape and stick it) Did the paper stick this time? Did it stay up? (Pause for response) Yes, it did! The paper had help. The tape helped the paper stay strong and stick. We are like the paper. Without God, we are weak. We need God's help to be strong! God helped Gideon and gave him strength, and God helps us too.

→ End by leading in a prayer of asking God to help them feel strong and ask for help when things are hard.



THE BUZZ

Before moving on to the next segment, have the kids all stand together and repeat The Buzz.

**When I am weak,
God is strong!**



CRAFT TIME

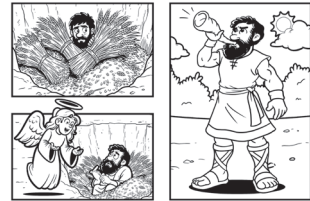
Use any or all of the following craft options

CRAFT 1

Supplies: Bible Story Coloring Page (Print Piece), crayons or markers

How To Do: Allow kids to color freely.

Talk About: When Gideon felt weak, He had God on his side to make him strong!



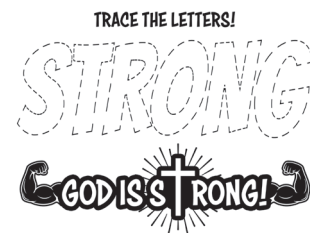
GIDEON FELT WEAK, BUT GOD MADE HIM STRONG!

CRAFT 2

Supplies: STRONG Tracing Craft (Print Piece), crayons or markers

How To Do: Allow the kids to trace the outline to reveal the word "strong."

Talk About: When we feel weak, God helps us be strong!

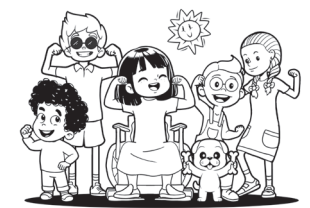


CRAFT 3

Supplies: God Is Strong Coloring Page (Print Piece), crayons or markers

How To Do: Allow kids to color freely.

Talk About: They don't have to be strong because God is with them!



WHEN I AM WEAK, GOD IS STRONG!



LIGHTNING ROUND

Review Game

TEACHER INSTRUCTIONS: Ask the kids the following questions to quiz them. Test their listening skills while also reviewing the lesson with them.

- ① Who was the man in our Bible story?
Answer: Gideon
- ② What was Gideon doing?
Answer: Hiding
- ③ Where was Gideon hiding?
Answer: In A Winepress
- ④ Who appeared to Gideon?
Answer: An Angel
- ⑤ What did the angel call Gideon?
Answer: Mighty Hero
- ⑥ Did Gideon feel like a mighty hero?
Answer: No
- ⑦ Who did the angel say was with Gideon?
Answer: God
- ⑧ True or False: When you feel weak, there is nothing you can do about it.
Answer: Yes
- ⑨ Where does our strength come from?
Answer: God
- ⑩ What's The Buzz, today?
Answer: When I am weak, God is strong!

→ *End class time with an encouragement and a prayer. Thank God that He makes us strong when we are weak.*





Mighty Hero,
the Lord is with you.

A man with a brown turban and a brown robe over a white shirt is looking up with a surprised expression. He is holding a bundle of wheat in his left hand. In the background, there is a woven basket filled with wheat and a pitchfork. The scene is set on a textured, brown ground. A bright, glowing light source is visible in the upper right corner, casting a strong glow on the man and the ground.

I am the least
in my family.

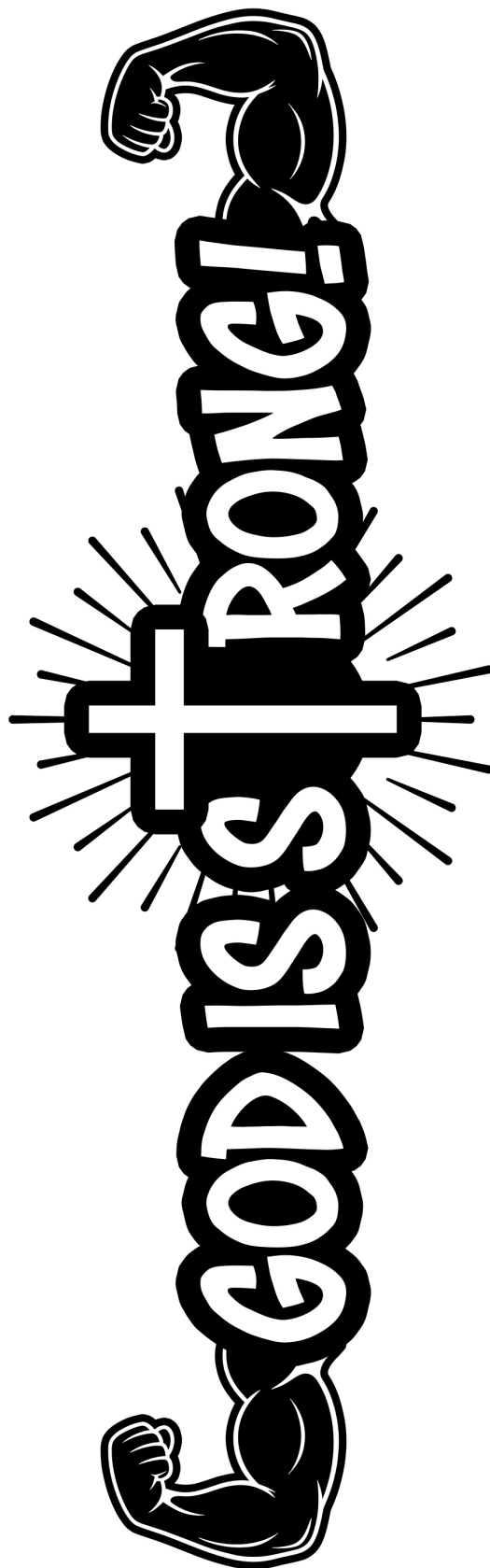
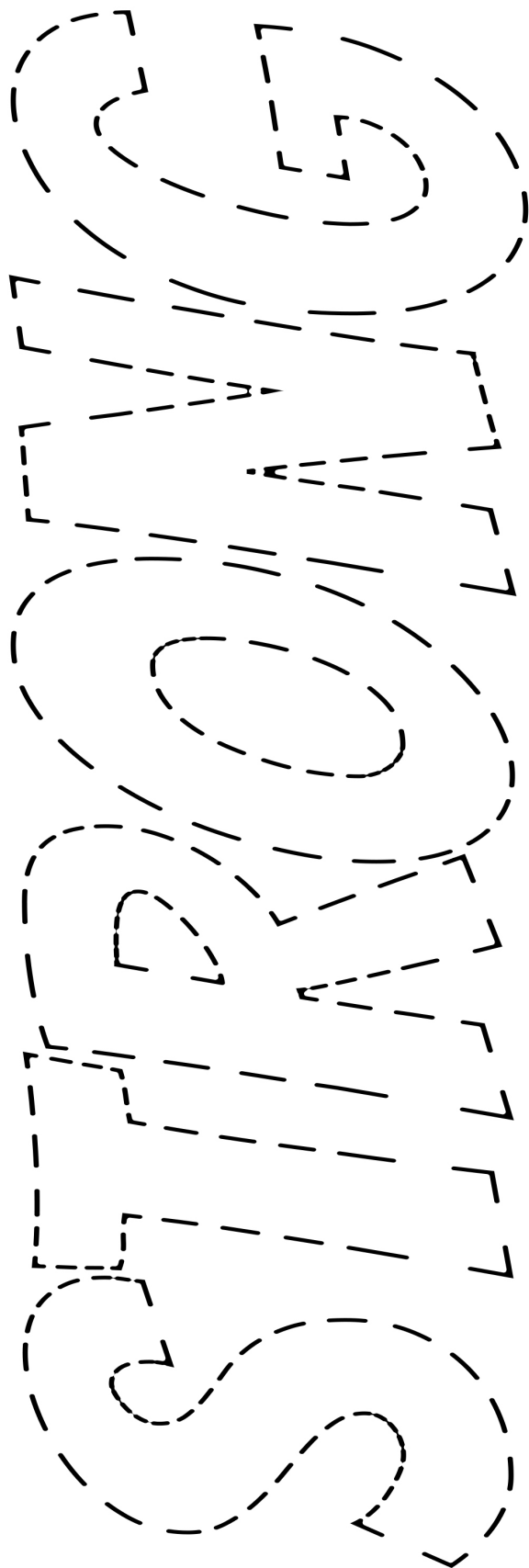
An illustration of a young angel with large, feathered white wings and a golden robe. The angel has blonde, curly hair and is smiling while gesturing with their right hand. They are standing in a dark, rocky cave. In the background, there is a woven basket filled with golden wheat and a wooden pitchfork leaning against it. A speech bubble originates from the angel's mouth.

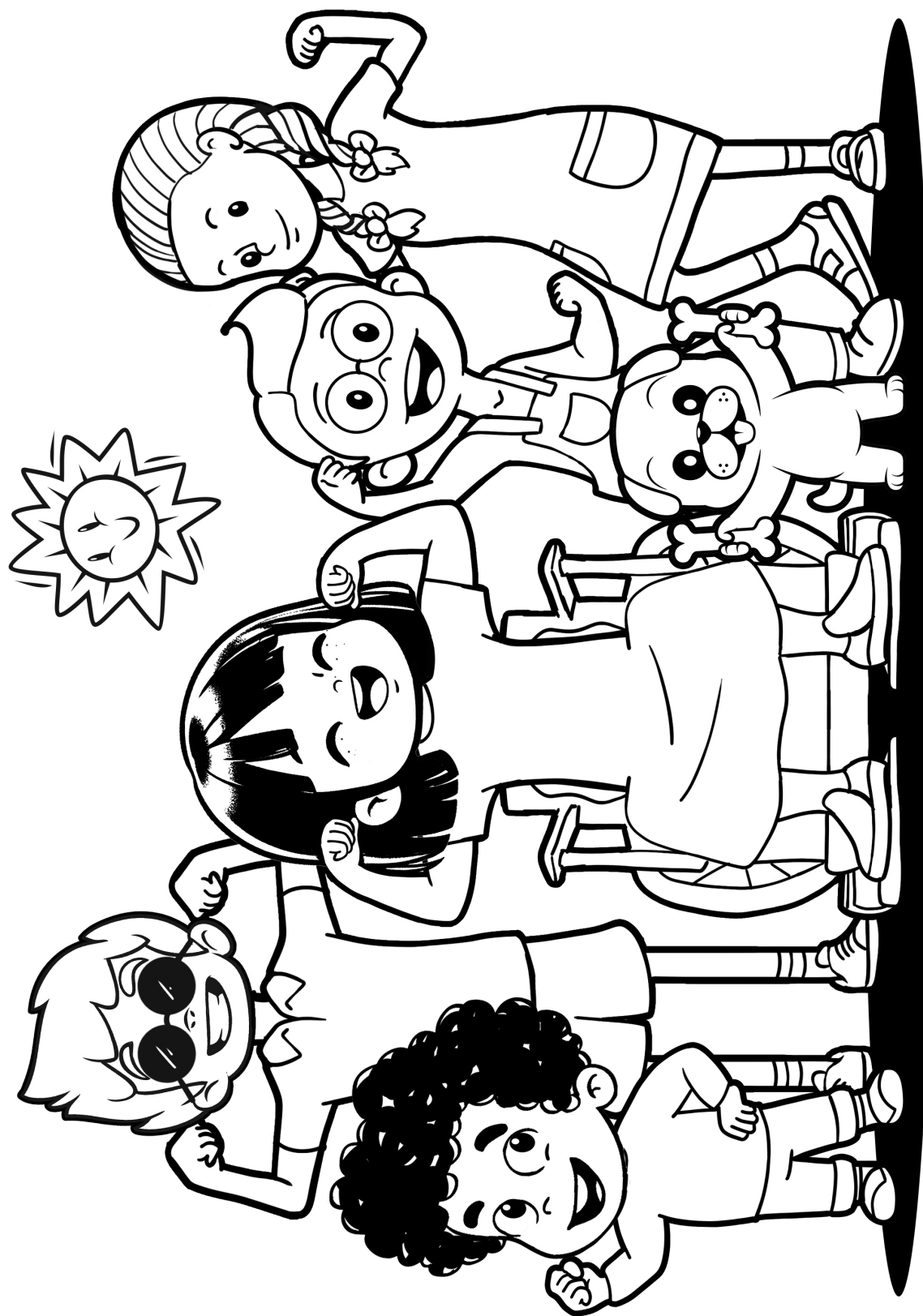
The Lord says,
“I will be with you.”



GIDEON FELT WEAK, BUT GOD MADE HIM STRONG!

TRACE THE LETTERS!





WHEN I AM WEAK, GOD IS STRONG!